

Personal defense for confrontation in risk situations Defensa personal para el enfrentamiento en situaciones de riesgo

Alejo Osorio-Asencio¹, Concepción Uberlinda Naranjo-Caboverde²

¹Univ. Personal Defense Instructor. Guantánamo. Cuba.

²Ph.D. Titular Professor. Guantanamo University. Guantanamo. Cuba.

Email:

alejoosorio@cug.co.cu

concepcion@cug.co.cu

Reception date: October 18, 2024

Acceptance date: November 14, 2024

ABSTRACT

The objective of this research is implementing a defense preparation system in Minint instructors, which contributes to raising skills and commitment to society to safeguard public order and which allows it to be implemented in the Caimanera municipality. The following theoretical methods will be used: dialectical-materialist analysis-synthesis, deductive-inductive, abstract-concrete, to characterize the current state of the problem under study. The empirical methods: measurement and observation, allowed us to assess the effectiveness of the proposal.

RESUMEN

El objetivo de esta investigación es implementar un sistema de preparación para la defensa en los instructores del Minint, que contribuya a elevar las destrezas y compromiso con la sociedad para salvaguardar el orden público y que permita ser implementada en el municipio Caimanera. Se utilizarán como métodos teóricos: dialéctico-materialista análisis-síntesis, deductivo-inductivo, de lo abstracto-concreto, para caracterizar el estado actual del problema objeto de estudio. Los métodos empíricos: la medición y la observación, permitieron valorar la efectividad de la propuesta.

Keywords

Personal defense; Public order; Preparation.

Palabras clave

Defensa personal; Orden público; Preparación.

INTRODUCTION

Self-defense is a combat discipline that, both internationally and nationally, is of significant importance due to the benefits it provides both individually and collectively. It improves the mental and physical condition of practitioners and also strengthens education. It manifests a philosophy that emphasizes ethical conduct in the use of skills, elements that lead to studies and research.

The reflection by Fidel Castro, R. (1999), is valuable in this regard, when he points out that "(...) the officer who commands the greatest consideration, appreciation, and social respect must be the police officer, because he is fulfilling his duty on the front lines, clashing with the lumpen, criminals, insolent individuals, even the insane on the streets, which requires energy, health, conscience, courage, and dignity beyond reproach; a man who is in combat every day (...)" He further stated that: "The guardian of internal order must never exceed the necessary force required to fulfill his mission of maintaining order." He further clarified, "This does not mean that anyone has the right to attack a police officer (...). Our police officers must be strong, young, capable of defending themselves, capable of using those locks that appear on Sundays on television, and capable of handling Karate-Do and Taekwondo, and well-prepared physically."

In this regard, various investigations have been conducted on the subject, addressing aspects related to the improvement of the teaching of this discipline. Those that have most closely addressed the topic of combat within the institution have been those conducted by Mena, N. (2010) and Balmaseda, J. (2011). The former provided actions for the tactical preparation process from the specific perspective of Karate-Do, and the latter, a methodological strategy aimed at developing technical and tactical preparation.

It is assumed that both are considered antecedents or starting points for the present research, given the need for technical and tactical preparation during combat training. However, these do not overcome the difficulties encountered in this process.

It is also worth mentioning that at the 8th National Scientific Conference of Social Sciences (2009) of the Ministry of the Interior, the topic of teaching and learning combat training was discussed in the workshop "The Teaching of Self-Defense." The participating teachers recognized that this is one of the current problems in self-defense due to the limitations encountered in combat, the protection of officers' lives, and the avoidance of firearms, among other shortcomings. Therefore, it is necessary to continue developing research on the topic, with the aim of proposing scientific solutions according to each context.

In the case of the Caimanera municipality, there is a problem situation determined by the lack of self-defense training possessed by MININT instructors for dealing with risky situations. The above prompted the following scientific problem: How can we contribute in real time to improving the self-defense training of MININT instructors in the Caimanera municipality?

The object of the study is limited to the self-defense training process, while the scope of the study focuses on the physical and technical training of MININT instructors in the Caimanera municipality. Therefore, the objective is to implement a self-defense training system for MININT instructors that will contribute to improving their skills and commitment to society to safeguard public order and that will allow its implementation in the Caimanera municipality.

In line with the proposed problem and objective, the following idea is proposed: if a self-defense training system is implemented for MININT instructors in the municipality of Caimanera, they will achieve one of the required categorization levels and greater efficiency in fulfilling their missions.

