

# COMPARISON OF DEFENCE ARTS BY COUNTRY IN LAW ENFORCEMENT EDUCATION

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## ABSTRACT

*Law Enforcement Defence and Intervention Techniques (LEDIT) are the methods of defence and intervention applied to suspects, criminals, and individuals who threaten security and public order, by the authority granted by law to the gendarmerie personnel who have the duty of security, public order, and safety. The aim of this study is to analyse the martial arts used by law enforcement officers by country. In this study, which was designed for a descriptive purpose, the data were obtained from the websites of the Police and Gendarmerie Forces, from the replies to the defence techniques information request letter written to the embassies, and from the theses and articles published in the relevant field, by using the scanning method. According to the data obtained, it has been observed that many countries use more than one defence technique. As a result, all countries in the world either created their own fighting styles for close-range combat or took them from other countries and blended them within their own styles. The study group of the research consists of the police forces of 22 countries, including Turkey, and 6 countries affiliated to the International Gendarmerie and Law Enforcement Forces with Military Status (FIEP).*

## KEYWORDS:

*Law enforcement, LEDIT, defence arts*

## 1. Introduction

Law enforcement officers are always on duty, in a manner worthy of the high degree of responsibility required by their profession, to fulfil the duties assigned to them by law, to serve the society and to protect all citizens against illegal acts.

The primary duty of the Law Enforcement Force is to maintain public order and security. In the face of dangerous situations, it is impossible for the law enforcement to maintain public order unless it can ensure its own safety. The defence tactics of the Law Enforcement Forces

provide important opportunities for the law enforcement to easily eliminate resistance and attacks and to maintain public order (Sevindik, 2010).

Law Enforcement Defence Training enables law enforcement forces to acquire self-defence skills, which gives law enforcement a great security advantage. Law enforcement officers regularly encounter threatening situations while on duty (Ellrich, 2016). Law enforcement defence training enables law enforcement officers to perform their duties in a safe and comfortable way without worrying about all kinds of dangers. For this reason, in order to ensure the safety and security of the country, law enforcement officers must have the highest level of physical equipment and be able to protect themselves to counteract any threat.

Martial arts have always been of great importance for the versatile development of members of the army and police force. Thanks to the regular and systematic practice of various combat sports, soldiers and police officers are always prepared to fulfil their physically and psychologically strenuous and compelling duties. The entire defence-security system of each country is based on the extraordinary abilities and excellent physical abilities, professional training, and fitness, the multifaceted amount of knowledge and skills, as well as the know-how of members of the army and the police.

To achieve high results in martial arts, it is necessary to have developed physical qualities, speed of reaction, strength, dexterity, endurance. It is also necessary to be morally sound and mentally stable. Hand-to-hand combat also helps to develop the mind, soften the spirit, teaches how to reflect on strategy and tactics of behaviour in different situations. Martial arts, especially hand-to-hand combat, help a soldier acquire military knowledge, build military skills and abilities, develop self-confidence. Every soldier and police officer should be physically strong and brave; be able to react quickly to the situation and make quick

decisions in response to the actions of the enemy; should be able to use appropriate methods for defence and attack (Chastikhin and Shebeshtin, 2017; Blanton, 2008; Shchegolev et al, 2016). Law enforcement forces must be trained in basic marksmanship and basic combat exercises. All of them should be able to defend themselves without relying on any weapon regardless of their rank, age, or gender (Neimark, 2020).

In the current context, martial arts continue to develop, attracting the attention and interest of the entire world population, their branches are diversified, offering individuals the opportunity to practice them physically or mentally. Today, the world's law enforcement agencies use martial arts as a part of general physical education to develop self-defence against the enemy, discipline, ability to adapt to improved physical and mental state (Martinescu-Bădălan, 2020).

By taking this information into consideration, all countries in the world either created their own fighting styles for close range fights or took martial arts styles from different countries and blended them within themselves. Part of being a versatile law enforcement is to be prepared for any kind of danger. In this context, the aim of the study is to investigate which martial arts are preferred by law enforcement officers in physical training and during duty.

## **2. Methods**

In this study, the document analysis model, one of the qualitative research methods, was used. In line with the specified criteria, the articles and websites reached by scanning documents, and the mails sent to the embassies for information about the defence techniques used by the police and gendarmerie forces were examined. The descriptive content analysis method was used to explain the obtained data and reach the necessary relationships. In the descriptive content analysis method, the results of this research are evaluated in

a descriptive and systematic way by considering the studies on the specified subject (Arslan, 2012).

### 2.1. Study group

The study group of the research consists of the police forces of 22 countries, including Turkey, and 6 countries affiliated to the International Gendarmerie and Law Enforcement Forces with Military Status (FIEP). Countries included in the study group from the police forces with regard to certain criteria are America, Hungary, Germany, Netherlands, France, China, India, Israel, Korea, Greece, Russia, Bulgaria, Cuba, Japan, England, Iran, Brazil, Egypt, Thailand, Italy, Spain, and Turkey. FIEP countries include France, Portugal, Italy, Spain, and Turkey.

