

# FACTORS AFFECTING THE EFFICIENCY OF TECHNIQUES OF HAND AND FOOT ATTACKS OF PEOPLE'S POLICE ACADEMY STUDENTS

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## Abstract:

The topic which based on the research of expertises, programs, lesson plans and through interviews has identified the status of the factors affecting the effectiveness of attack techniques in Public Security Martial Arts for students including: facilities conditions, teachers, programs, distribution programs and exercises that are being used to improve the efficiency of the techniques of arm and leg attacks ... serve as a basis to propose appropriate measures to further improve the effectiveness of teaching and training of Martial Arts for People's Police Academy students.

**Keywords:** Police martial arts; Attack techniques; Police academy.

## INTRODUCTION

Public Security Martial Arts is one of the especially important and indispensable means for every People's Public Security soldier. The People's Police Academy, as a unit that trains generations of officers and soldiers for the Public Security, always has to improve teaching methods to constantly improve the efficiency and overall training quality, in which special attention is paid to the quality of police martial arts training for future police. Therefore, the assessment of the status of the factors affecting the effectiveness of attack techniques in Martial Arts of People's Police Academy is the basis for taking appropriate measures to improve effectiveness of teaching offensive techniques is important and necessary work.

## RESEARCH METHODS

The methods used in the research process include: Methods of analyzing and synthesizing documents; Interview method; and Statistical mathematical methods.

## RESULTS AND DISCUSSION

### 1. The reality of facilities serving teaching and training of Public Security Martial Arts at the People's Police Academy

The thesis conducts a study of report materials on the status of facilities of the unit from the academic year 2012-2013 to 2015-

2016, and also directly surveys the status of facilities serving teaching and training in Public Security Martial Arts at the People's Police Academy. The results are presented in Table 1.

The survey results show that, due to the actual conditions of the Academy's area, the area for teaching and training of Martial Arts remains the same, the facilities and auxiliary learning equipment are almost unchangable. However, the equipment, tools for teaching, training and learning in the classroom have been invested during each school year. This shows that the Military Martial Art and the People's Police Academy have had certain interests in investing in equipment for teaching and training of Martial Arts.

In order to determine the level of meeting of the existing facilities and the actual number of students, the topic conducts a survey of the actual number of students from the 2012-2013 to the 2015- 2016, the results are presented in table 2.

Summary of the survey results obtained in Tables 1 and 2 shows that, although facilities for teaching and training of Martial Arts Public Security have been paid attention and supplemented annually compared with the annual increase in the number of students, types of equipment and facilities can not meet the practical requirements set out.

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**Table 1. Situation of facilities serving the teaching and training of Public Security Martial Arts at the People's Police Academy**

No	Content	School year			
		2012-2013	2013-2014	2014-2015	2015-2016
<b>I</b>	<b>Facilities directly serving teaching and training of martial arts</b>				
1	Practice house (m2)	652	652	652	652
2	Yard (m2)	1589	1589	1589	1589
3	Cushion for exercise	200	350	400	500
4	Gloves, hats (sets)	20	25	40	50
5	Armor (set)	20	30	30	40
6	Punching bag	10	10	12	12
<b>II</b>	<b>Other means and support equipment</b>				
1	Projector	1	1	1	1
2	Projection font	1	1	1	1
3	Computer	3	3	4	5
4	Video Camera	1	1	1	1
5	Camera	1	1	1	1
6	Photocopier	1	1	1	1

**Table 2. Actual number of students participating in Public Security Martial Arts at Department of Military Martial Art and Physical Training, People's Police Academy**

Year	Formal Education		Informal Education		Working while Studying in local		Total
	m <sub>i</sub>	%	m <sub>i</sub>	%	m <sub>i</sub>	%	
2012-2013	905	39.78	507	22.29	863	37.93	2275
2013-2014	918	45.13	445	21.88	671	32.99	2034
2014-2015	963	40.74	655	27.71	746	31.56	2364
2015-2016	988	38.01	515	19.82	1096	42.17	2599

**2. Reality of a batch of teachers participating in teaching and training of Public Security Martial Arts at the People's Police Academy**

Survey results show that the number of lecturers is increasing, teacher qualifications have a positive change, teachers are getting younger and more qualified. As a result, they have ability to adapt and respond well to the requirements of the Martial Arts teaching and training mission.

**3. Actual status of teaching and learning techniques to attack in Public Security Martial Arts at the People's Police Academy**

**3.1. Reality of the curriculum of Public Security Martial Arts at the People's Police Academy**

The research results show that public security martial arts is divided into 2 modules, in which, the content of training on manual attack techniques and foot attack techniques is arranged in Module I, with a total amount of time is 30 periods, accounting for 1/3 of the total time of the module I. Therefore, it can be seen that these are 02 important contents in the Public Security Martial Arts program, so the effectiveness of teaching and training these 02 contents will greatly affect the overall effectiveness of training program.

**3.2. Reality of applying exercises to improve the efficiency of attack techniques of Public Security Martial Arts at the People's Police Academy**

**Table 3. Real status of lecturers teaching Public Security Martial Arts at the People's Police Academy**

Result		Academic Year			
		2012-2013	2013-2014	2014-2015	2015-2016
Quantity	Subject	33	34	39	45
	Group	13 (39.39%)	14 (41.18%)	19 (48.72%)	24 (53.33%)
<b>Level</b>					
Doctoral	m <sub>i</sub>	0	0	0	1
	%	0	0	0	4.17
Master	m <sub>i</sub>	4	4	5	4
	%	30.77	28.57	26.32	16.67
University	m <sub>i</sub>	3	3	7	14
	%	23.08	21.43	36.84	58.33
College	m <sub>i</sub>	6	7	7	5
	%	46.15	50.00	36.84	20.83
<b>Age</b>					
<30	m <sub>i</sub>	0	2	7	10
	%	0	14.29	36.84	41.67
30 to <40	m <sub>i</sub>	7	6	6	8
	%	53.85	42.86	31.58	33.33
40 to 50	m <sub>i</sub>	5	5	4	4
	%	38.46	35.71	21.05	16.67
>50	m <sub>i</sub>	1	1	2	2
	%	7.69	7.14	10.53	8.33

The overall results show that the exercises currently used in teaching, training manual attack techniques and foot attack techniques in Martial Arts at People's Police Academy include 2 groups of exercises: The manual attack exercise group consists of 9 exercises and the leg attack exercise group consisting of 6 exercises. Thus, the number of exercises is limited, not diverse, there are no additional exercises to improve the effectiveness of movements. On the other hand, the exercises have not yet determined the weight and intensity clearly, thus affecting the efficiency of technical training.

**CONCLUSION**

The research results show that: The contingent of teachers of Public Security Martial Arts has been increasingly improved both in quantity and quality, so that they can fulfill their teaching tasks; Although facilities have been improved, they have not yet met the actual needs; Although the teaching program has focused on the content of training the techniques

of the arm and leg for the students, the exercises used for training are limited, there is no clear quantification and lack of supplementary exercises. The above facts show that it is necessary to take corrective measures to improve the effectiveness of teaching and training, thereby improving the efficiency of attack techniques in Martial Arts for students of People's Police Academy.

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