



## Police Sports tutorial (Shanghai Undergraduate Postgraduate education in the direction of Highland Construction Criminal Justice series of textbooks)

By TAN XIAO YONG // JIANG XI // WANG CUN WEN

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...

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