

A Study on the Training of Low Injury Unarmed Control Skills in Judicial Police Actual Combat Training

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Abstract: According to China's current basic national conditions and the actual situation of police law enforcement in China, it is very important that low-injury unarmed control skills are used for unarmed defense and uniform of criminal suspects in the process of police law enforcement. The development of low-injury unarmed control skills meets the requirements of the current prison legal system construction. Conform to the social development situation and the reform of police physical education in the judicial police academy. In fact, police combat is often used in actual combat. Judging from the current situation of police combat, there is still much room for improvement in the ability of police combat in our district and continuous training is required. In view of these constraints, a teaching and training content system of unarmed defense and control skills for police should be established, which integrates technology, physical ability and psychology.

1. Introduction

The judicial police is an armed judicial team, an independent police force of the people's police, and an important guarantee force for the people's court's trial and prison execution. Facing the current complex environment, the police should strive to improve their fighting skills and provide strong protection when necessary. However, according to the analysis of the current data in the academic circle, the police fighting ability is still in a relatively weak environment, so it is necessary to improve the police fighting ability in practice [1]. Strengthening police unarmed defense control and skill training, and improving police unarmed defense and control ability are realistic and serious issues facing many Chinese police. Low-injury unarmed control skill is a kind of unarmed control skill gradually developed and applied in China's prisons in recent years. It is a kind of low-injury unarmed control skill used by prison police to criminals under the premise of safety and legality when facing crimes in prisons. Among them, the lightest unarmed control measures can be divided into high-injury unarmed control measures and low-injury unarmed control measures according to the actual situation [2]. While learning to identify risks, raise awareness of crises and strengthen the equipment of individual police officers, judicial police should also cultivate their self-protection ability and be able to effectively control the enemy attacking police officers in a timely manner [3]. Proficient in martial arts related skills and tactics, these tactics and action essentials are inseparable from the necessary competitive practice, so the improvement of police martial arts ability is inseparable from continuous and uninterrupted competitive combat.

2. The Importance of Grasping Low Injury Hand Control Skills for Police

Since the reform and opening up, with the continuous progress of our country's political level, economic level, laws and regulations, relevant laws and regulations, the people's legal awareness is increasing, which is both an opportunity and a challenge for the police law enforcement in the 21st century. Due to the relatively special nature of the prison police's work, the complex working environment and the relatively high working pressure, the prison police face criminals all the time and are more likely to be attacked when performing their duties. There are three kinds of human skeleton levers. One is the balance lever. The fulcrum is between the force point and the resistance point, which is less common in human body and less used in training. The second is the labor-saving lever, the resistance point is in the middle, the resistance arm is always smaller than the force

arm, and the larger resistance can be overcome with smaller force. In the actual combat training of the police, ordinary capture and grapple mainly emphasizes quickness, accuracy and ferocity, but when it is applied to actual situations, there are many drawbacks due to the techniques of kicking, beating, throwing and grabbing used by it [4]. Our police must advise, warn or use certain coercive measures to control them in order to avoid more serious consequences. The speed lever used in training is mainly realized by increasing the resistance arm and shortening the force arm. For example, in the normal training process, the difficulty of training can be increased by increasing the resistance arm and shortening the force arm. At the same time, the low-injury unarmed control skill is simple in movement, easy to teach and train, and is increasingly used in the actual combat training and daily training of police in police academies. In actual work, the police must be ready at any time, and unexpected situations may occur at any time. In the process of actual combat, fluctuations are taken into consideration, and psychological factors play an important role in fighting ability.

