

# Analysis level of the special proficiency of cadets and officers of the Internal Affairs authorities of the Russian Federation to the physical interditory effort by criminals

ALEKSANDER OSIPOV<sup>3,4</sup>, MIKHAIL KUDRYAVTSEV<sup>1,3,5</sup>, ALENA GALIMOVA<sup>2</sup>, TATYANA ZHAVNER<sup>3</sup>, POLINA FEDOROVA<sup>3</sup>, VLADIMIR SHULYATEV<sup>7</sup>, VLADIMIR STRUCHKOV<sup>3,6</sup>, NATALIA PESNIAEVA<sup>8</sup>

<sup>1</sup>Siberian law Institute of the Ministry of Internal Affairs of the Russian Federation, RUSSIA

<sup>2</sup>East-Siberian Institute of the Ministry of Internal Affairs of the Russian Federation, RUSSIA

<sup>3</sup>Siberian Federal University, RUSSIA

<sup>4</sup>Krasnoyarsk State Medical University named after professor V.F. Voyno-Yasenetsky, RUSSIA

<sup>5</sup>Reshetnev Siberian State Aerospace University, RUSSIA

<sup>6</sup>Krasnoyarsk State Pedagogical University named after V. P. Astafyev, RUSSIA

<sup>7</sup>Peoples' Friendship University of Russia, RUSSIA

<sup>8</sup>The Academy of Professional Development and Re-Training of Educators, RUSSIA

E-mail: ale44132272@yandex.ru

**Abstract:** The goal of the article is to discuss the pressing concern and to improve the quality of physical training of future law enforcement and police officers. Statistics show a significant increase in the rate of attacks, including gunmen and criminal attacks, on law enforcement agencies. Moreover, police officers and other Special Forces units should have the perfect fighting combat manoeuvres and skills to protect themselves from silent and automatic weapons to have a successful response to armed criminals. Some studies show that the alert level of a significant portion of law enforcement officers who are ready for the efficient use of fighting combat manoeuvres is not sufficiently high. The fighting combat manoeuvres include submission hold, submission lock, grabs and throws. In addition, significant weaknesses of the current teaching methods of fighting combat manoeuvres of future police officers are revealed. Furthermore, there are disadvantages of the functional teaching methods of the fighting combat manoeuvres, submission hold and submission lock, of future police officers. Unfortunately, the disadvantages are the significant prevalence of studying striking techniques not takedowns (submission hold and submission lock) during the training of cadets and a substantial lack of time devoted to studying the techniques of effective actions by police officers during the ground fight.

**Key words:** police officers; military students of MIA universities; professional duties; interditory effort by criminals; physical training; fighting combat manoeuvres; sambo; teaching methods.

## Introduction

According to the experts opinion the effectiveness of the police and other specialized services is determined by the presence of law enforcement officers of efficient technologies and the ability to use them in modern conditions (Fatih, & Becir, 2015; Byrne, & Gary, 2011). However, it should be noted that, despite the increase in technological progress: biometrics, DNA, surveillance, tracking system, police officers and SWAT quite often have to arrest criminals engaging in physical contact with them. Physical training of police officers is an important component of professional training of the officers to address the important service tasks. It is important to note that the pursuit of offenders, suppress criminals resisting arrest and people behavior control during the events are the daily responsibilities of law enforcement officers especially police officers at this moment. According to A. Crawley, the ability to perform their duties data effectively defines the professional competence of police officers (Crawley, Sherman, & Cosio-Lima, 2016). T. Suminski said that a police officer must be able to protect society whom he swore under oath to serve and protect. If police officers are not in proper physical form, they will not be able to perform their duties effectively: the persecution and detention of criminals (Suminski, 2006). It seems that in the public's eyes the patrol officer must be completely perfect and embody the full force and power of the police. Consequently, the law enforcement officer must be in good physical shape by the start of training at the Police Academy and to the end of his service life. However, research scientists show that a significant part of the police after the graduation of the career-level schools show an insufficient level of preparedness to address the challenges they face while they are on line duty (Bykov, 2014). As a result of S. Sheets studies show that after finishing the regular classes of physical training in the police academy, many officers do not meet the standards of physical training of law-enforcement officers (Sheets, 2012).

