

SACRAMENTO POLICE DEPARTMENT

BATON MANUAL



RM 580.08



SACRAMENTO POLICE DEPARTMENT REFERENCE MANUAL



12-19-07

BATON MANUAL

TO: ALL PERSONNEL

General Orders 580.08 implements this manual and requires personnel know its contents and follow its guidelines when using the police baton or Expandable Straight Baton (ESB). This manual is for departmental use only and does not apply to the standard of care, in an evidentiary sense in criminal or civil proceedings. The instructions, guidelines, and policies contained in this manual are not intended to nor should they be construed as a creation of a legal standard of safety or care higher than the minimum the law requires with respect to third party claims.

The Baton/ESB Manual, RM 580.08, has been produced to assist officers in establishing and maintaining law enforcement professionalism regarding the use of the police baton/ESB. Once an officer has determined through judgment and knowledge that the baton/ESB should be used, the baton/ESB must be used properly.

Used properly, the baton/ESB is one of the most effective and humane weapons in the police arsenal. Use of the police baton/ESB is proper in situations requiring a degree of force greater than that readily provided by weaponless control techniques, but less than that provided by resorting to deadly force.

This manual illustrates and explains approved police baton/ESB techniques which are easy to learn and simple to apply when attempting to control a violent, hostile, and aggressive individual.

This manual serves as the basic guide and sourcebook when reviewing, developing or teaching department approved baton/ESB techniques and/or courses. Officers wishing to develop, maintain or enhance baton/ESB skills should not only refer to this basic manual, but should also seek competent instruction from department approved baton/ESB instructors.

Additionally, so that this manual shall remain as contemporary, viable and useful as possible, employees shall report, through the chain of command, to the Chief of Police (COP), any discrepancies they discover between the contents of this manual, the law and acceptable police procedures. Any procedural changes made to those outlined in this manual shall be at the discretion of the COP.

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CHAPTER I

GENERAL BATON/ESB GUIDELINES

A. POLICY GUIDELINES

1. Only those techniques taught in the department approved course shall be used.
2. Injured persons shall be taken to any authorized medical facility for examination and/or treatment required. See [GO 522.02](#) and [GO 580.02](#).

B. TACTICAL CONSIDERATIONS

It is impossible to try to establish absolute rules about when to use the baton/ESB.

1. The officer should continually assess the necessity of and level of force to be applied in a particular situation. Some determining factors in making a decision to use or continue to use a baton/ESB include, but are not limited to, the following:
 - a. Size of the assailant compared to the size of the officer.
 - b. The assailant's relative strength, age, and skill level.
 - c. The officer's inability to use weaponless control due to injury or level of exhaustion.
 - d. The number of officers versus number of suspects.
 - e. The number of the assailants.
 - f. The violent aggressiveness of the assailant.
 - g. Whether the assailant possesses weapons or objects which can be used as weapons or his/her proximity to such objects.
 - h. The need for immediate control due to tactical considerations.
2. The duration of strikes shall be limited to the minimum required to effectively control the subject.

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C. TERMINOLOGY

1. Baton: A smooth wooden staff, either 26 inches or 29 inches long, issued to officers as a departmental approved weapon and used as a striking implement to gain control over a violent, aggressive, hostile assailant. The baton has a rubber grommet approximately seven (7) inches from one end which serves to keep the baton in the baton ring when worn on the equipment belt.

ESB – Expandable Straight Baton: A smooth telescoping metal shaft, either 26 inches or 29 inches long, issued to officers as a departmental approved weapon and used as a striking implement to gain control over a violent, aggressive, hostile assailant.

2. Butt end: The baton end nearest the grommet and the bottom of the ESB handle (End Cap). The butt end may be used to deliver a strike or thrust to an assailant.
3. Front end: The baton end opposite the grommet or butt end and the smaller tip of the ESB (Strike tube cap). The front end may be used to deliver a strike or thrust to an assailant.
4. Forward end: The end of the baton which is pointing toward the assailant. This could be either the butt end or front end.
5. Rear end: The end of the baton/ESB which is held closest to the officer. This could be either the butt end or the front end.
6. Shaft: The straight and smooth cylindrical portion of the baton between the butt end and forward end. For the 26-inch baton, the shaft may be between 1 1/8 inches and 1 1/4 inches in diameter. For the 29-inch baton, the shaft may be between 1 1/4 inches to 1 1/2 inches in diameter. Any portion of the shaft may be used for striking the assailant or deflecting an assailant's attack.

Strike Tube (ESB): The smooth metal end tube portion used primarily in all strikes. This tube is approx. 8 3/4 inches long on the 26 inch ESB and approx. 10 inches long on the 29 inch ESB. On both models the strike tube is approx. 1/2 of an inch in diameter. However, any part of the shaft, including the tubes, can be used for striking the assailant or deflecting an assailant's attack.

7. Strike: A blow delivered with the baton/ESB in which a portion of the baton/ESB shaft impacts the assailant. The blow can be delivered with circular or linear movement of the baton/ESB. The officer may hold the baton/ESB in one (1) or two (2) hands during delivery.

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8. Thrust: A blow delivered with the baton/ESB in which either end impacts the assailant. This blow is usually delivered with strong, follow-through, linear movements. The officer may hold the baton/ESB in one (1) or two (2) hands during delivery.
9. Jab: A blow delivered with the baton/ESB in which either the butt end or front end impacts the assailant. This blow is usually delivered with a short, quick, “piston-like” movement in a linear direction. The officer may hold the baton/ESB in one (1) or two (2) hands during delivery.
10. Deflect: A method of using the baton/ESB shaft to parry or redirect, a blow delivered by an assailant. The deflection is usually delivered in a sweeping motion and the baton/ESB can be held in one (1) or two (2) hands. An officer may deliver a counterstrike after the deflection in order to stop further attack by the assailant.
11. Distraction: A movement or act performed by the officer which disrupts the mental and/or physical coordination of an assailant thus placing the assailant at a disadvantage or preventing the assailant from delivering a successful attack. When used in the context of baton/ESB tactics, the officer may first feign a strike with his/her empty hand, misdirecting the assailant’s attention, so that the officer can deliver an effective blow with the baton/ESB.
12. Shuffle step: A balanced, sliding step, used by the officer to move forward and/or backward, in order to create the appropriate distance to use the baton/ESB.
13. Position of Interview: A standing position used by a police officer which offers balance, safety, and alertness when confronting one (1) or more individuals.
 - a. Normally, this position is obtained by spreading the feet approximately shoulder width apart and turning the entire body approximately 45 degrees away from the subject. The non-dominant foot is pointed toward the subject, and the dominant foot is pointed between 45 to 90 degrees away from the subject. Body weight is centered toward the balls of the feet to facilitate quick movement.
 - b. Generally, most baton/ESB grips and carry positions are accompanied by the officer standing in the Position of Interview.