3. Factors Restricting the Effective Grasping of Low Injury Unarmed Control Skills by Police

The use of unarmed control skills with low injuries can not only protect the safety of our prison police to the greatest extent, but also control criminals safely and effectively. Although the low-injury unarmed control skill is relatively simple and easy to use compared with the professional unarmed control skill, in the actual operation process, there are still many specific conditions restricting its universal promotion, specifically, there are the following three points:

3.1 Can You Skillfully Use Low-Damage Unarmed Control Skills

As a special movement skill, the police can master the unarmed defense and control skills with low injuries only through repeated practice. In police physical education training, catching and fighting emphasizes the control technique of quick, accurate and ruthless moves to subdue the enemy. However, this technique of kicking, beating, throwing and holding is not only easy to cause excessive use of force, resulting in injury, disability and even death of criminals, but also difficult to achieve the effect of firmly controlling criminals. The process of commanding limbs to do purposeful and meaningful actions from the brain requires repeated practice to obtain [5]. For example: endurance, strength, speed, flexibility and other aspects of training, which to a certain extent achieve the purpose of physical exercise. At the same time, the improvement of the police's fighting ability must also be through various forms of training such as simulated actual combat background or competitive actual combat. The reason is that only through repeated practice can this skill achieve a high degree of coordination among nervous system, muscles, joints and limbs, forming muscle memory, thus ensuring the skilled use of this skill. In these actual combat training, if you want to give full play to combat skills and tactics, you need the police to have a good psychological quality, face pressure, emergencies and other unhurried psychology.

3.2 Can You Flexibly Use Low-Damage Unarmed Control Skills

Only when low-injury unarmed control skills are highly skilled can they be effectively used in law enforcement environment. The reason is that in most cases, this skill needs to be widely used only in uncertain, open and dangerous complex environments. The main reasons are as follows: First, studies by relevant medical institutions prove that the body of the control target is relatively safe and medically supported and accepted; Secondly, it can get legal support. The research results of sports anatomy tell us that almost all movements follow such a force sequence: from near to far, from large to small, that is, the force sequence of all movements is the force originating from the proximal end of the human body's total center of gravity. But cannot violate the corresponding laws and regulations at will, this requires the police to control this skill to be able to complete and apply it smoothly in an unconscious state [6]. It is conducive to training the police to obey orders in times of crisis and has strong organization and discipline. On the other hand, the improvement of fighting ability is conducive to the correct sense of mission of the police and enhance their confidence in their work.

The police officer stood in front of the target criminal, keeping a safe distance for verbal persuasion, warning and gesture of persuasion. When aware of the danger escalation, the police officers move clockwise or counterclockwise to positions 1, 2, 3 and 4 as required. In the corresponding position, you can continue to exhort, warn or attack the target criminals (as shown in Figure 1).

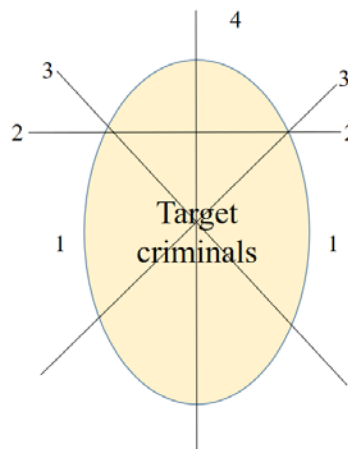


Fig.1 The Police Were Standing in Front of Each Other

At present, the defense control skill level of the judicial police is not very suitable for the needs of the current police practice. According to the police physical quality test standard, most of the judicial police are unable to fully pass the police physical quality test, and their physical quality is relatively poor. Instructors should first inform the trainees of the starting point and stopping point of a certain technical movement, i.e. the process of technical exertion, so as to avoid detours [7]; When developing students' strength, we should grasp the key to the problem and give priority to the strength training of large muscle groups and trunk to improve the effect of teaching and training.