### 2.2. Data collection and analysis

The data of the research were obtained by using document scanning method from the web pages of law enforcement in the world countries and in Turkey, mails sent to the embassies for the defence techniques used by the police and

the Gendarmerie Forces, dissertations and articles published in the relevant field, and descriptive content analysis were conducted. Web of Science, Google Academic, and the web database of the law enforcement agencies of the countries were preferred. The inclusion of countries in the study was carried out within the scope of some criteria.

These are:

- The socio-economic status of the countries,
- Open access to the websites of the Police and FIEP countries,
- The articles drawn upon in the study include the police and gendarmerie forces of the countries,
- The articles and studies included in the study contain the keywords of police, gendarmerie and law enforcement, self-defence, fighting techniques, law enforcement defence techniques,
- Responses to the letter of defence techniques used by the Gendarmerie and Police Forces requested from the embassies.

**Table no. 1**

*Defence techniques used by the Police Forces of countries*

<b>COUNTRIES</b>	<b>MARTIAL ART</b>	<b>OTHER MARTIAL ARTS THAT ARE INCLUDED</b>
America	Kraw Maga, Spear	Karate, Boxing, Judo, Wrestling, Aikido
Canada	Combato	Boxing, Judo, Wrestling
Hungary	Kraw Maga	Karate, Boxing, Judo, Wrestling
Germany	Jiu-jitsu- Wingchun-Kraw maga	Judo, Karate, Wingchun
France	Savate	Jiu-jitsu, Judo, Karate
Italy	Kraw maga	Karate, Boxing, Judo, Wrestling, Aikido
Spain	Kraw Maga, Keysi	Judo, Karate
China	Wushu-Sanshou (Sanda)	Judo, Karate, Wingchun, Aikido, Kali, Kung fu
India	Army-Battle Combatives	Boxing, Wrestling

<b>COUNTRIES</b>	<b>MARTIAL ART</b>	<b>OTHER MARTIAL ARTS THAT ARE INCLUDED</b>
Israel	Kraw Maga Teukgong	Karate, Boxing, Judo, Wrestling, Aikido
Korea	Moosool, Shippalgi (Sib Pal Gi)	Kuk Soul Woon, Tang soo do, Boxing, Kali, Kung fu, Taekwondo
Greece	Pankrasyon-MMA	Kick Boxing, Taekwondo, Boxing, Wrestling
Russia	Sambo-Systema	Fencing, Wrestling, Boxing, Kickboxing, Karate, Taekwondo, Eskrima
Bulgaria	Sambo-Systema	Fencing, Wrestling, Boxing, Kickboxing, Karate, Taekwondo, Eskrima
Cuba	Sambo-Systema	Fencing, Wrestling, Boxing, Kickboxing, Karate, Taekwondo, Eskrima
Brazil	Brazil Jijitsu	Judo, Karate, Taekwondo
Netherlands	Kraw Maga	Kickboxing, Wrestling
Japan	Taiho Jutsu, Ninjutsu	Judo, Karate, Aikido, Kali, Jijitsu, Taido, Daito-ryu Aiki Jujitsu
England	Kraw Maga, Goshingwaii, Spear	Karate, Boxing, Judo, Wrestling, Aikido
Iran	Kraw Maga-MMA	Karate, Boxing, Judo, Wrestling, Aikido
Thailand	Muay Thai	Kali, Eskrima, Kickboxing
Turkey	Police Defensive Tactics	Kickboxing, Wrestling, Wingchun, Eskrima

**Table no. 2**  
*Defence techniques used by FIEP countries*

<b>COUNTRIES</b>	<b>MARTIAL ART</b>	<b>OTHER MARTIAL ARTS THAT ARE INCLUDED</b>
France	Savate	Jiu-jitsu, Judo, Karate, Boxing
Portugal	Jujutsu	Combate, Boxing
Italy	Kraw maga	Karate, Boxing, Judo, Wrestling, Aikido
Spain	Kraw Maga, Keysi	Judo, Karate
Netherlands	Kraw Maga	Kickboks, Wrestling

Countries such as Israel, America, England, Hungary, Italy, and Iran use Krav Maga (Jost, 2020; Cohen, 2010; Martinescu-Bădălan, 2020). The origin of Krav Maga dates back to the 1940s. It was developed due to the need to teach various types of people various defensive techniques and skills as soon as possible. Inside the system, there are Boxing, Kick Boxing, Muay Thai, Judo, Ju jitsu, BJJ, Aikido Karate, Taekwondo techniques as well as unknown but effective defence techniques (Jost, 2020). Krav Maga is oriented towards training and improving one's natural reflexes. Krav Maga does not have Kata or a sequential chain of moves. The person uses simple movement sequences combined with any other dynamic movements to thwart an attack (*What is Krav Maga?*). At the same time, students learn how to punch and kick effectively from the start. At this level, students are also taught techniques that can be applied against an armed adversary. These weapons include sticks, knives, pistols, and rifles.