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D. BATON CHARACTERISTICS

Two (2) sizes of police batons are authorized for carry and use. The decision as to which baton will be carried is based on officer preference. Specific characteristics of each baton shall be as follows:

1. Length: 26 inches.
Diameter: 1 1/8 inches to 1 1/4 inches.
Weight: 15 to 17 ounces.
Material: Hardwood, hickory, or oak.
Retention: Rubber grommet, placed approximately 7 inches from the butt end.
Finish: Black satin.

2. Length: 29 inches.
Diameter: 1 1/4 inches to 1 1/2 inches.
Weight: 16 3/4 to 21 ounces.
Material: Hardwood, hickory, or oak.
Retention: Rubber grommet, placed approximately 7 inches from the butt end.
Finish: Black satin.

Two (2) sizes of police ESB are authorized for carry and use. The decision as to which ESB will be carried is based on officer preference. Specific characteristics of each baton shall be as follows:

1. Length: 26 inches.
Diameter: 7/8 inch.
Weight: Approx. 26 ounces.
Material: Alloy Steel.
Retention: Issued ESB leather holster or optional Perma-lock or nylon holster.
Finish: Black satin.

2. Length: 29 inches.
Diameter: 7/8 inch.
Weight: Approx. 29 ounces.
Material: Alloy Steel.
Retention: Issued ESB leather holster or optional Perma-lock or nylon holster.
Finish: Black satin.

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CHAPTER II

BATON/ESB STRIKE ZONES

A. GENERAL GUIDELINES

The goal in using the police baton/ESB is to gain control over the assailant. To do this, effective use of the baton/ESB requires knowledge of appropriate areas on the human body which may be struck.

1. Even with knowledge of appropriate and inappropriate baton/ESB strike areas, officers need to know that other factors affect assailant reaction to baton/ESB force or the prediction of potential injury.
 - a. Other factors include: variables in anatomy, physiological response (drug use, pain tolerance, etc.) mental and emotional states, age, muscle density, bone density, amount of fatty (adipose) tissue, physical fitness, degree of combative resistance, and exact placement of the force generated by the baton/ESB strike.
 - b. Use of the baton/ESB requires the officer to continually monitor and assess effectiveness of any delivered strikes.
2. Selection of appropriate baton/ESB strike areas is conditioned by the situation and circumstances.
3. Strike areas are chosen because they are effective for quickly subduing an assailant, while avoiding unnecessary injury to the assailant.
4. Blows to inappropriate strike areas may fail to stop the assailant or may cause unnecessary injury.
5. When baton/ESB force is justified and used effectively, pain or trauma to the assailant is likely to occur.
 - a. The reason this pain or trauma is administered is to stop the assailant's credible threat, or resistance, to lawful arrest.
 - b. By successfully stopping the assailant, an opportunity is created to prevent the further escalation of potentially injurious or deadly force, and allows for de-escalation of force through other restraint methods such as takedowns, control holds, or handcuffing.
6. Although there are specific areas of the body that are not to be struck with the baton/ESB, exceptional circumstances may occur in which the officer must

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protect his/her life or the life of another. As a result, a non-strike area may be intentionally struck.

- a. The officer must be able to completely and concisely articulate the reason for such force.
- b. Justification for use of such force shall include, but not be limited to what reasonably appears to be the circumstances known or perceived by the officer at the time he/she uses such force.

B. THE CONCEPT OF THREE BATON/ESB STRIKE ZONES

1. It is easy to understand appropriate baton/ESB strike areas if the body is separated into three (3) zones: Low, Middle, and High.
 - a. The Low Zone is comprised of the area from the bottom of the feet to the top of the hip line.
 - b. The Middle Zone is comprised of the area between the top of the hip line and top of the shoulder line.
 - c. The High Zone is comprised of the area above the shoulder line.
2. The zone method can be compared to a traffic signal.
 - a. The bottom (Low) light is green and means, “Go”.
 - b. The center (Middle) light is yellow and means, “Caution”.
 - c. The top (High) light is red and means, “Stop”.
3. Understanding the different baton/ESB target zones allows officers to assess the level of risk associated with the circumstances of the incident and delivery of baton/ESB blows to that area.
4. Baton/ESB strikes directed to the Low Zone generally result in minimum levels of trauma and the injury tends to be temporary rather than permanent. However, exceptions do occur.
 - a. The Low Zone is the preferred baton/ESB target area.
 - b. The Low Zone is relatively easy to strike and it is difficult for an assailant to defend that area from baton/ESB blows.

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5. Strikes directed to the Middle Zone may result in minimal levels of trauma but the increased presence of internal organs may increase the potential for more serious injury.
6. Baton/ESB strikes directed to the High Zone have a high potential of resulting trauma and injury.
 - a. The injury may tend to be permanent rather than temporary and may include serious bodily injury or death.
 - b. Because of the likelihood of unnecessary and/or unreasonable injury, this area is not considered a baton/ESB strike zone.

C. APPROPRIATE BATON/ESB STRIKE ZONES

1. Both the Low and Middle Zones contain acceptable and appropriate baton/ESB strike areas.
2. Specific areas in the Low Zone include:
 - a. lower abdomen
 - b. upper leg
 - c. lower leg.
3. Specific areas in the Middle Zone include:
 - a. upper arm
 - b. lower arm
 - c. chest
 - d. upper abdomen.

D. INAPPROPRIATE BATON/ESB STRIKE AREAS

1. There are specific areas of the body which are inappropriate for baton/ESB strikes and should not be targeted. Some of these areas are located in the Low and Middle Zone. There are no baton/ESB strike areas in the High Zone.
2. Justification for strikes within these areas and the subsequent use of such force shall include, but not be limited to, what reasonably appears to be the circumstances known or perceived by the officer at the time he/she uses such force.

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- a. In the Low Zone, the groin is not a baton/ESB strike area.
 - 1) A baton/ESB strike to the groin can cause permanent severe trauma and injury, or possibly death.
 - 2) A baton/ESB strike to the groin can be ineffective.