3.3 Can Good Physical Fitness Be Guaranteed

The physical fitness of the police is directly related to their proficiency in learning and mastering various police combat skills. Physical fitness reserve is the fundamental guarantee for learning and mastering low-injury unarmed control skills and other techniques. The police officer turned about 180 degrees and shifted his center of gravity backward. Swivel and press down, landing safely. The opponent's head fell to the ground, and his arm locked his wrist after falling to the ground. Some technical links must be expressed in sports. As long as the active and forceful link is achieved, the technical actions of this link will be definitely expressed. It is not necessary to make special efforts to deliberately do it in the process of teaching and training. This is a natural process [8]. In the work can skillfully use these skills, apply what they have learned, protect the personal and property safety of the people, safeguard their good image and form good professional ethics. Strict training and examination are carried out on various police body qualities and defense control techniques. The whole training cannot be considered qualified if the police body is unqualified. In actual work, the police often have to face all kinds of criminals. For the police, they should not only protect the lives and property of the masses, but also avoid hurting criminals as much as possible, and at the same time protect their personal safety as much as circumstances permit. Technical proficiency directly determines whether the police can give full play to the advantages of this skill in law enforcement. As we all know, the more skilled the skill is, the more handy it will be in actual operation.

4. Development Strategies for Police to Grasp Low Injury Unarmed Control Skills

4.1 Learn Advanced Teaching Concepts and Operation Skills

Low-injury unarmed control skill was first developed from the encounter resistance control technique in the United States, namely PPCT control theory. Through continuous study of the theory and practice of this technology in recent decades, our country has basically mastered the

general essentials of this technology. Tactical group control skills can be used to control criminals in standing, supine, prone, leaning against the wall and other postures with bare hands, and the unexpected control effect will not cause injuries, disability or death of criminals. Police unarmed defense and control skills are integrated into a comprehensive teaching and training content system integrating collective ability, technology, psychology and adaptability. The process of teaching and training follows the principle from simple to complex, from technical training to application [9]. However, it is necessary to fully digest the essence of this technology and form low-injury unarmed control skills with Chinese characteristics according to China's basic national conditions. The police are required to have a high adaptability in their work, the ability to take orders in times of danger, and the ability not to change in times of danger. They can make timely responses to all kinds of situations, and can attack and accept enemies with ease. At the same time, we should give full play to the role of trade unions, through which trade unions often organize purposeful training competitions to mobilize the enthusiasm of everyone.

4.2 Establish a Perfect Training Mechanism

Low-injury unarmed control skill training must be comprehensively promoted according to the needs of the times. Guided by the relevant national policies, we should grasp the correct direction, keep the goals of all personnel consistent, and make good use of various resources, so as to ensure the orderly promotion of low-injury unarmed control skill training throughout the country. To maintain the correct direction and the same goal, starting from the overall situation, we should unify our thinking, work and strength. We should link up with each other and integrate all kinds of resources to ensure that the training of unarmed control skills for the minimum injury force is carried out in an orderly way in police academies and prison units across the country.

Educational psychology divides the formation of motor skills into three stages: cognitive stage, connection stage and automation stage. Sports physiology divides the formation of skills into four stages: generalization, differentiation, consolidation and improvement, and automation. European and American police divide unarmed defense and control skills into four stages: unconscious and incapable stage, conscious and incapable stage, conscious and capable stage and unconscious and capable stage [10]. Different training methods and means should be selected for targeted teaching and training in different stages (see Table 1).

Table 1 Tasks and Training Methods in Different Stages of Formation of Motor Skills

Skill formation stage	Task	Training method
Generalization stage	Let the exerciser “understand”, “comprehend” and “understand” a certain technology	Explanation, demonstration and visual demonstration
Differentiation stage	Let the exerciser imitate a single technical action and master it	Imitation exercise, repetition exercise
Consolidation and improvement stage	Let the exercisers connect the learned movements in series to make the movements coherent and enhance their physical fitness	Cycle exercises, interval exercises, change exercises
Automation phase	Make the whole operation process highly perfect and automatic, form skills and techniques, and strengthen physical fitness	Various exercises simulating real environment

Each step of this teaching and training mode is carried out on the basis of the previous step, which not only prevents the lack of physical ability and basic skills from affecting the mastery of skills, but also prevents the occurrence of sports injuries in the training process. Only through long-term continuous training of fighting ability can the police fully perform in actual combat. It is a test of police's physical, psychological, movement skills and tactics. Attention should be paid to the mastery of the training methods of police cadets, and the change from attaching importance to knowledge transfer to attaching importance to ability training. It is necessary to strengthen the

guidance of training methods for police cadets and train their self-study ability. Gradually establish a prison special police unit suitable for the current prison supervision situation, so as to institutionalize, professionalize and normalize the unarmed control training of minimum injury force.