We must admit that the experts say that the current system of training for law enforcement agencies of the Russian Federation does not currently provide a strong link between the different types of training officers and should be optimized and improved (Bakayev, 2015). Indeed, one important component of professional training of law enforcement officers who are in need of significant improvement is the ability of officers and interior ministry members to the counter and apprehend armed criminals or actively resisting criminals. The need for an active confrontation may occur with the gunmen at any time incurring duty by the patrol officers (Martin, & Priar, 1995). In view of the above, the purpose of the research of the paper authors was the readiness analysis of cadets of

educational institutions of the Russian Interior Ministry and the readiness analysis of the police to take action on physical interdictory effort and offenders' arrest.

### **Material & methods**

It is no great surprise that the current guidance on the organization of special physical preparation of interior ministry members of the Ministry of Internal Affairs of the Russian Federation contains a number of strict criteria for assessing proficiency police of fighting combat maneuvers (Ob utverzhdenii Nastavleniya, 2017). Moreover, the officer must protect themselves confidently and effectively against criminal attack of aggressive offender to obtain a positive assessment passing the credit test on special physical training if it is necessary to disarm him to eliminate the opposition and restrict the freedom of movement. To achieve this goal, the officers and law-enforcement officers can use kicks, throws, submission hold and submission locks as well as a combination of techniques. If law-enforcement officers performs fighting combat maneuvers passing the credit test on this subject slowly, hesitantly or not according to their description the officer can fail the credit test. However, it should be noted that the vast majority of officers and interior ministry member of the Ministry of Internal Affairs pass successfully the test as they perform these maneuvers with familiar to them partners in conditions of incomplete resistance. Consequently, the results of tests cannot be used as objective criteria for evaluating level of proficiency of the technique to fighting combat maneuvers performed by the law enforcement officers. The authors propose an evaluation of the level by analyzing actions of officers and police officers in the conditions of competitive sparring for the contact type of combat sport.

By the way, the expert analysis of the quality of performance of combat techniques was carried out by the structural analysis of video recordings of cadets and police officers to compete in combat sambo and fighting. It should be noted that this method is widely used by athletes and coaches for the objective assessment of the level of proficiency to conduct offensive operations in different kinds of combat sport actively (Osipov, Kudryavtsev, Struchkov et al, 2016). Concerning the analysis the performance of students of MIA universities and law enforcement officers (58 people) were taken in the championships of the Krasnoyarsk Territory and the Siberian Federal District in combat sambo and fighting. In total 256 matches have been tested. Besides, the criteria for peer review were: the speed and quality of performance of combat methods of struggle (strikes, throws, submission hold and submission locks), the effective combination of different maneuvers (strikes and throws and painful holds, etc.), the dynamics of conducting a duel and resulting damage (skipped beats, painful hold, etc.), it is important to remember that for frank assessments eight experts – the Honored coaches of Russia in different kinds of combat sport, boxing, judo, sambo, hand to hand combat were invited. It should be noted that the competition among the interior ministry members are held in 2 stages. In the first stage, the participants must demonstrate the combat maneuver techniques of struggle and gain admission to competitive sparrings to the judges. This allows judges to make control of the technical skill of the competitors and not let fighting to those participants whose level of technical skill is not high enough. Thus, the level of physical and technical training of cadets and officers of the Ministry of Internal Affairs who have received the approval from the judges to take part in competitive sparrings should be sufficient for the quality performance of different shock and throwing techniques of fighting combat maneuvers.

### **Results**

It turned out that the analysis of the competitive video performances of students and interior ministry members of the Interior Ministry shows that the total number of technical actions carried out by the tested police officers for 256 competitive meetings was 8204 on the competitions of the contact combat sport. This figure includes the total number of all attacks got up to the opponent (as the cause of damage to the enemy and blocked by him), real attempts of different throws (both successful and unsuccessful) and attempts of submission hold and submission locks (both failed and successful). Moreover, the number of technical actions was about 1048 (13%) recognized by the experts as successful - have received the assessment from the judges or really affect the result of the fight.