- b. In the Middle Zone, the spinal column, kidneys, and heart are not baton/ESB strike areas.
 - 1) A baton/ESB strike to the spinal column can result in injury to vertebrae or the spinal cord, causing paralysis or death.
 - 2) A baton/ESB strike to the kidney area can cause renal trauma, resulting in serious permanent injury or possibly death.
 - 3) A baton/ESB strike to the heart can cause heart trauma resulting in serious injury or possibly death.

- c. There are no baton/ESB strike areas located in the High Zone.
 - 1) The head is not a baton/ESB strike area for a number of reasons.
 - a) A blow to the head may cause the assailant's nervous system to become numb, resulting in non-effective pain compliance efforts.
 - b) A strike to the head may result in severe injury or death, causing more trauma or injury than intended.
 - c) The assailant can easily defend against a head strike by simply raising his/her arms to ward off the blow. This also places the baton/ESB within easy reach of the assailant and exposes the officer to being disarmed.
 - d) Because there are many blood vessels in the head region, a non-life threatening strike may cause profuse bleeding. The public and media may view this injury as excessive force and brutality.
 - 2) The neck is not a baton/ESB strike area for a number of reasons.

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- a) A strike to the back of the neck may result in injury to the vertebrae or spinal cord, causing paralysis or death.
- b) A strike to the front of the neck may fracture or collapse delicate internal structures such as the trachea rings, hyoid bone, and/or larynx, resulting in serious injury or death.
- c) A strike to the sides of the neck may traumatize two (2) major blood vessels: the carotid arteries and/or jugular veins. This could result in hemorrhaging and death.
- d) A strike to the side of the neck could result in trauma to the vagus nerve and/or carotid sinus, resulting in irregular cardiac activity.

CHAPTER III

BATON/ESB TECHNIQUES AND TACTICS

A. GENERAL GUIDELINES

1. When dealing with a confrontation involving baton/ESB use, continually monitor and assess your effectiveness.
 - a. Think about what your goal is before you start.
 - b. Think all the way through the problem instead of trying to react to each separate move of the assailant.
2. Keep a calm and flexible mind.
 - a. Avoid becoming emotionally involved with the assailant.
 - b. By keeping a calm and flexible mind, you will be able to more clearly evaluate, monitor, and assess the situation and therefore determine the most effective tactical response.
 - c. A calm mind helps to keep the body relaxed. When the body is relaxed, use of baton/ESB techniques and tactics will be more effective and efficient.
3. Move with a fluid, circular, “full-body” motion.
 - a. Properly rotating the hip and waist while coordinating movements of the lower and upper body will maximize speed and strength.

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- b. This improves the effectiveness of baton/ESB strikes, decreasing the need to deliver repeated, yet ineffective, strikes.
- 4. Keep the baton/ESB in position, between you and the assailant.
 - a. This decreases the response time when using a baton/ESB technique, since the baton/ESB is closer to appropriate strike zones.
 - b. This also increases the baton/ESB's effective reach, since the baton/ESB can be extended further toward the appropriate zone.
- 5. When striking with a one-handed baton/ESB blow, lead with the blade edge of the hand.
 - a. Failure to lead with the blade edge will result in an improper handgrip.
 - b. This improper handgrip may cause the baton/ESB to be knocked out of your hand when contact is made with an appropriate zone.
- 6. The baton/ESB should not be used to apply neck restraints or other types of control holds. For exceptional circumstances, refer to GO 580.02, Use of Force. Justification for use of the baton/ESB in these circumstances and the subsequent use of such force shall include, but not be limited to, what reasonably appears to be the circumstances known or perceived by the officer at the time he/she uses such force.
 - a. The baton/ESB is a rigid, non-sensitive object, and an officer cannot tell the amount of pressure being applied.
 - b. Because an officer cannot determine how much pressure is being applied, unnecessary or unintentional injury may result.
- 7. Balance is the most important aspect of effective baton/ESB techniques.
 - a. You must move and deliver baton/ESB strikes while maintaining your hips in alignment with your upper body
 - b. Do not lean forward, back, or sideways when moving or delivering baton/ESB blows.
 - c. Improper balance will render your baton/ESB techniques ineffective or uncontrollable.

B. BATON/ESB GRIPS

One of the most important aspects of proper baton/ESB techniques is the method of holding or gripping the baton/ESB. An effective grip is the bridge which

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transmits the power generated by the officer's body, through the baton/ESB, and into the appropriate zone.

1. There are two (2), one (1) hand grips.
 - a. Single Hand Grip
 - b. Baton/ESB in the Ring Grip.
2. There are six (6), two (2) handed grips.
 - a. Overhand Grip
 - b. Underhand Grip
 - c. Upper Cradle Grip
 - d. Lower Cradle Grip
 - e. Thrust Position Grip
 - f. Reverse Underhand Grip
3. For the Single Hand Grip, the baton is carried with the grommet in the palm of the hand and the middle, ring, and little finger encircling the baton.
 - a. The thumb and index finger lightly encircle the baton in front of the grommet.
 - b. The grip is relaxed until contact is made and grip strength is then concentrated in the middle, ring, and little fingers. This grip is used to deliver strikes, thrusts, and jabs.
 - c. For the ESB, the hand grips the rubber handle. The ESB can be held in the closed position with an overhand or underhand grip with either end of the ESB forward.
 - d. For the ESB, in the open position, it is held on the rubber handle as the baton without grommet.
4. For the Baton/ESB in the Ring Grip, the baton/ESB is still in the ring at the non-dominant side hip. The non-dominant side index finger and thumb encircle the baton below the grommet in a relaxed fashion, and lightly lifts the grommet from the ring. For the ESB, the non-dominant hand slightly twists and lifts the ESB from the holster. This grip is used to remove the baton/ESB

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from the baton/ESB ring/holster. As the baton/ESB is pulled from the baton/ESB ring for use, the grip transitions to the single hand grip.

