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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 282 Publisher: Guangxi Normal University Pub. Date :2010-03-01 version 1. The book is divided into nine chapters. the Police Sports concept, purpose and task of the police sports, characteristics and importance are described. Both contemporary sports training based on the theory, describing the speed, strength, endurance, flexibility, agility scientific training methods, and increased barriers to the contents of the military 400 meters. Police described the unarmed martial arts, boxing area, legs, knees, elbows, throwing and joint offensive and defensive counter-control technology. Collate the relevant police batons standard tools and basic offensive and defensive techniques, and further enriched the police martial arts technology system. Also describes the inventory, search, escort, arrest and other police-based tactics. Swimming technique described in detail in various sections of swimming techniques and increased ambulance armed swimming and water content. Orienteering chapter directional movement into the police the first time the contents of sports materials to enhance students' ability in map and field combat capability. Police also highlighted the psychological and mental health education and training, a common injury of the basic process, in order to cultivate students in law enforcement the ability to deal with injuries. Contents: Chapter Overview Chapter Police Sports Section queue formation, queue formation outlined in Section III of collective action single out police action queue Chapter police physical training outlined in Section II of the police force physical training quality The scientific training of scientific training flexibility Section IV Section V Endurance scientific training and scientific quality of the training speed agility Section VI Section VII of scientific training of military police Chapter 400 m obstacle Section II outlines the police martial arts martial arts martial arts basic hand...



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