Besides, the experts estimate that the total number of attacks which have reached the enemy is 5693. At the same time 658 attacks (11.5%) actually caused the damage to an opponent. The number of attempts of various attacks including puss-offs, takedowns, footrests is equal to 2443. Among them are the successful attacks about 372 (15%) which have received the assessment from the judges who gave the attacker athlete an advantage according to experts opinion. Techniques analysis of submission hold and submission locks showed that out of 57 attempts of submission holds there were only 16 (28%) successful which led to the opponent surrender and the judges awarding a winning to the athlete. But other than that, among 11 attempts of submission holds there were only 2 successful attempts (18%).

Positional technical activities - combination of stunts of blows and fighting techniques experts acknowledged that there are 446 complex throw and technical actions. Successful ones are 240 (54%). However, assessing the overall dynamics of conducting competitive sparrings the experts noted that police officers under investigation were carried out technical activities with an interval of less than 8 seconds. The time interval between the end of the hold and the beginning of another was an average of 7.3 seconds. Indeed, the time interval between competitive actions of tested ministry members of the Ministry of Internal Affairs was 25.5 seconds recognized by the experts as successful ones.

An important point is that the analysis of the received damages (missed blows, throws, submission hold and submission locks) showed that the tested police officers missed about 8435 technical actions. The experts recognized the 1476 combat maneuvers (17.5%) as missed technical actions influenced the course and outcome of duel meets. The total number of missed blows – 5902 and the number of attacks which actually caused the damage to the experimental members - 952 (16%). Number of missed shots - 2484, the number of shots received a score from the judges - 493 (20%). It was revealed that police officers under experiment missed 41 submission holds and 8 submission locks. All in all, losing the duel meet led to 28 submission holds (68%) and 3 submission locks (37.5%).

As overall results of the analysis of competitive duel meets of the cadets and police officers are presented in Table 1.

Table 1. Expert analysis of the level of special readiness of the police to counter the physical perpetrators (on the basis of competitive matches data on contact martial arts).

Assessment criterion	Number of activities	Effective actions	Assessment of difficulty by experts
The quality of implementation of the technical activities	8204 blows – 5693 throws – 2443 submission hold – 57 submission locks -11	1048 (13%) blows – 658 (11,5%) throws – 372 (15%) submission hold – 16 (28%) submission locks – 2 (18%)	unsuccessful
Combinations of technical actions	446	240 (54%)	positively
The dynamics of conducting competition combat	7,3 sec.	25,5 sec.	adequate
Missed technical action (damage)	8435 blows – 5902 throws – 2484 submission hold – 41 submission locks -8	1476 (17,5%) blows – 952 (16%) throws – 493 (20%) submission hold – 28 (68%) submission locks – 3 (37,5%)	unsuccessful

## Discussion

According to the analysis results of competition combat the experts considered that the assessment of the first criterion - the quality of implementation of the technical activities of the interior ministry members of the Ministry of Internal Affairs who are under the experiment will be unsatisfactory. We must admit, a very small percentage of effective technical actions e.g. strikes, throws, etc. (which inflicted real damage to the opponent) was revealed. The number of inefficient (not inflicting damage) technical activities is 87% which suggests a high level of readiness of the tested police officers leading to the physical interdictory effort of the criminals. According to the experts opinions in conditions of real confrontation with an experienced or armed criminals the police officer shall act with a maximum efficiency.

The next criterion - combinations of technical actions the experts evaluated it positively. It was revealed that more than half (54%) of all the combination of technical actions (set of various blows, attacks and throws, throws and rolls, throws and submission holds) have proved effective. At the same time, the experts note that the vast majority of combination actions are a combination of blows and combinations of throws and submission holds are rare.

It is important to remember that the dynamic of conducting competitive combats was rated by the experts as satisfactory. Experts were satisfied with the time intervals between the end of one of the technical action and the beginning of another. This interval was 7.3 seconds. However, between the effective fighting combat maneuvers (doing damage to an opponent) the interval is much higher - 25.5 seconds. Actually, the experts thought that the police officers should seek how to reduce this figure.

