

## Faculti Summary

<https://faculti.net/policing-the-problem-of-physical-restraint/>

This video is a transcript of a discussion focused on policing, particularly the issue of physical restraint. The speaker, Steven, shares insights from his background as an Asian American and a law professor. He explains how his personal experiences with martial arts, specifically judo and Brazilian Jiu-Jitsu, inform his understanding of physical restraint in policing. Steven highlights the dangers associated with police physical restraint, noting that improper restraint can lead to escalation and even deadly outcomes, as seen in cases like the killings of unarmed Black men.

He articulates the concept of "body mechanics gaps," which includes the physical distance between police and civilians, societal misunderstandings about police restraint, and gaps in the training and confidence of individual police officers. Steven argues that the problem of physical restraint is inevitable in any society where individuals may pose threats to others and that proper training in techniques for safe restraint is essential.

The discussion emphasizes the need for improved police training to handle physical restraint situations effectively, advocating for hand-to-hand training curricula like Gracie Survival Tactics. He acknowledges potential objections to further training, such as the risk of police overusing restraint. Despite these concerns, he believes it's vital to address the issue given the frequency of police interactions involving physical restraint.

In conclusion, Steven argues that the challenge of physical restraint requires serious consideration in current discussions about criminal justice reform and acknowledges its persistent presence in any envisaged future structure. He calls for a cultural shift in understanding and training around restraint techniques to ensure safety for all parties involved.