5. For the Two (2) Hand Overhand Grip, the baton/ESB is carried parallel to the ground at approximately eye level. The non-dominant hand grips the baton/ESB at the forward end, with the fingers wrapped over the top of the baton/ESB and the palm facing the officer. The dominant hand grips the baton/ESB at the rear end with the fingers wrapped over the top, palm facing away from the officer. Both elbows are held downward, near the sides of the body. This grip is used to deliver thrusts.
6. For the Two (2) Hand Underhand Grip, the baton/ESB is carried parallel to the ground at approximately groin level. The non-dominant hand grips the baton/ESB at the forward end, with the fingers wrapped under the bottom of the baton/ESB and the palm facing away from the officer. The dominant hand grips the baton/ESB at the rear end, with the fingers wrapped under the bottom of the baton/ESB, the palm facing the officer. This grip is used to deliver thrusts.
7. For the Upper Cradle Grip, the dominant side arm is bent approximately 45 to 90 degrees and the baton/ESB lays on top and parallel to the dominant side forearm. The butt end of the baton/ESB is held by the non-dominant hand, palm down. The shaft of the baton/ESB, above the baton/ESB grommet/rubber handle, is cradled atop the web of the dominant index finger and thumb. The index finger and thumb slightly encircle the baton/ESB. The shaft is at a general upward angle from the non-dominant hand to the dominant side elbow. This grip is used to deliver strikes, thrusts, and deflections.
8. For the Lower Cradle Grip, the dominant arm is bent approximately 45 to 90 degrees, and the baton/ESB lays below and parallel to the dominant side forearm. The butt end of the baton/ESB is held by the non-dominant hand, palm down. The shaft of the baton/ESB, above the grommet/rubber handle is held by the dominant hand, also palm down. The shaft is held between the dominant forearm and the body, and is in a general upward angle from the non-dominant side hand to the dominant side elbow. This grip is used to deliver strikes, thrusts, and deflections.
9. The Jab Position Grip is similar to the Underhand Grip except the non-dominant hand loosely encircles the front end of the baton/ESB so that the baton/ESB can easily slide through the hand with a thrusting motion. The dominant side hand grips the butt end of the baton/ESB. The dominant side hand, wrist, and forearm are in alignment with the baton/ESB shaft. The butt end of the baton/ESB is raised and held at the solar plexus level of the officer, and the front end is pointed at the abdomen or chest of the assailant. This grip is used to deliver jabs and thrusts.

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10. For the Reverse Underhand Grip, both hands grip the baton/ESB palms down, with the fingers of both hands encircling under the baton/ESB. The rear hand sweeps its baton/ESB end forward, reversing baton/ESB end positions. This grip is used to deliver strikes, thrust, and deflections.

C. BATON/ESB CARRY POSITIONS

Six (6) baton/ESB carry positions exist which prepare the officer for potential baton/ESB use, while maintaining a margin of safety, balance, and alertness. Two (2) positions are for single hand carry and four (4) positions are for two (2) hand carry.

1. One (1) hand carry positions:
 - a. Baton/ESB in the Ring (Holster)/Interview Position.
 - b. Striking Hand Position.
2. Two (2) hand carry positions:
 - a. Thrusting Position.
 - b. Two (2) Hand Low Defense Position.
 - c. Upper Cradle Position.
 - d. Lower Cradle Position.
3. For the baton/ESB in the Ring Position, stand in the Position of Interview, with your non-dominant side forward. The non-dominant hand grips the baton/ESB using the baton/ESB in the Ring/Holster grip.
4. For the Striking Hand Position, stand in the Position of Interview, with your dominant side forward. The baton/ESB(open) is held in the dominant hand, using the Striking Hand Grip with the baton/ESB vertical, alongside your dominant side leg.
5. For the Jab Position, stand with your feet slightly wider than shoulder width with your non-dominant foot forward and your dominant foot back and offset to the dominant side. Your dominant side should be turned away from the assailant. Your knees should be flexed and your weight toward the balls of your feet. Hold the baton/ESB(open) in the Two (2) Hand Jab Grip.
6. For the Two (2) Hand Low Defense Position, stand in the Position of Interview with your non-dominant side forward and hold the baton/ESB with the Underhand Grip. The baton/ESB should be held parallel to the ground

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with your arms extended downward. The baton/ESB should be perpendicular to your thighs.

7. For the Upper Cradle Position, stand in the Position of Interview with your non-dominant side forward. Hold the baton/ESB in the Upper Cradle Grip.
8. For the Lower Cradle Position, stand in the Position of Interview with your non-dominant foot forward. Hold the baton/ESB using the Lower Cradle Grip.

CHAPTER IV

THE SEVEN BATON/ESB SETS

The following seven (7) baton/ESB sets or forms, contain only the baton/ESB grips, carrying positions, strikes, thrusts, jabs, and deflections authorized for use by this department. These sets exist so that officers can learn and practice the authorized techniques.

A. GENERAL GUIDELINES

For training purposes, these sets allow the officer to practice authorized techniques so proper coordination, speed, timing, distance, zone selection, and power are developed.

1. Practicing these sets improve the effectiveness and efficiency of baton/ESB use.
2. The sets are broken down into “steps”, or individual techniques, which transition from one (1) to the next, until completion of the set.
 - a. During the actual confrontation using baton/ESB force, an officer may use any authorized technique appropriate for the circumstances.
 - b. The officer should not feel restricted to stay only within the “step by step” techniques of a given set.
3. Likewise, during a confrontation, if application of a baton/ESB technique stops the assailant’s threat, the officer should not continue further use of a set’s technique. The officer should step back and reassess the situation, and consider the use of other levels of control to effect the arrest.
4. Justification for use of other such techniques shall include, but not be limited to, what reasonably appears to be the circumstances known or perceived by the officer at the time he/she uses such force.

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5. For the completion of the prescribed techniques, where the ESB starts out of the holster, the officer should choose an authorized method of opening the ESB. However, the officer should be aware that the ESB can be used in the closed position for any one handed thrust or jab technique.

B. TWO (2) COUNT MODIFIED BATON/ESB TECHNIQUE

This is the simplest and most basic of all baton/ESB techniques. The purpose of this technique is to first distract and then strike the assailant once in the Low Zone.