In the final criterion - damage received by the police officers under experiment themselves during the fights the experts estimate was unsatisfactory. All the experts agreed that the police officers must minimize the potential damage as much as possible. In the context of a real confrontation with the criminal community any kick or throw missed by a police officer can lead to very negative consequences. Indeed, the experts believe that the tested ministry members of the Ministry of Internal Affairs need to increase the level of protection against the blows and from a variety of throws significantly. And there was a revealed drawback as a lack of ability to defend effectively

against the opponent's attack on the ground. The experts highlighted the high percentage of missing of submission holds (68%) and submission locks methods (37.5%) which are unacceptable by the ministry members.

It is recognized that similar results have caused some surprise among experts and specialists. It is known that the cadets of the higher school of the Ministry of Internal Affairs and police officers attend classes on physical training regularly. The program of the classes includes an education course and the improvement of the combat methods of struggle. The classes on the basic techniques of combat sports: boxing, judo, sambo are held parallel to this course in the educational institutions and training centers of the MIA of Russia. Regular classes of these combat sports must ensure a high level of preparedness of the police officers to the physical interditory effort. Sambo was created in order to defend themselves effectively against one or several armed opponents (Osipov, 2008). For a better understanding of the situation the structure and methodology of teaching of cadets and ministry members of the Ministry of Internal Affairs should be monitored to examine the technology to fighting combat maneuvers on the example of Sambo training methods.

In fact, we know that the fighting Sambo is a national sport in the Russian Federation. The Russian people like this kind of sport very much and it has significant victorious traditions (Osipov, Kudryavtsev, Kuzmin et al, 2016). Besides, for a long time, the sambo methods of combating are included in the program of special training for law enforcement agencies. According to point of view of many experts, wrestling and Sambo training have a positive impact on the development of physical qualities of the ministry members. Also possession of sambo techniques positively affects the level of psychophysical readiness of the members of security forces to act in extreme situations (Linonis, Mikalauskas, & Obcarskas, 2004). At the same time, experts allocate a number of factors affecting the mastery of cadets and law enforcement officers of the technique to perform many tricks in Sambo (Guralev, Osipov, & Filippovich, 2016). These factors should include the insufficient level of physical fitness of law enforcement officers and significant breaks between the classes (Serebryak, & Popov, 2014).

On this account a number of different reasons for the quality of professional physical training of future police officers are poor according to F. Evtushov (Evtushov, 2013). For similar reasons we can include the following reasons: inadequate physical fitness of cadets; lack of good planning and rational organization of the training process of academic training of the future police officers; lack of a clear relationship between the types and forms of the classes on the special physical preparation. If there is an established system of physical training classes in a theory of the ministry members of the Ministry of Internal Affairs which is regulated by the manual on the organization of physical training of law enforcement officers so in practice the classes with cadets goes by without any basic concepts of physical education and sports training. But the scientific approach to the study of contact mortal sports involves strict adherence to the plan of psychophysical and emotional proficiency of students in accordance with the specifics of a particular type of mortal sports (Bhardwaj, & Rathee, 2013). By the way, as it was noted by V. Danil'chenko, the main difficulties in the training of future police officers are a matter of choice: teaching methods using the effective training tools and techniques to improve the quality of the training process (Danil'chenko, Khabinets, 2014). It turned out that the experts expressed the view that at present, in the training of students the most teachers use the technique for their classes on the basis of kick sports: boxing, karate, wushu, etc. The main emphasis in the classroom is on the learning art of attacking by different parts of the body but the study of the throws and submission locks are neglected (Guralev, Osipov, & Filippovich, 2016; Danil'chenko, Khabinets, 2014).