To address the aforementioned idea, the following scientific tasks are proposed:

1. Theoretical and methodological foundation of the references that support the self-defense training process, and in particular, of MININT instructors in the Caimanera municipality.
2. Diagnosis of the current level of self-defense training of MININT instructors in the Caimanera municipality.
3. Development of a self-defense training system for MININT instructors in the Caimanera municipality.
4. Assessment of the practical validity of the self-defense training system for MININT instructors through its implementation in the Caimanera municipality.

This research is based on the Dialectical-Materialist method. The theoretical methods were: analysis-synthesis, inductive-deductive, and systemic-structural-functional. The empirical methods were: documentary analysis, interviews, and user criteria. Finally, the mathematical methods were used: descriptive statistics using the percentage calculation technique; absolute and relative frequencies were used in the interview processing and the criteria of the specialists consulted using the SPSS-23 (Statistical Product and Service Solutions) program.

RESULTS

The population consists of a total of 11 officers, four male and seven female. They have an average age of 42 years and have no self-defense training.

The MININT instructors are recognized as officials of the National Revolutionary Police, whose essential objective is to guarantee citizen peace through prevention and confrontation as public

servants. In this sense, it is important to understand what public order is. According to Arturo A. Rodríguez and Manuel Somarriva Undurraga, public order is a set of norms and principles that primarily safeguard the general interests of a given society at a given historical moment in its existence. Respect for these norms and principles is essential to maintaining the organization of that society and the proper functioning of the basic institutions that shape it.

Secondly, for Bernardo Sipervielle, the public order of legal norms and principles ensures, to the extent legally possible, the imperative force of fundamental laws; it also protects the essential institutions of the legal order. To a greater extent, it allows for the strength and vitality of general principles, guaranteeing their respect.

Finally, Juan Carlos Smith (1964) considers public order to be the set of fundamental conditions of social life established in a legal community which, due to their central focus on its organization, cannot be altered by the will of individuals or by the application of foreign norms. This underscores a significant dichotomy.

The above definitions have in common respect for the norms and principles of a given society, which guarantees a peaceful life, and there is no possibility that any individual or country could freely alter these principles.

Therefore, public order can be considered a broad concept that encompasses the notions of security, order in the strictest sense, tranquility, and the maintenance of a state of public order, preventing epidemics or poisoning of all kinds, among other reasons. Thus, this is embodied in the external order of the street as an elementary condition for the free and peaceful exercise of fundamental rights.

All of the above presupposes the absence of disturbances, riots, coercion, and violence, among others; for the sake of peace, nighttime noise must be regulated. In a more specific sense, public order serves as a normal limit on the exercise of the rights of assembly and demonstration and as an exceptional limit on the suspension of certain rights in states of emergency and siege. In Cuba, there is a perceived peace of mind, and although the diverse nature of criminal activity makes the situation complex, MININT instructors must fulfill various missions to contribute to the fight against crime, fires, the protection of natural resources, the care of minors with negative behavior, and the security and physical protection of the facilities of state agencies and entities, among others.

All of the above is sufficient reason for those responsible for ensuring compliance with these regulations to be prepared so that the risky missions they must carry out do not affect them if they know how to use self-defense tools and carry out their police duties without difficulty.

Thus, in assessing the limited self-defense training possessed by instructors in the municipality of Caimanera, it was determined that the causes are the following:

