



BASIC HANDCUFFING MANUAL

PALM FORWARD METHOD

STRAIGHT WRIST TWISTLOCK



Maintain good tactical position, and use straight wrist twist lock to control the inmate.

C-STEP



1

C-STEP back with the foot closer to the inmate and face the inmate's side.



2

NEAR HAND - CUFFING



*Keeping Straight Arm Lock on,
Use your outside hand to apply the handcuffs.
Pinky side of the handcuffs, applied to the inmates' thumb side of the wrist.*



Handcuffing Training Manual

Joacim Rocklöv



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