In addition, one of the features of the training staff and cadets to submission locks of struggle is the study of the art performing submission holds, throws, choke holds and blows apart from each other in separate classes (Trojan, 2016). However, passing the test ministry members must demonstrate a mixed technique of performing a variety of protective actions combining strikes, throws and painful holds. As these technical activities are studied separately it is often at the time of passing the test technical errors are observed doing the mixed technical activities: kick and throw, kick and painful holds. It should be changed as soon as possible the existing system of training the fighting techniques to a more in-depth study of traditional mortal maneuvers: Sambo and Judo techniques and combinations of these forms of struggle as I. Zakorko says (Zakorko, 2010). Numerous errors of the cadets and police officers are revealed when taking the correct gripping passing the test on the implementation of fighting mortal maneuvers. This is a direct consequence of the lack of time allotted for teachers and trainers to perform an in-depth study of the art of sambo and judo throws. Anyway, the experts say there is the need for taking the correct gripping for the successful implementation of the mortal maneuvers and the enemy control (Iermakov, Podrigalo, & Jagielło, 2016).

It should be noted that there is the high rate of injury in the physical training classes. In Australia more than 30% of the injuries received by the police officers over the past 4 years have been received by them during training (Larsen, Aisbett, & Silk, 2016). Actually, at the same time it was found that the law enforcement agencies with higher levels of physical fitness have much less chances to receive any injury than their counterparts who have an insufficient level of proficiency (Knapik, et al, 2011). According to the authors opinion on the risk of injury significantly affects the prevalence of striking technique studied by the cadets in the classroom for physical and special training. It should be noted that commensurate the force of impact and the extent of its impact is quite difficult but the risk of injury to yourself or partner is great enough (Guralev, Osipov, & Filippovich, 2016).

## **Conclusions**

As a result the studies have shown that the level of special physical readiness of a large part of the cadets, officers and other law enforcement bodies of the Russian Federation taking action to combat, neutralization and forceful detention of criminals are not fully in line with the optimal parameters. It was found that law enforcement officers have a technique of performing fighting combat maneuvers (strikes, throws, grappling, painful holds) but they are not always able to apply them qualitatively. Besides, it was revealed a significant lack of effective technical actions that allow disarming and immobilizing criminals quickly including armed man. Throws with the subsequent control of a fallen opponent in the prone position, submission holds and submission locks as well as defend against them are regarded to such actions. Finally, according to the authors' research these trends are the result of the predominance of the educational institutions of the internal affairs bodies of the Russian Federation studying strike technique of the contact combat sports: boxing, kickboxing, karate, etc. Unfortunately, at the same time the study of the enemy control techniques in a prone position on the ground, submission hold and submission locks as well as the effective methods of protection against them do not find enough time on it.