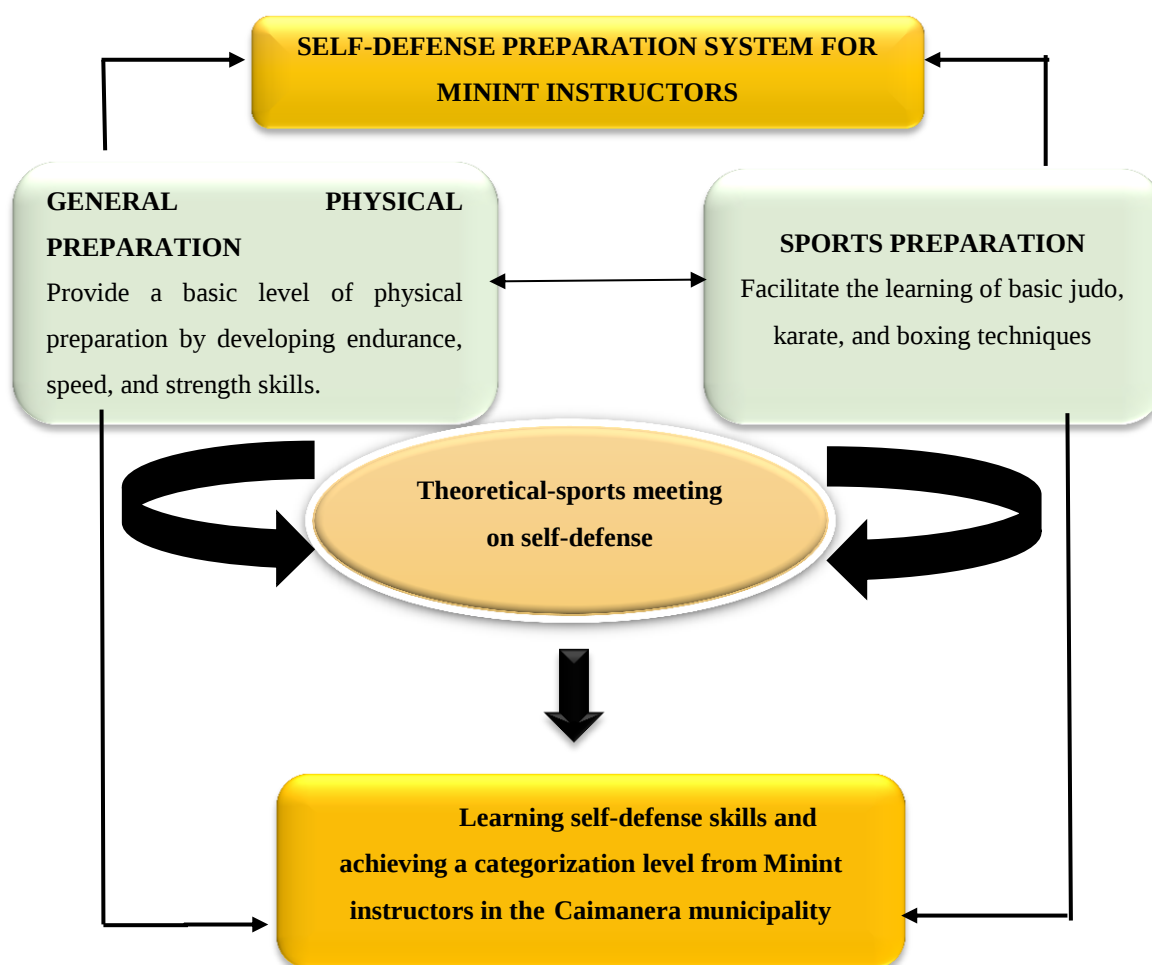
1. Lack of an instructor-professor to develop such training.
2. The current work regime does not allow for the development of intentional training aimed at achieving categorization.
3. Lack of personal interest and motivation to self-manage self-defense training to perform their duties more effectively.

It is important to note here that the importance and relevance of this research lies in its relevance to a historical moment in the country, where the economic blockade is imposing a major challenge, manipulating people opposed to the system and other countries that do not accept the resistance of the Cuban people, encouraging unscrupulous individuals to commit violent acts against civil and military society to create chaos. Hence, its justification is to maintain public order and citizen tranquility.

Thus, the proposed system is a unit subject to interlinked laws of objects, composed of parts organized according to a specific law or principles. When speaking of the system as a whole, it must be considered that it will be developed over several years and on a progressive scale, allowing for the achievement of the different categorization levels (primary, upper secondary, and higher) that MININT instructors must attain. Therefore, we must consider a system that will endure over time, encompassing the entire military life span, and that will be modified according to the level of categorization achieved and the chronological age of the instructor.

The proposed system is represented in Figure 1.

Chart 1. Components of the system for the self-defense training of Minint instructors.



The system is made up of two components: General Physical Preparation and Sports Preparation. The former aims to develop and enhance the functional capabilities of officials, while the latter focuses on teaching and perfecting the basic sports techniques of judo, karate, and boxing.

These components are interrelated in such a way that they influence each other, and therefore, they are carried out in a unified process based on principles and propositions. That is, the role of general physical preparation is as important as sports preparation, and the two complement each other.

