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## **The Integration Path of Police Physical Fitness and Actual Combat Training**

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**Abstract:** In order to improve the level of police physical fitness and actual combat training and enhance the actual combat capabilities of the police, we should not only rely on actual combat training itself, but also comprehensively examine and study the mutual relationships and influences between police physical fitness and actual combat training. The combination of the two is the most effective scientific method for improving the actual combat capabilities of the police.

**Key words:** Physical fitness; Actual combat

## **1 The Dependent Relationship between Police Physical Fitness and Actual Combat Training**

In terms of form, police physical fitness training and actual combat training are an integrated whole. Structurally, police physical fitness is the fundamental content and an important component of actual combat training. Functionally, police physical fitness runs through and supports the entire process of actual combat training. It serves as the power guarantee for actual combat training and plays a core role in bearing the training, improving its quality, and enhancing the capabilities. The relationship between them is as follows: Physical fitness is the foundation of actual combat training, and actual combat training encompasses physical fitness. They influence and promote each other, and together they exist within the unified entity of improving the actual combat capabilities of the police.

### **1.1 The Role of Police Physical Fitness in Law Enforcement Actual Combat**

Analyzing from the perspective of law enforcement and the confrontations in actual law enforcement combat, excellent and outstanding physical fitness qualities are conducive to police officers' ability to flexibly apply various tactics in actual law enforcement combat, give full play to various police skills, engage in intense and dangerous confrontational battles, and more effectively combat illegal crimes. It also helps them adapt to various harsh working environments and law enforcement actual combat situations that require long-term physical exertion.

### **1.2 The Influence of Police Physical Fitness on Actual Combat Training**

Physical fitness accompanies and supports the entire process of actual combat training. Without physical fitness, actual combat training cannot be sustained, nor can it develop in depth. Actual combat training without physical fitness lacks the foundation and source of motivation for its content. Therefore, actual combat training must firmly establish a solid foundation of physical fitness in order to be carried out sustainably and effectively. Otherwise, it will directly affect the effectiveness of actual combat training as well as the learning, mastery, and improvement of its content.

#### **(1) Physical Fitness Training Contributes to the Effectiveness of Actual Combat Training**

The effectiveness of actual combat training permeates the entire training process, is reflected in the training quality and assessment results, and ultimately should be truly manifested in actual combat capabilities. The expression of its effectiveness relies on the support of physical fitness. Physical fitness training is aimed at helping actual combat training achieve better results.

Through physical fitness training, the comprehensive physical fitness qualities can be improved, which helps police officers adapt to various harsh training environments and high-intensity training content. It also contributes to the demonstration of effects such as tactical response capabilities, speed, and strength in actual combat training. Externally, it can shape an appropriate body form required to achieve the effects of actual combat training, providing strong physical functions for actual combat training, enabling police officers to always maintain a good mental state and training enthusiasm, and enhancing the training effectiveness. In terms of the purpose of physical fitness training, it can enhance the law enforcement confrontation ability and cultivate the awareness of self-care and body management. This helps the long-term effectiveness of actual combat training. It is not just about achieving good results for a short time, but rather being able to serve actual combat training in the long run and remain in a state of achieving excellent effects at all times, so that police officers can be ready to engage in actual combat at any time.

## (2) Physical Fitness Training Contributes to the Learning, Mastery, and Improvement of the Content of Actual Combat Training

Police physical fitness has always served actual combat training. Through physical fitness training, higher physical fitness qualities can be developed, which contributes to the learning, mastery, and improvement of the content of actual combat training. The process of physical fitness training is also very arduous, which can temper the strong will of police officers and cultivate their spirit of daring to strive and forge ahead. It is of great benefit to integrate this will and spirit into the stages of learning, mastering, and improving the content of actual combat training.

It contributes to the learning of the content of actual combat training. When starting to learn actual combat training, physical fitness warm-up training helps police officers move their joints, stretch their ligaments, improve the flexibility of their bodies, and enhance the adaptability of their bodies to learning. Physical fitness training not only exercises physical qualities but also benefits the police officers' brains with abundant energy, improves their learning concentration, acceptance, and comprehension abilities, and enhances the quality of learning.