In addition, the techniques of using weapons are also included in the training. The weapons they are specialized in are mostly sticks and knives. As the training progresses, combating multiple armed foes is taught. We cannot define these situations in a specific way because it is impossible to predict exactly how two people can meet. The student must learn and develop to adapt quickly to the situation in a time of chaos. Hostage rescue training, defence against more than one person, what to do in case of threat with a weapon, as well as secret military techniques and assassination methods are taught. (*What is Krav Maga?*). Krav Maga is ranked as Level 1, Level 2 (Yellow Belt), Level 3 (Orange Belt), Level 4 (Green Belt), Level 5 (Blue and Brown Belt).

Countries such as Russia, Bulgaria, and Cuba use the art of Sambo (William and Wiggins, 1988; Ospinov et al., 2018). Sambo martial art was drafted by the Red Army in 1923. It was accepted as the official martial art of the Soviet Union army

in 1938 (William and Wiggins, 1988). The goals of Russian Sambo vary depending on the style. However, Sambo teaches practitioners how to finish fights quickly and effectively. This is usually done by knocking down an opponent by executing a quick draw over or performing quick attacks (Hollanda, 2012). Sambo practitioners are known for three things: technical expansions that combine wrestling and judo manoeuvres, ground control skills, and leg locks. Sambo has very good techniques in terms of the parts it focuses on such as knocking down the opponent, throwing, and ground fights (Şişman, 2021).

Jujutsu is a Far Eastern martial art originating from Japan. It was created by the techniques used by the samurai when they were unarmed in battle. It consists of striking, throwing, strangling, and locking techniques by taking advantage of the opponent's attack (*Jujutsu*).

Savate means French boxing or French kick boxing in Turkish. The sport of Savate was born as a fighting style unique to France as a result of the combination of boxing, kicking, and punching movements. Its history dates back to the 19th century. In Savate combat sports, athletes use different names. Male athletes are called savators, and female athletes are called savatous. Savate is named after the combat boots of France back in the days. Savate sports are based on practices such as war or fighting (Loudcher, 2007).

Cambato is a martial art used by the Canadian police and army since World War II. It includes the techniques of close combat, hitting the opponent with the body, kicking, using knives, swords, and batons (*Twenty-One of the Deadliest Martial Arts Branches in the World*, 2014).

Law Enforcement Defence and Intervention Techniques (LEDIT) are the methods of defence and intervention applied to suspects, criminals, and individuals who threaten security and public order, by the authority granted by

law to the gendarmerie personnel who have the duty of security, public order, and safety (Öztürk, 2021). LEDIT training subjects were created through a joint study with the personnel of the General Directorate of Security, and since 2012, they have been given to the officers and non-commissioned officers of the Gendarmerie class within the Physical Education course. After the establishment of the Gendarmerie and Coast Guard Academy (JSGA) in 2016, the importance of LEDIT was seen and removed from the Physical Education course's sub-topic and started to be given as a separate course. The aim of this training is to ensure that the gendarmerie personnel

who fight against crime and criminals can professionally fulfil the duties assigned to them by observing balance and proportionality. Law enforcement defence and intervention techniques used in the gendarmerie and the police are not just defensive sports. It is a system that has been developed for the tactical needs of law enforcement, in which many defence sports are blended. The most important feature of this system is to be a system based on intervening in order to neutralize suspects, those who want to harm themselves and others, in accordance with human rights and the concept of proportional use of force (Öztürk, 2021; Kalebozan, 2020).

**Table no. 3**  
*Differences between LEDIT and Other Defence Arts*

<b>LEDIT</b>	<b>OTHER DEFENCE TECHNIQUES OF LAW ENFORCEMENT</b>
It is important to intervene with the least damage and the least harm to the suspected person.	It cannot be foreseen whether or not the suspect will be harmed while intervening.
Attack is countered with defence.	Attack is countered with attack.
Nerve compression and mechanical control techniques are mostly used.	Strikes are mostly used.
It emerged as an Art of Defence.	They emerged and evolved as an Art of War.
The person is neutralized in a ratio that will eliminate the attack against the law enforcement personnel from the suspect.	The rate-proportionality limit can be exceeded when responding to an attack against the law enforcement personnel from the suspect.

### **3. Conclusion**

As a result of the study, the law enforcement officers of the countries preferred to use their own martial arts. In addition, the most preferred martial art apart from their own martial arts is Krav Maga. Krav Maga is followed by Sambo and Jujutsu. Wrestling and boxing constitute the infrastructure in defence training used by law enforcement officers of all countries in the world.

LEDIT training, which is used by the gendarmerie and the police in our country, includes many martial arts like Krav Maga and includes similar defence sports branches in the law enforcement agencies of the world. LEDIT does not include techniques for injuring and killing, different from other techniques such as Krav Maga, and sambo. LEDIT also includes more defensive techniques, and it is important to intervene with the least damage and harm to

oneself and the suspect person. The law enforcement agencies in the world established their own martial arts federations, turned them into brands, and made the martial arts they created known all over the world. It is envisaged that in LEDIT, as in other martial arts, it is necessary to ensure that it is recognized throughout the world as a Gendarmerie

Defence Sport by conducting degree, belt, and accreditation studies. In addition, it is foreseen that LEDIT will become widespread by opening courses for gendarmerie personnel, private security, and civilian citizens within the body of the Gendarmerie, and by making necessary integration studies with other defence sports federations.

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