1. Stand in the Position of Interview with your dominant foot forward. (Diagram 1)
2. Grip the baton/ESB in your dominant hand, using the Striking Hand Grip.
 - a. Until contact with a strike area, the grip is relaxed, and grip strength is concentrated in the middle, ring, and little fingers.
 - b. The baton/ESB is held against the side of the officer's dominant leg.
3. From the Striking Hand Position, bring both the baton/ESB(open) and the free hand up toward the assailant's line of sight in a circular motion. (Diagram 2)
 - a. This movement is meant as a distraction.
 - b. It could divert the assailant's attention upward, possibly breaking his/her balance.
4. Continuing the circular motion with the baton/ESB and leading with the blade edge of your hand (Diagram 3), bring the baton/ESB down and around, striking the lower zone/lower leg, of the assailant. The strike should be with the shaft of the baton/ESB. (Diagram 4)
5. After completing the strike you may step back and reassess your baton/ESB strike's effectiveness:
 - a. You may need to transition to another baton/ESB technique.
 - b. You may now be able to use another method of controlling the assailant.

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Diagram 1



Diagram 2



Diagram 3



Diagram 4

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C. TWO (2) COUNT STRIKING HAND TECHNIQUE

The technique also begins with the baton/ESB(open) already in the officer's dominant hand. This technique also begins with a distraction, and follows with a single hand thrust to the assailant's Middle Zone/abdomen area, followed by a second strike to the assailant's Low Zone/lower leg area.

1. Start in the same position as the Two (2) Count Modified Technique. (Diagram 5)
2. Simultaneously step forward with your front foot (if you need to get closer to the assailant) or step back with your back foot (if you need to get further away from the assailant), and bring your free hand up as a distraction while you chamber the baton/ESB to your hip. The front end of the baton/ESB should be pointing at the assailant. (Diagram 6)
3. As you pull your distracting hand back, thrust the front end of the baton/ESB into the assailant's Middle Zone/abdomen, chest area (Diagram 7).
 - a. Pulling back your distracting hand as you thrust the baton/ESB will give your body more torque, increasing the power of your baton/ESB thrust.
 - b. Assess the effectiveness of the baton/ESB blow.
4. Bring the baton/ESB back across your body by turning your palm up and leading with the butt end of the baton/ESB and the blade edge of your hand. During this movement, turn your hips and waist rearward, and shift your weight to your back leg. (Diagram 8)
5. Flip your hand and the baton/ESB over, turn your waist and hip back to the front, shift your weight forward, and strike the Low Zone/lower leg, of the assailant with the shaft of the baton/ESB. (Diagram 9)
 - a. Assess the baton/ESB technique effectiveness.
 - b. Be prepared to use other baton/ESB techniques, or transition to other control methods.

D. THREE (3) FROM THE RING BATON/ESB TECHNIQUES

1. The baton/ESB technique is begun with the baton/ESB still in the ring/holster. There are two (2) reasons why the baton/ESB is still in the ring/holster:
 - a. First, the officer does not anticipate using the baton/ESB or he/she does not feel justified in using it under the present circumstances.

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Diagram 5



Diagram 6



Diagram 7



Diagram 8



Diagram 9

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- b. Second, the officer feels the baton/ESB may be necessary, but does not draw it from the ring or holster since this act itself, may further escalate the situation.
2. The baton/ESB technique consists of a distraction and then a single hand thrust to the assailant's Middle Zone, followed by a two (2) handed circular thrust to the high Middle Zone and then a two (2) handed circular thrust to the low Middle Zone of the assailant.
3. The starting position is the Position of Interview. (Diagram 10)
 - a. Stand with your non-dominant side forward.
 - b. Grip the baton/ESB using the baton/ESB in the Ring/Holster Grip.
4. Simultaneously, step forward with your front foot (to get closer to the assailant) or step backward with your rear foot (to get away from the assailant), raise your free hand up for distraction and chamber the baton by pointing it toward the assailant. (Diagram 11)

With the ESB, instead of chambering, you will twist and begin to lift it out.

5. Turning your hip and waist, pull back your distracting hand and thrust the baton/ESB(closed) toward the Middle Zone of the assailant. (Diagram 12)
 - a. Turning your hip and waist and pulling back your distracting hand will add torque and more power to the baton/ESB thrust.
 - b. The thrust may act as a distraction or may actually hit and stop a lunging assailant.
 - c. If the assailant is hit, be prepared to assess the baton/ESB blow effectiveness.
6. Bring the baton/ESB down and across your body and grip the rear end with your free hand using an Overhand Grip, palm towards you. The baton/ESB should be held generally vertical, along your dominant side. (Diagram 13) After the initial thrust the ESB can be opened to proceed with the 2-handed thrust.
7. In a circular thrusting motion, bring the baton/ESB up and around, the baton/ESB butt end thrusting into the assailant's Middle Zone/chest area. (Diagram 14)
 - a. You should end up in the Overhand Grip, with the baton/ESB passing near your face, but your rear hand not passing beyond your face.

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Diagram 10

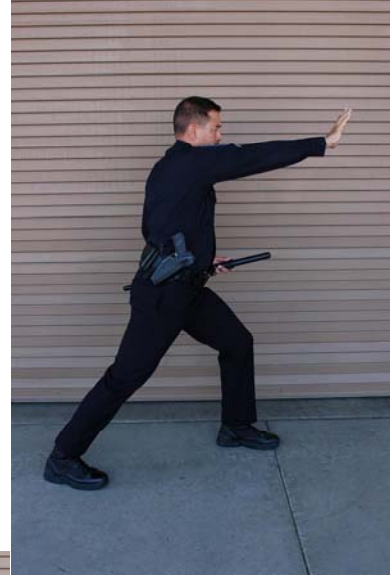


Diagram 11



Diagram 12

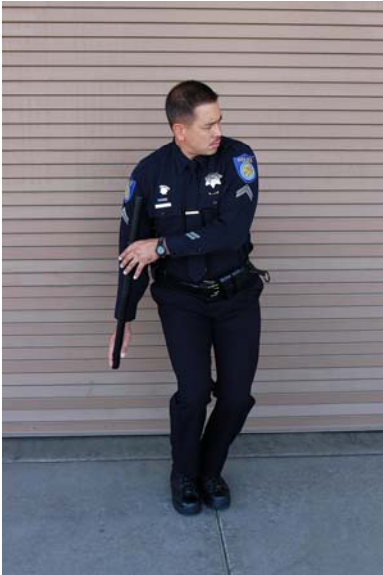


Diagram 13



Diagram 14

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- b. Your elbows should be down.
 - c. Be prepared to assess the effectiveness of this thrust.
8. Reverse the circular motion, first bringing the baton/ESB up (Diagram 15), then down and around (Diagram 16); the butt end thrusting into the assailant's Middle Zone/abdomen area. (Diagram 17)
- a. Turning your hip and waist and shifting your weight forward will add torque and power into the thrust.
 - b. You will end up in the Underhand Grip, with the baton/ESB passing in front of your groin area, but your rear hand not passing beyond your groin.
 - c. Assess the effectiveness of the thrust, and be prepared to transition to other baton/ESB techniques or use other control methods.