It contributes to the mastery of the content of actual combat training. The mastery stage requires repeated practice to thoroughly understand the norms and key points of technical application. Repeated practice, in addition to requiring abundant energy and physical flexibility, also requires the support of physical endurance qualities to cope with a large amount of physical consumption.

It contributes to the improvement of the effectiveness of the content of actual combat training. The stage of proficiency and improvement is a process of "practice" and also a stage of skill improvement in actual combat skill training. Whether it is the training and enhancement of physical qualities such as quick reaction, strength, or speed, it can assist in skill improvement. Having higher physical fitness qualities can improve the level of the content of actual combat training. By identifying the insufficient physical fitness qualities required in the process of proficiency and improvement and carrying out targeted physical fitness enhancement training, it helps to improve the effectiveness of actual combat training.

## 2 The Current Situation of Police Physical Fitness and Actual Combat Training

There are already scientific conclusions regarding the important role of police physical fitness in actual combat training and the mutual influence between police physical fitness and actual combat training. However, in actual combat training, there is a lack of training plans and arrangements for physical fitness. The approach to dealing with this training content is to use "testing" in place of "training" and "testing" in place of "practice". Moreover, actual combat training emphasizes form over content, application over skills, and there is a situation of "training" without "practicing". All these have led to a general decline in police physical fitness, low quality and poor effectiveness of actual combat training, which has affected the improvement of police officers' actual combat capabilities and runs counter to the training objectives of "seeking qualities from physical fitness, seeking combat effectiveness from skills, and seeking law enforcement work efficiency from combat effectiveness".

### 2.1 Problems Existing in Police Physical Fitness Training

#### (1) Unclear Objectives of Police Physical Fitness Training

Police physical fitness training is an important part of actual combat training. The objective of physical fitness training is to enhance the physical constitution of police officers, improve various physical fitness qualities, lay a solid foundation for actual combat training

and its application in real combat situations, improve the level of actual combat training, and enhance actual combat capabilities.

However, analyzing from the current physical fitness status of Chinese police officers, the objectives are more focused on meeting the standard level of physical exercise, and they are basically in a state where they only aim to meet the standard and are reluctant to strive for further improvement. As a result, the level of physical fitness and the state of physical health are worrying. Through the investigation results of the physical health status of male criminal investigation police officers in Liaoning Province, it is found that most of the physical qualities such as speed, strength, and endurance do not reach the specified standards. Grassroots criminal investigation police officers commonly suffer from related diseases such as hyperlipidemia, hypertension, and fatty liver. This is mostly due to the unclear objectives of physical fitness training, which stay at the superficial level of only completing the task by meeting the physical fitness standard. In daily life, there is a lack of the awareness and action of persistent physical exercise, and there is no correct understanding that the real objective of physical fitness training is to maintain a long-term training state, enhance physical fitness qualities, serve actual combat training, and further improve actual combat capabilities.

## (2) Lack of Guarantee for Police Physical Fitness Training

In terms of the hardware facilities for physical fitness training, including training venues and equipment, they fail to meet the training needs. The facilities and equipment in training bases and police training halls are incomplete. Taking Chongqing Police College as an example, currently, there is no swimming pool to improve cardiopulmonary function and endurance. The only existing gym has a small area, incomplete functions, lacks effective management, maintenance, and protective equipment for training, etc., all of which are insufficient to meet the physical fitness improvement training needs of police academy students. This is basically the common situation across the country, and the main reason is the lack of long-term financial budget guarantee.

Time guarantee is the most basic element of police physical fitness training, but it is becoming increasingly in short supply. The arduous police work occupies most of the police officers' time every day. The only spare time after work is basically used for rest. Without a scientific working mechanism, the time for physical fitness training cannot be guaranteed.