4.3 Resource Integration Improves Training Quality

With the rapid development of information globalization, we should make full use of all kinds of resources, strengthen cooperation, exchange and study, continuously introduce new ideas and skills, and learn from them. Starting from actual combat, not only should the control procedures, control essentials and key and difficult points of low-damage unarmed control skills be firmly practiced and put in place, but also the tactical team of unarmed control skills should be strengthened to cooperate with the intensive training. Every class has physical fitness training. Physical fitness and skills are combined to carry out teaching training. While skills are improved, physical fitness is also greatly improved, avoiding the boring and tasteless practice of separating skills and physical fitness. According to the actual situation of the specific environment, places, the number of criminals and the physical posture of criminals and other conditions, a variety of low injury unarmed control skills are flexibly used. Through effective methods to enhance the judicial police's self-care awareness, guide the judicial police to overcome bad habits and develop good study, life and work habits.

4.4 Unifies the Training Content, Consummates the Teacher Construction

The training of low-injury unarmed control skills should be combined with the actual situation of actual combat training of various units and organizations, and the training content should be unified under the condition of consistent overall objectives and general directions. Each prison selects some policemen with practical experience and certain experience as the backbone for training in batches. Gradually improve the training of teachers, and constantly enhance and improve the theoretical knowledge and teaching practice ability. Local organizations should select some policemen and instructors with practical experience and certain experience to carry out grassroots teaching activities so that more frontline policemen can master the skills. In order to further consolidate the training results. After the physical ability and skills of the exercisers reach a certain standard, they begin to carry out conditional confrontation, and finally enter the teaching and training of actual combat confrontation. At the same time, through competitive actual combat, they can provide a good simulation environment for the police, so that they can truly experience various situations in actual work, and when encountering unexpected situations in actual work, they can better enter the state and give full play to their abilities in competitive actual combat.

4.5 Establish an Evaluation Index System

In order to evaluate the prison police's mastery of low-injury unarmed control training more reasonably and scientifically, a set of practical index evaluation system must be established. According to various situations that may occur in the process of law enforcement, simulation training is conducted under different conditions to test the proficiency of the trainees in mastering skills and to cultivate and improve the flexibility and psychological quality of the trainees. A set of practical index evaluation system is an effective guarantee to evaluate the police's mastery of low-injury unarmed control training more reasonably and scientifically. Such as regular medical examination system, judicial police medical treatment and critical illness insurance system, relief fund system, judicial police compulsory rest recuperation system, etc. The assessment of low-injury unarmed control skills cannot be done on paper, but in general terms. It must proceed from reality to ensure the effectiveness of the evaluation index system.

5. Conclusion

Judicial police's defense control skills training has a new role and significance in the new era. If there is a good long-term training mechanism, without the subjective initiative of the judicial police, this good mechanism cannot operate effectively. Therefore, the high attention of the judicial police

themselves is also one of the important aspects. Low-injury unarmed control skills have far-reaching significance for reducing police casualties in law enforcement and improving police's law enforcement ability. Police unarmed defense and control skills belong to the category of action skills. Teaching and training should follow the process and rules of formation of action skills, the particularity of police law enforcement, and the design of police unarmed defense and control skills should be targeted. Therefore, we should increase the promotion, implementation breadth and utility depth of this skill, and continuously improve the police's own low-injury unarmed control skill through scientific and systematic training, so that the police's unarmed control ability can meet the needs of actual combat in the new era.

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