

EXECUTIVE SUMMARY OF THESIS

Description: Proposed concept of the self-defence methodology in professional preparation of the Czech Republic Police members.

Goal of the thesis: The goal of this thesis is to perform „As-Is“ analysis of the current status of self-defense preparation of the Czech Republic Police members and to propose most efficient and effective elements of self-defense techniques aligned with basic didactic principles and tutorial methods applicable in professional preparation of the Czech Republic Police members.

Methods: The research strategy applied in this thesis was based on qualitative methods of the research and collection of information, primarily based on personal experience supported by moderated discussions/interviews with the training specialists of the Interior Ministry (further referred as „IM“) and selected Universities. This moderated discussions/ interviews had also exploration/investigation character, because they were also driven by the situation and individual responses during the interview. In addition, an information from the training instructors placed at District Police Headquarters (further referred as „Okresních ředitelství Policie“) **from whole** Czech Republic were used in this thesis. This information were again obtained by the moderated discussions/interviews (personal interviews or via state / official phone lines). It was decided to collect information this way in order to ensure collection of all relevant information, because via mailed questionnaires there could be a much lower recoverability and possibly lower quality of information. Furthermore this personal approach of interviewing was more operative, precise and efficient from communication point of view. A case study was also further used, in which all information the obtained from interviews, selected written documentation about Police training, historical evolution of Czech Republic Police self-defense and selected training methods were applied. The information obtained from the training instructors were statistically processed and evaluated using the weighted average method. This method was used to ensure more precise and relevant interpretation of obtained information.

Results: „As-Is“ analysis and assessment of the current status of self-defense preparation of the Czech Republic Police members was performed. Based on this analysis the basic and most applicable self-defense techniques and teaching methods for Police of the Czech Republic were proposed.

Key words: self-defense, close combat, methodology, coercive measures, attack, defense, Police of the Czech Republic