**Conflicts of interest** - If the authors have any conflicts of interest to declare.

## References.

- Bakayev, V. (2015). Determining the significance of practical military skills applied by the special purpose regiments of the internal troops of the Russian Ministry of Internal Affairs to deliver combat objectives. *Journal of Physical Education and Sport*, 4. 615-618. DOI:10.7752/jpes.2015.04093
- Bhardwaj, S., & Rathee, N. (2013). Optimizing aggression in combative sports – An analytical approach. *Journal of Physical Education and Sport*, 2. 153-156. DOI:10.7752/jpes.2013.02025
- Bykov, O. (2014). Police academy training: An evaluation of the strength and weaknesses of police academies. *Themis: Research Journal of Justice Studies and Forensic Science*, 2(1). Available at: <http://scholarworks.sjsu.edu/themis/vol2/iss1/9>
- Byrne, J., & Gary M. (2011). Technological innovations in crime prevention and policing: A review of the research on implementation and impact. *Journal of Police Studies*, 3(20). 17-40.
- Crawley, A., Sherman, R., Crawley, W., & Cosio-Lima, L. (2016). Physical fitness of police academy cadets: Baseline characteristics and changes during a 16-week academy. *Journal of Strength and Conditioning Research*, 30(5). 1416-1424. DOI: 10.1519/JSC.0000000000001229
- Danil'chenko, V.A., & Khabinets, T.A. (2014). Typical mistakes, made by the cadets, mastering the submission locks, of the higher educational establishments of the Ministry of Internal Affairs of Ukraine. *Physical Education of Students*, 4. 20-25. DOI: 10.6084/m9.figshare.974478
- Evtushov, F.M. (2013). Features of organization and extra-curricular classes on the subject "Special physical education" with the cadets of higher educational establishments of Ministry of Internal Affairs of Ukraine. *Physical Education of Students*, 1. 27-29. DOI: 10.6084/m9.figshare.156352
- Fatih, T., & Becir, C. (2015). Police use technology to fight against crime. *European Scientific Journal*, 11(10). 286-296.
- Guralev, V.M., Guralev, A.V., Osipov, A.Yu., & Filippovich, V.A. (2016). Providing practical orientation of teaching in the classroom for physical training in the universities of the Ministry of internal Affairs of Russia. *Problemy Sovremennogo Pedagogicheskogo Obrazovaniya*, 52(3). 34-41.
- Iermakov, S., Podrigalo, L., & Jagiełło, W. (2016). Hand-grip strength as an indicator for predicting the success in martial arts athletes. *Archives of Budo*, 12. 179-186.
- Knapik, J., Spiess, A., Swedler, D., et al. (2011). Retrospective examination of injuries and physical fitness during Federal Bureau of Investigation new agent training. *Journal of Occupational Medicine and Toxicology*, 6. 26. DOI: 10.1186/1745-6673-6-26
- Larsen, B., Aisbett, B., & Silk, A. (2016). The injury profile of an Australian specialist policing unit. *International Journal of Environmental Research and Public Health*, 13(4). 370. DOI: 10.3390/ijerph13040370
- Linonis, V., Mikaluskas, R., & Obcarskas, L. (2004). The influence of sambo wrestling competitions on the training process of statute officers. *Jurisprudencija*, 62(54). 59-65.
- Martin, T., & Priar, L. (1995). Police techniques in gun fights. *Journal of Criminal Law and Criminology*, 46(3). 396-403.
- Ob utverzhdenii Nastavleniya po organizatsii fizicheskoy podgotovki v organakh vnutrennikh del Rossiyskoy Federatsii. URL: <http://www.garant.ru/products/ipo/prime/doc/56580445/> (accessed February 12. 2017).
- Osipov, A., Kudryavtsev, M., Struchkov, V., Kuzmin, V., Bliznevsky, A., & Plotnikova, I. (2016). Expert analysis of the competitive level of young Russian judo athletes who train for active attack fighting. *Journal of Physical Education and Sport*, 4. 1153-1158. DOI:10.7752/jpes.2016.04185
- Osipov, A., Kudryavtsev, M., Kuzmin, V., Salyamova, P., Gavriluk, O., Struchkov, V., Galimov, G., Zakharova L. (2016). Methods of operative and informative control of the muscle loading level used during the training of sambo wrestlers. *Journal of Physical Education and Sport*, 4. 1247-1252. DOI:10.7752/jpes.2016.04198
- Osipov, A.Yu. (2008). Formirovanie dvigatel'nykh deystviy nachinayushchikh sambistov na osnove razvitiya statokinicheskoy ustoychivosti i vynoslivosti [The formation of motor actions beginner wrestlers through the development statokinetic stability and endurance]. Krasnoyarsk. 104 p. [In Russian].

- Serebryak, V.V., & Popov, S.V. (2014). Features of cadets' adaptation universities Ukrainian Interior Ministry to study the art of sambo. *Pedagogics, psychology, medico-biological problems of physical training and sports*, 5. 55-59. DOI: 10.6084/m9.figshare.971064
- Sheets, S. (2012). Fitness and the police officer. *The Journal of Law Enforcement*, 2(3). Available at: <http://jghcs.info/index.php/l/article/view/147/139>
- Suminski, T. (2006). Physical fitness and law enforcement. Roseville police department, Eastern Michigan University, 25 p. Available at: <https://www.valorforblue.org/Documents/Publications/Public/Physical-Fitness-and-Law-Enforcement.pdf>
- Troyan, E.I. (2016). Intra-discipline integration in teaching fighting techniques to police officers. *Integration of Education*, 3(20). 407-414. DOI: 10.15507/1991-9468.084.020.201603.407-414
- Zakorko, I.P. (2010). Combat training of employees of organs of Internal Affairs of Ukraine: Problems and perspectives. *Physical Education of Students*, 1. 49-51.