

## **MODEL AND METHODOLOGY FOR PREPARATION IN PERSONAL PROTECTION**

*Preliminary communication*

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### **Abstract**

*Training in personal protection, psycho-physical training and sport of students from the NSA found a fulfillment in security and defense, reflecting the human factor has its place in modern concepts of global, national and personal security (Yordanov (Йорданов), 2013). Promotes the formation of readiness to perform the professional tasks in the process of educational - coaching in martial arts sports (Ivanov (Иванов), 1989). Teaching methodology complies with the requirements of the law on "Physical Education and Sport" in the Republic of Bulgaria in accordance with the Higher Education Act (HEA) and curricula and training programs in the specialization of students in NSA "Vassil Levski". Development of reliable model and methodology for formation of adequate preparedness for personal protection in extreme situations requires a thorough understanding of the theory and methodological foundations of the research problem.*

**Keywords:** *Combat Application Techniques, Police personal protection, physical training, melee training, military - police & special forces training*

### **INTRODUCTION**

#### *Essence of training in personal protection*

The personal protection is a system of specific skills for neutralizing the attack by one or more adversaries, attacking with or without different types of weapons. Defensive techniques are formed with simplified biomechanics of the movements to be accessible to people with different physical properties, motor abilities and technical skills. The goal here is to achieve maximum efficiency with minimal use of physical exertion. The ambition is training to be conducted in extreme or near extreme conditions to reach and to quickly maximize the effectiveness of the skills of learning students.

The methodology of training in personal protection is based on techniques developed and selected as a result of many years of experimentation and research. The methodology is built on years of experience both between the authentic martial arts and in pedagogy, psychology, operations, and last but not least, experience in real situations from the practice. Unlike the sports events where there are a number of limitations because the relevant sporting regulations, then in leading and personal safety in a skirmish battle effect lies in countering and slaughter of the enemy according to the respective situation and appropriate to the level and type of the attack.

Only the overall conception process of training in personal protection, physical and psychological side, forming a psycho-physical readiness to react in extreme situations, allows not only to preserve the life of the practitioner but also to obey the enemy of our will. Good training gives willingness to solve problems in any situation, on any place, against any opponent. For this reason, the training in personal protection is practiced worldwide by specialized police, military, military police and special units and subdivisions (Yordanov (Йорданов), 2014.).

#### *Optimizing preparation for Personal Protection*

Training in personal protection pedagogical process aimed at physical and mental improvement of student action in extreme conditions (Borisov (Борисов), 2014).

Training in personal protection of students in sports with professional qualification BPFPS in MI and BA, students of Master's program "Sport and Security Studies" at "Methodist BPFPS in MI and BA" on the NSA Vasil Levski in curriculum and curricula with new qualification characteristics reporting requirements for security and to solve the tasks of the Bulgarian army and police. The training focuses on the knowledge, skills and competence of the Bulgarian policeman and soldier. A guarantor for high quality teaching is the academic staff. With its theoretical, practical teaching, applied research and expert activities, the scientific faculty provides comprehensive unity of the knowledge, critical thinking skills and competence of the trainees.

This methodology aims at optimizing the training in personal protection of the students and introduce the objective criteria in forming the semester evaluation of students, giving an accurate picture of their specific skills and increase their motivation to actively participate in classes on personal protection. The aim is to acquaint the students with the basic core and a specialized part of preparations for personal protection. Be able properly targeted and effective to perform separately and combine-learned techniques, depending on the tasks and program content for the semester.

These goals and objectives included the except Reverse engineering of new techniques of personal protection, but also continuously strengthen and improve the already-learned technical skills to reach a certain automatism. This leads to stabilization of the achieved psycho-physical qualities and creating self-confidence and capabilities (Kaykov, 1989).

*Training content*

The content of training is determined by the software depending on the professional field, the respective semester and majoring in entering sections of theory and practice. The absorption of the theoretical foundations of personal protection is closely related the workshops and is in direct correlation with them.

*Theoretical part:*

The theoretical part covers the following topics: history, importance, role and place of training in personal protection officers from the law enforcement institutions. Nature and content of the personal protection. Means and forms of psycho - physic training. Scientific bases in classes on personal protection, analysis of tactical actions in combat situations, knowledge of anatomy and physiology of the human body, theoretical battle cry of "kiai" and the theoretical knowledge of relaxation.

*The practical part:*

The practical part includes exercises for development of basic and specific physical properties and preparation for the formation of mental, technical and tactical readiness for self-defense.

*Purpose of the study*

The aim of the study was to assess the methodological characteristics of the techniques of the personal protection and their application in the single combat.

*The objectives of the study are:* To approbate the training model and to examine its effectiveness by conducting educational competition on fighting skirmishes.