The rational combination of its implementation and the entire lifestyle of the participating subjects will not affect the diversity of the valuable social activity of rest, hygiene, and cultural recreation when intervened, which is fully related to their professional practices. General physical preparation will be focused on strengthening the organs and systems, increasing their functional capabilities, and developing motor skills (strength, endurance, speed, flexibility, and agility). Therefore, the volume of work will be appropriate for the average age and low intensity.

This training can be developed in a wide variety of conditions (patio, forest, park, gym, etc.), as there are a variety of exercises that can be performed without the aid of special equipment, using stones, gymnastic poles, etc. Its development will improve the instructor's health and work capacity, a fundamental task of this component. In this sense, the Principle of Multilateralism is manifested (Ozolin, 1989).

The second component, related to sports training, will have a special teaching organization of the basic technical elements of judo, karate, and boxing, which serve as the foundation for self-defense training to fulfill assigned missions.

To achieve this, one must keep in mind what Ozolin (1989) stated when he referred to technique as "the most rational and effective way of performing an exercise" (p. 115). In this sense, the instructor will begin with elementary and simplified technical elements until the technical art is elevated, which will facilitate progress through the different levels of categorization until reaching the master category. Therefore, the teaching of technique must be linked to the physical and mental preparation achieved by the research subjects.

This means that in this component, attention must be paid to the principles of sports training proposed by Harre (1989):

1. Principle of increasing burdens.
2. Principle of systematicity.
3. Principle of affordability.

Therefore, the contents of these components present their own changing dynamics, hence their flexibility. Their synergy is a transition to an increasingly higher level, as this system focuses on the social being in interaction with its environment, its potential and needs, which are manifested in the fulfillment of its functions as responsible for neutralizing any attempt at disorder and disruption of public order.

DISCUSSION

The proposed system will allow the instructors of the Ministry of National Defense (MININT) in the Caimanera municipality to raise their level of physical preparation and learn various sports techniques important for carrying out their duties in accordance with the risks they face in fulfilling their assigned missions, essentially in maintaining public order, since the norms and provisions of social coexistence are frequently violated by irresponsible and unconscionable individuals.

The instructors are offered the opportunity for theoretical and practical self-defense exchanges with the aim of sharing experiences and skills in practicing self-defense and achieving the required level of

categorization within the organization. Once defense preparation has been completed through the components declared as a result of the structure established in the labor regime (work-rest-retention), a higher quality related to the acquisition of self-defense skills and the achievement of a categorization level by the Minint instructors of the Caimanera municipality must be observed. This does not mean that this process ends; on the contrary, it is a systematic and ongoing process of development and attainment of higher categorization levels.

BIBLIOGRAPHIC REFERENCES

- Balmaseda, J., (2011) Estrategia metodológica para la preparación técnico-táctica de la Defensa Personal del MININT. (Tesis de doctorado) ISCF. Santa Clara. Cuba.
- Castro R., F. (1999). Discurso pronunciado en ocasión del 40 Aniversario de la Policía Nacional Revolucionaria el 5 de enero de 1999.
- Del Sol González. Yaditza. (2018). GRANMA DIGITAL. Tranquilidad ciudadana: garantía invaluable de la nación”. (5/11/2018)
- Ecured. (s/f) Defensa Personal. Recuperado en: <http://www.mailxmail.com/curso-karate-defensa-personal/riesgos-defensa-personal>. Consultado 10/8/2024
- Harre, D. (1989). Teoría del Entrenamiento Deportivo. Editorial Ciencia y Técnica. Ciudad de la Habana.
- MININT. Orden No. 20 del Viceministro del Interior (El 10 de septiembre de 1992). Medidas para la Instrucción de Defensa Personal y Preparación Física en el MININT. Ciudad de La Habana, Cuba.
- Smith, Juan Carlos)1964). Norma jurídica y conocimiento jurídico. Publicación: Buenos Aires [AR]: Bibliográfica Omeba, 1962. Universidad Nacional de la Plata, Instituto de Filosofía del Derecho y Sociología, 1964.
- Ozolin N.G. (1989). Sistema Contemporáneo del Entrenamiento Deportivo. Edit: Científico - Técnica. Ciudad de la Habana.
- Tegner, B. (sf). Guía de defensa personal para el hombre, la mujer y el niño.
- Rodríguez, A. A. y Somarriva, Manuel. (2005). Derecho Civil Tratados de Los Derechos Reales TOMO I 2005. IMPRESORES: Imprenta Salesianos S.A. impreso en CHILE/PRINTED IN CHILE. ISBN 956-10-1027-5.