E. TWO (2) HAND LOW DEFENSE BATON/ESB TECHNIQUE

This baton/ESB technique is used to protect the officer from any upper, middle, or low punch or kick, and is effective against one or multiple opponents. This technique consists of the officer using an upper, middle, or low deflection followed by a baton/ESB jab or thrust.

1. Stand in the Position of Interview. Hold your baton/ESB (open) in the Two Hand Underhand Grip. (Diagram 18)
 - a. Your non-dominant foot should be forward.
 - b. Your arms should be extended downward.
2. Against a high or middle level hand attack, bring the baton/ESB upward to begin the deflection. (Diagram 19)
 - a. Your non-dominant hand should lead in a "traffic directing" motion.
 - b. This will result in the baton/ESB being brought to an almost vertical position in front of you.
 - c. Your arms and hands will be in a parallel position in front of you.
 - d. To deflect a middle level hand attack, don't bring the end of the baton/ESB in your non-dominant hand above your eye level. (Diagram 20)

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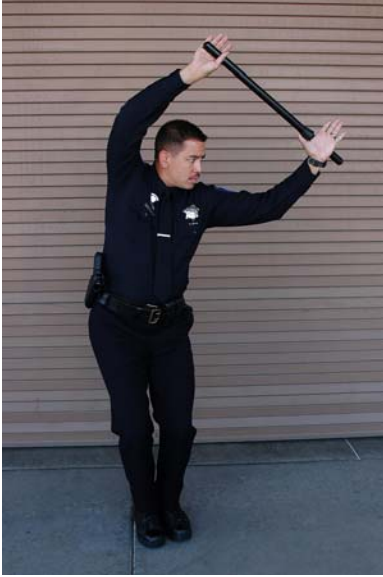


Diagram 15



Diagram 16



Diagram 17

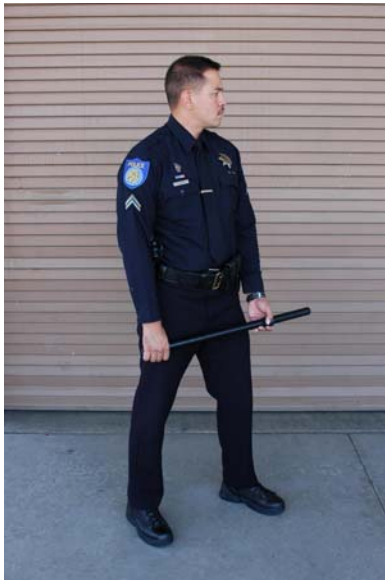


Diagram 18



Diagram 19



Diagram 20

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3. Simultaneously shuffle outward with your forward foot and turning your waist and hip, step behind and around with your rear foot.
 - a. This circular, follow-through motion will cause the baton/ESB to deflect the oncoming hand attack past you.
 - b. The point of this movement is not to hit or push the attacking hand but to deflect it.
 - c. Depending on your timing, the baton/ESB may or may not touch the arm of the assailant.
4. Continuing this follow through, bring the baton/ESB across your body and point it at the assailant. Your dominant arm should be straight and the non-dominant arm bent as you chamber the baton/ESB. (Diagram 21)
5. From the chambered position, deliver a thrust or jab to the assailant's Middle Zone. (Diagram 22)
 - a. Turn your waist and hip to deliver more torque and power to your thrust or jab.
 - b. Assess the effectiveness of your technique and be prepared for additional baton/ESB techniques or other levels of control.
6. For an upper level strike directed in a downward motion against your head, the general movements are the same except:
 - a. Deflect the strike by bringing the baton/ESB up higher and to the front of your head.
 - b. The baton/ESB should be at the same angle as against a middle level attack, with your non-dominant hand higher than the dominant hand.
7. Against an assailant's kick to your lower level, the general movements are the same except:
 - a. To deflect the kick, the non-dominant hand pushes the baton/ESB forward end down, and the dominant hand pulls the baton/ESB rear end up. (Diagram 23)
 - b. The circular follow through deflection and the follow-up thrust or jab are the same as against a hand attack. (Diagram 24 & 25)

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Diagram 21

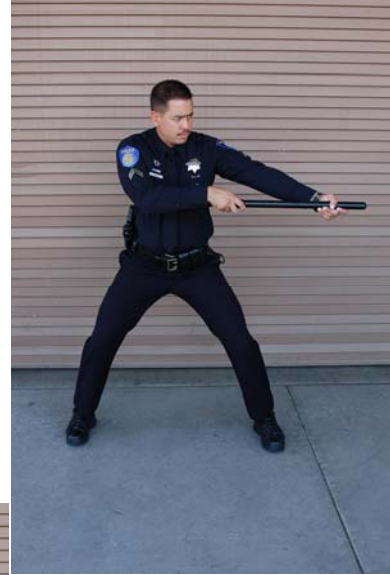


Diagram 22

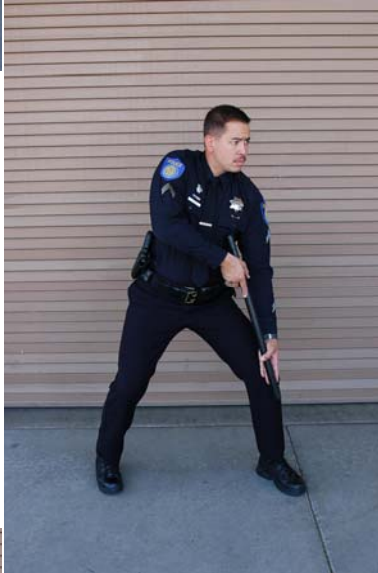


Diagram 23



Diagram 24



Diagram 25

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F. FIVE (5) COUNT THRUST BATON/ESB TECHNIQUE