**METHODS**

*Organization and methodology of the study*

The study focused on processes and phenomena in the learning process of students sophomore majoring in BPFPS in the Army and Ministry of Interior.

The subject is teaching students personal protection.

Subject of the study are 9 students in second year at the NSA specialty BPFPS in the Army and Ministry of Interior.

Conducting bilateral skirmishes took place under our direct supervision in the hall martial techniques applied in the NSA. We had notes on prefabricated templates registered in tabular form.

The results obtained were processed with the help of mathematical and statistical method.

*Combinations of learning martial exercises in personal protection (Kubusch)*

Combinations of martial exercises are used to improve the static-learned techniques in a dynamic and complex environment, but may also be used to verify the practical knowledge and skills.

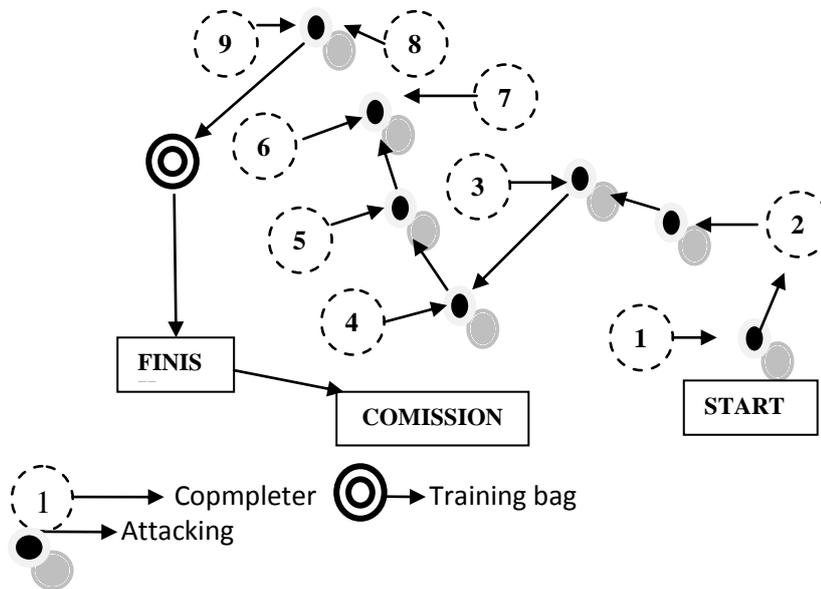


Fig 1. Sample sequence of combinations of combat training exercises

- Legend:**  
 attacking 1  
 Movement of contractor  
 battle skirmish  
 training bag

*Sample advice:* similar to the scheme each instructor can create many other Kubusch.

1. Attack with leg and subsequent grip with one hand on his lapel;
2. Straight punch to the head;
3. A combination of straight kick and punch;
4. External saber attack
5. Punch in the stomach
6. Scope back in hands
7. Stabbings top
8. Thrusters kick
9. A combination of left, right and side punch
10. Training bag - 10 s.

## RESULTS

Table 1. and Graphic 2. with reported results of the survey.

Table 1. Reported results of the survey

Name and surname	Successful punches with hands	Successful punches with legs	Successful punches with rebound	Successful punches with spinning	Successful punches with hands and legs	Successful throwing and demolition	Points
Nikolay Vangelov	3	1				3	9+10
Svetoslav Kirov	2	1	1	2			11
Krasimir Bonchev	3	3		1			9
Ivo Nikolov						3	9
Yordan Koev	2	1	1	1			8
Iv. Patcharazhov	2	1				1	6
Svet. Grozdanov	1	2					3
Ivan Ivanov		2					2
Zdravko Petov	1						1

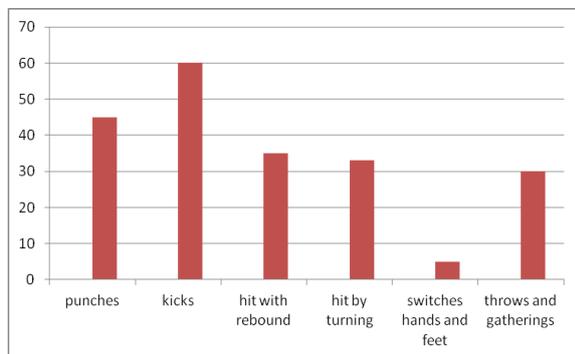


Fig. 2. Graphic of successful techniques rates

## CONCLUSIONS

This study provides an opportunity to establish the effectiveness of the educational complexes martial exercises and to follow on which individual techniques they have a positive impact. Thus to optimize the training process and to create a system of algorithmic prescriptions for technical training from the first and second year students of NSA, coach specialty, martial Applied physical training and sports / BPFPS / in MI and BA.

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