

SPECIAL POLICE PHYSICAL TRAINING

No.	Contents	Total classes	Lectures	Practical exercise
1	Physical training	9		9
1.1	Running	3		3
1.2	Strength training	3		3
1.3	Special preparatory exercises	3		3
2	Medical training	6	4	2
2.1	Basics of anatomy and physiology	1	1	
2.2	General notion of trauma. Certain types of traumas. Rendering assistance to yourself and others	2	1	1
2.3	Types of bleedings, first aid in case of bleeding	2	1	1
2.4	Techniques of self-assessment of the functional status	1	1	
3	Psychological training	1	1	
4	Special training	58		
4.1	Stances and techniques of hand blows and kicking. Vulnerable spots for delivering blows.	10		10
4.1.1	Types of stances and moving in a stance. Hand blows (straight blows, from beneath, side blows, elbow strokes). Blocking hand blows (block, cover-up, slipping, bobbing)	6		6
4.1.2	Kicking (straight kick, from beneath, side kick, knee strokes). Protective measures against kicking (block, cover-up)	4		4
4.2	Basic tactics of a wrestle	8		8
4.2.1	The tactics of offensive and defensive actions (also against several opponents)	4		4
4.2.2	Protective and attacking actions (also against several opponents)	4		4
4.3	Wrestling techniques	14		14
4.3.1	In the upright position (break falls in case of falling; front and back thigh blocking turns; throws involving catching two legs at the front, at the back, submission holds)	6		6
4.3.2	In a lying position (pins and submission holds)	4		4
4.3.3	Hacks, holdfast and the techniques to free oneself from them. Techniques of mutual assistance	4		4
4.4	Apprehension techniques and protective actions against	26		26

No.	Contents	Total classes	Lectures	Practical exercise
	an attack			
4.4.1	Techniques and tactics of apprehension and apprehension by force (apprehension techniques moving from the front, from behind, on the side; outside search, convoying). Cooperation techniques.	10		10
4.4.2	Protective actions against an attack of an armed criminal (at the threat of a gun (machine gun) on the side, at the front, at the back); Arm blanche (from an attack from beneath, from above, on the side, with the back of a hand, spearing)	8		8
4.4.3	Anticipatory actions at the attempt of a criminal to produce a weapon from clothes (a breast pocket, a trouser pocket, a belt, etc..)	8		8
	Credit	2		2
	Total	76	5	71