ABSTRACT

The name Bachelor:

Members of the intervention unit of the Czech police and self-defense

The objective of work:

The aim of this work is to determine the actual state of subsidized hours of self-defense and martial arts at work, find out whether the members themselves consider the number of hours devoted to training and sufficient self-defense as compared with instructors who create clock, determine the number of hours devoted to self-defense and úpolovým members of sports in his spare time and to evaluate the most frequent suggestions to improve the concept of self-defense, both by members and instructors. Evaluate each intervention unit and the final is evaluated as a whole. The results then process and interpret research results.

Method:

Research of this thesis was carried out with the help of the survey, the research tool is a form of questionnaires. These questionnaires will be part of the thesis.

Results:

The research of this thesis gave the following results. Members evaluate the time spent in self-defense as an adequate job. Training in self-defense work in emergency units dedicated to two hours per week. In his spare time, he enjoys sports, self-defense and úpolovým members surveyed, a majority of them. The most common consensus among members and instructors in the design to improve the concept of self-defense in employment was the requirement for external instructors more time spent training, self-defense and cooperation with other reporting units.

Keywords:

Intervention unit, self-defense, combat sports