1. This baton/ESB technique is used in situations where the assailant is moving aggressively toward you or attempting to attack you, or where it is necessary to move an assailant back.
2. This technique consists of two (2) initial jabs, a strike (defense) against an assailant's strike or grab attack, and then two (2) thrusting blows.
 - a. Hold your baton/ESB in the Jab Position Grip and stand in the Thrust Position. (Diagram 26)
 - b. Apply a thrust or jab to the assailant's Middle Zone/chest. (Diagram 27)
 - 1) Snap the baton/ESB forward by thrusting with your dominant hand.
 - 2) The baton/ESB should slide through your forward, non-dominant hand.
 - c. Change the level of the baton/ESB front end by lowering your non-dominant hand. (Diagram 28) Apply a second thrust or jab to the assailant's Middle Zone/ abdomen. (Diagram 29)
 - d. Chamber the baton/ESB by bringing it diagonally upward toward your non-dominant shoulder (Diagram 30) and then quickly snap it diagonally downward, striking the assailant's attacking arm or any weapon extended toward you. (Diagram 31)
 - e. Chamber the baton/ESB by bringing it down to your dominant side in a vertical position (Diagram 32) and then thrust upward and forward delivering a circular thrust to the assailant's Middle Zone/chest area. (Diagram 33)
 - f. Chamber the baton/ESB by bringing it up (Diagram 34), and then down and around (Diagram 35), and deliver a circular thrust to the assailant's Middle Zone/lower abdomen. (Diagram 36)
 - 1) Assess the baton/ESB's effectiveness throughout its use.
 - 2) Be prepared to continue its use or change your level of control.

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Diagram 26



Diagram 27



Diagram 28



Diagram 29

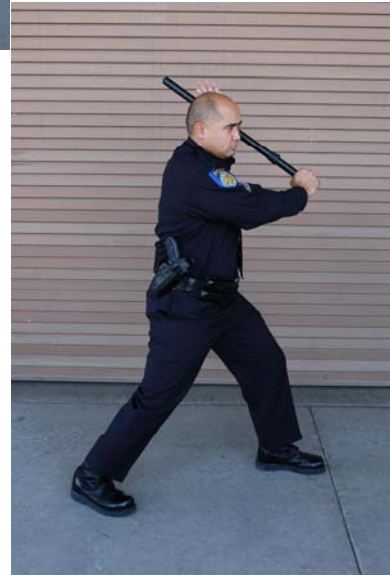


Diagram 30

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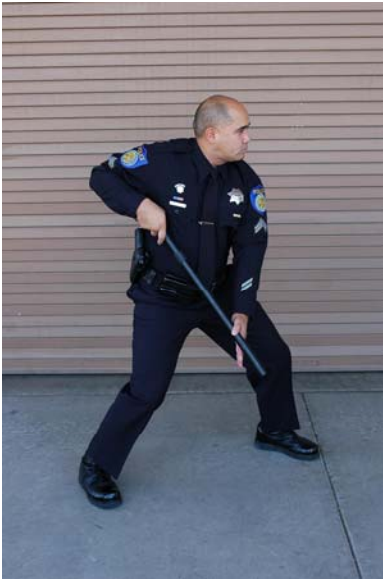


Diagram 31



Diagram 32



Diagram 33



Diagram 34



Diagram 35



Diagram 36

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G. UPPER CRADLE BATON/ESB TECHNIQUE

This baton/ESB technique is simple to learn and allows for a wide selection of baton/ESB techniques. Strikes, thrusts, jabs and deflections can be applied from this carrying position. Techniques applied from this position are powerful and effective.

1. Stand in the Position of Interview and hold the baton/ESB in the Upper Cradle Grip. (Diagram 37)
2. To apply the strike, swing the baton/ESB like you would swing a baseball bat except that the baton/ESB is kept close to the body. (Diagram 38)
 - a. The strike can be aimed at the Middle or Low Zone. (Diagram 39 or 40)
 - b. Turn your waist and hip to apply more torque and power to the strike.
 - c. Don't allow your wrists to bend or "break". This will reduce your power and control over the strike.
3. To apply a thrust or jab, maintain the same grip.
 - a. Chamber the baton/ESB by turning the baton/ESB over and pointing the front end at the assailant. (Diagram 41)
 - b. Turning your hips and waist at the same time you chamber the baton/ESB back will help add power to the thrust or jab.
 - c. Thrust or jab the baton/ESB forward, into the Middle Zone/chest or abdomen area of the assailant. (Diagram 42)
 - d. The baton/ESB should be at a slightly upward angle from your grip to the intended strike zone.
 - e. Both the baton/ESB and your grip should be in front of your body.
 - f. Upon impact, your dominant arm should be straight and your non-dominant arm slightly bent.
 - g. Turning your waist and hip as you thrust or jab the baton/ESB forward will add power and torque to the technique.

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Diagram 37



Diagram 38



Diagram 39



Diagram 40



Diagram 41



Diagram 42

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4. To apply a deflection technique, maintain the same grip and carry position:
 - a. Sweep the baton/ESB in a generally vertical position to your front. (Diagram 43)
 - b. The deflection technique is accomplished in a quick, “snappy” movement, but do not bend or “break” the wrists at the end of the movement. This may cause you to miss the attack, or lose control of the deflection.
 - c. The purpose of this sweeping motion is not to push but to deflect any hand attacks coming at you.
 - d. After completing the deflection, immediately chamber the baton/ESB for a thrust, jab, or strike technique. (Diagram 44)

H. THE LOWER CRADLE BATON/ESB TECHNIQUE

This is another simple to apply technique. With this technique you can deliver thrusts, jabs, or deflections.

1. Hold the baton/ESB in the Lower Cradle Grip. Stand in the Position of Interview. (Diagram 45)
2. To deliver a thrust or jab, slide both hands back toward the rear end of the baton/ESB (Diagram 46), and then thrust or jab the baton/ESB forward, hitting the assailant in the Middle Zone/chest or abdomen area. (Diagram 47)
 - a. Turning your waist and hip back as you slide both hands back to the rear end of the baton/ESB will chamber the baton/ESB and help you deliver a powerful thrust or jab. Your hands should be separated by approximately two (2) fist lengths.
 - b. As you drive the thrust or jab forward, turn your hips and waist forward. This will increase the torque, power, and extension of the blow.
3. To deliver a strike, maintain your Lower Cradle Grip and snap the forward end in a circular motion toward the Middle or Low Zone of the assailant. (Diagram 48)
 - a. Although you are initially holding the baton/ESB in the Lower Cradle Grip, when the strike makes contact, you will be holding the baton/ESB in the Reverse Underhand Grip.

