



Training police employees in self-defense techniques using a special stick

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Introduction. Police officers are often faced with situations of attack by criminals armed with a knife or some other heavy object. In these situations, a police officer has the right to use various special means for protection, including a special stick [2]. However, in the Manual on the organization of physical training in the internal affairs bodies of the Russian Federation, only the basic technique of striking and defending with a special stick without disarming and arresting techniques is presented for study [1]. It is necessary to develop a set of self-defense techniques with a special stick, aimed at training employees in effective methods of disarming when protecting themselves from blows with a knife or a heavy object, followed by detaining the criminal.

Purpose of the research – identifying effective ways to use a special stick to protect against blows from a criminal armed with a knife or heavy object, with the possibility of disarming and detaining him.

Research methodology and organization. The study was conducted in 2023 on the basis of the Tyumen Institute for Advanced Training of Employees of the Ministry of Internal Affairs of the Russian Federation. The study used scientific methods: analysis and generalization of self-defense techniques using a special stick; modeling typical situations of using a special stick; pedagogical experiment, testing. Students in the experimental group studied techniques for using a special stick to protect against blows from a knife or a heavy object, and to free themselves from certain types of grips and grips.

Results and its discussion. As a result of the study, effective techniques were identified for using a special stick to protect against blows from above, be-

low, from the side with a knife or a heavy object with the possibility of disarming and detaining a criminal. Techniques were also identified for using a special stick to free oneself from grips by the hand, and clasp- ing the torso from the front and back. The developed set of techniques was tested in the physical training of police officers studying under the professional training program for the position of “Policeman”. At the end of the training period, it was revealed that the vast major- ity of representatives of the experimental group were able to perform self-defense techniques using a spe- cial stick compared to the control group.

Conclusion. The results of the study revealed the effectiveness of using a special stick not only for blocking a blow and striking back, but also for disarm- ing a criminal and detaining him. Skillful use of a spe- cial stick in hand-to-hand combat techniques is one of the criteria for the professional preparedness of police officers.

References

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