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Diagram 43



Diagram 44



Diagram 45



Diagram 46



Diagram 47



Diagram 48

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- b. If necessary, you can maintain that grip and deliver a Lower Cradle thrust or you can re-grip the baton/ESB and deliver other baton/ESB techniques.
4. To deliver a deflection, maintain your grip at the rear end of the baton/ESB and sweep the forward end upward and to the front. (Diagram 49)
 - a. Maintain the baton/ESB in a general vertical position in front of you.
 - b. The movement is meant to deflect a strike aimed at you, not push the strike away.
 - c. Don't let your wrists bend or "break" during the execution of the deflection or the technique will be weak and unstable.
 - d. If necessary, after the deflection you can maintain your grip and transition to a Lower Cradle thrust, or re-grip the baton/ESB for any other baton/ESB technique.



Diagram 49

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**CHAPTER V
CARE AND MAINTENANCE OF THE EXPANDABLE STRAIGHT BATON
(ESB).**

The officer is responsible for maintaining their issued Expandable Straight Baton in proper working condition through regular inspections and maintenance. Note: Contact the Department Lead Instructors if the baton must be completely disassembled.

A. General Guidelines

1. The amount of force required to open the baton is determined by the end cap retention spring. A slight adjustment of the spring is all that is necessary to customize the release pressure to individual requirements. Over adjustments may damage the spring.
2. If the baton fails to lock in the extended position, it is likely due to debris or oily residue build-up within the joints. The baton should be disassembled and cleaned as you would any fine auto loading handgun. WD40 or denatured alcohol (solvent) is recommended as the cleaning agent. Do not use oil or “BreakFree”. The baton must be carefully dried of all moisture or residue with a clean dry cloth. The baton must be assembled dry. (Diagram 50)
3. If the baton fails to stay in the closed position, the end cap retention spring may be out of adjustment, bent or broken. Replace, adjust, or tighten as necessary. (Diagram 51)
4. If the grip should be damaged or worn over time, a new grip should be attached.
5. Periodically inspect the retention spring, anti-rattle ring, retention spring cap screw, and retainer end caps for damage and tightness. Note: The anti-rattle ring is an optional item and is not necessary for the effective function of the baton. The manufacturer recommends replacing it once a year. (Diagram 52)
6. After major use, such as a training session, or after using in certain environments (dirty, oily, etc.), check to make sure the baton is in good operating condition.

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Diagram 50



Diagram 51



Diagram 52

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**CHAPTER VI
OPENING AND CLOSING THE ESB**

- A. Proper opening methods for the ESB
1. The “Downward” Method.
 - a. The officer should be standing in a balanced Position of Interview. Properly gripping the ESB, the officer will extend the baton open at an approx. 45 degree angle downward to their dominant side. The extension will be with a snap or whip-like motion (centrifugal force) to properly lock the ESB in the open position. (Diagram 53-56)
 - b. The officer should be aware of his/her surroundings when opening the ESB as not to cause unnecessary damage to property or injury to another person.
 - c. This method will probably be used the majority of the time.
 2. The “Upward” Method.
 - a. This method is used when you do not have the ability to use the centrifugal force downward.
 - b. As in the Downward method, the officer should be in an interview position and open the baton at a 45 degree angle upward towards their dominant side. (Diagram 57-58)
 3. The “Manual” Method.
 - a. This method is used when you do not have the ability to use the centrifugal force downward or upward to open the baton.
 - b. While holding the ESB in a closed position in the dominant hand. The officer will grip the front end with the non-dominant hand and in a quick strong motion extend the baton pulling on both sides to the locked open position. (Diagram 59-60)
 4. The “Immediate Recovery” Method.
 - a. In the event of an ESB extension problem or sudden collapse, you can re-extend the baton quickly. Immediate Recovery means the ESB can be immediately used in the closed position, partially open position, or re-opened using one of the aforementioned opening methods.

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Diagram 53



Diagram 54



Diagram 55



Diagram 56

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Diagram 57



Diagram 58



Diagram 59



Diagram 60

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- b. Depending on the circumstances, the officer does not have to disengage from the suspect but must realize that even closed or partially open, the ESB can be used to deliver effective strikes or thrusts.
- c. There are factors that can contribute to ESB extension failure. These factors may include a dirty or oily ESB, improper opening, and or other circumstances. Extension failure can be minimized with proper care, maintenance, and proper usage.
- d. At any time if there is an extension failure and the ESB closes, the officer has the option of using the ESB in the closed position with any choice of thrust or jab. Additionally, the officer should assess the situation and may decide to disengage and move to a more tactical position and or re-extend the ESB. Once the ESB is extended, the officer should assess the situation to decide whether further ESB force would be necessary.

B. Closing of the ESB.

- 1. Improper closing and/or abusive pounding of the expandable baton is the main reason that the baton becomes damaged.
- 2. Find an appropriate and safe area to close the baton.
- 3. Holding the baton by the grip, approximately 45 degrees to a smooth, hard surface, gently tap the end to begin loosening the locked swages (locking points). This is referred to as the “sideways tap”.
- 4. Rotate the baton approximately 180 degrees, and again gently tap the baton on the smooth hard surface to further loosen the swages.
- 5. When the swages have been sufficiently loosened, hold the baton vertically to the surface and quickly tap downward, causing the tubes to collapse and the baton to close.
- 6. **REMEMBER:** Do not pound the baton on the ground to loosen the locked swages. Abusive pounding will damage the baton i.e. bending the tubing, or strip or deform the end cap threads. Use the sideways tap method.

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C. TACTICAL CONSIDERATIONS

1. After opening the ESB, do not get into the habit of trying to close it right away, even if it is not needed!
2. Holster the opened baton and go to an appropriate area. Maintain safety awareness. (Diagram 61-62)



Diagram 61



Diagram 62

3. Do not close the baton on an area which will result in damage to a citizen's property. Such areas could include, wood, tile or vinyl flooring. Also be aware of a citizen's exterior hardscape such as slate, brick, tile or even cement!
4. Do not close the baton on a citizen's wall – interior or exterior – surfaces.
5. Be aware that closing the baton may look unprofessional during certain situations.
6. Do not try to close your baton while holding onto a subject or suspect. Place the suspect in a secure area before closing your baton.
7. The safest place to close your baton will probably be near your squad unit. This means closing the baton using the street or sidewalk surface. If that area still presents a potential hazard (for example, the presence of a hostile or upset crowd), then holster your open baton; drive away, and close the baton in another area.