## (3) Lack of Special Physical Fitness Training Aimed at the Content of Actual Combat Training

The content of actual combat training has relatively high requirements for physical fitness qualities. The requirement for police officers to meet the physical fitness standard is only the minimum qualified standard for their physical fitness qualities, and this standard cannot meet the requirements of the actual combat training content and the need to reach a higher level. The acquisition, mastery, and improvement of the actual combat training content have different requirements for physical fitness qualities at different stages. For example, in the study of leg techniques in defense technology, there is a relatively high requirement for the flexibility of the hip joint. People with too stiff hip joints are unable to learn and master this technique. In the improvement stage, the speed, strength, and accuracy of leg strikes all need to be enhanced. In actual combat training, people often only focus on the training of technical content and do not attach importance to the basic physical fitness training. Therefore, in most actual combat training, there is no arrangement for special physical fitness training targeted at the actual combat content. Without a source of ability, it is like a car without gasoline. No matter how good the technology is, it is just a decoration. Over the years, the

unsatisfactory effect of actual combat training and the inability to effectively improve actual combat capabilities are somewhat related to the lack of special physical fitness training aimed at the content of actual combat training.

## 2.2 The Current Situation of Actual Combat Training

At present, most of the arrangements for actual combat training content focus on the training of skills and tactical applications. It is rare to identify the weak physical fitness factors in the problems according to the needs of the actual combat training content or the problems that occur in actual combat applications, and incorporate physical fitness training targeted at these weaknesses into the actual combat training content. The fundamental reason is that physical fitness training is a long-term project that cannot achieve immediate results. It takes time and effort, and also requires financial support. Therefore, most actual combat training does not allocate time for physical fitness training, but only sets aside time for physical fitness tests.

Over the years, the methods of actual combat training have followed a traditional and fixed format. The superior public security organs issue training tasks, the combat training bases complete the tasks step by step, and the police academies implement teaching in a single form "according to the plan". In the training, indoctrination-style and traditional training methods are adopted. Coupled with the fact that the ability levels of the instructors (teachers) organizing the training vary, there are various deficiencies in the training methods. The training is still carried out according to the fixed pre-planned methods or the will of the instructors (teachers). Therefore, for a long time, everyone has been accustomed to this passive education and training method, forming the inertial thinking that "the superior organs, leaders, and instructors (teachers) are all right". As for whether the training methods are scientific and whether the training content is practical and effective, no one raises any objections, and even more, no one thinks about the purpose and methods of combining the improvement of actual combat training skills with physical fitness training. As a result, there is a lack of innovation. This has led to the current situation where the training effect is not ideal and the quality needs to be improved.

## 3 The Path to Achieve the High Integration of Actual Combat Training and Police Physical Fitness Training through the Organic Combination of the Two Approaches

The combination of actual combat training and physical fitness training is the most effective scientific method and approach to improve the actual combat capabilities of police officers. Therefore, in actual combat training, we should "walk on two feet" and adopt a two-pronged approach. That is, while arranging the training of actual combat content, we should also take into account physical fitness training. We cannot "walk on one foot" by only focusing on the training of actual combat content and ignoring the basic physical fitness training. At the same time, we should also combine training with management, combine training with practice, and combine practice with actual combat. Through these combinations, the two can promote each other and jointly play their respective roles in improving the actual combat capabilities of police officers.

### 3.1 Physical fitness training content should be planned and arranged in actual combat training

- (1) Strengthen education, raise awareness, and unify thinking

To strengthen education, it should conform to the concepts and requirements of scientific training. In education, physical fitness training and actual combat training must be closely integrated. The teaching staff should be enriched, and the actual combat teaching experience of police teachers should be enhanced to provide rich guidance for students. The training curriculum system should be optimized, with physical fitness training integrated into actual combat training, focusing on strengthening the cultivation of practical application abilities. The integration of physical fitness training and actual combat training should also combine theoretical explanations with practical teaching. In combination with actual combat problems, training on weak physical fitness links should be strengthened. To raise awareness, police officers should develop an awareness of self-care and body management during physical fitness training, master exercise knowledge, so as to possess the cognitive ability for self-body supervision and objective self-evaluation, and enhance the understanding that physical fitness is an important foundation for actual combat training. This will prompt police officers to consciously strengthen physical fitness training in actual combat training content and actively participate in physical fitness training. To unify thinking, on the basis of strengthening education and raising awareness, police officers should maintain a high degree of unity in the ideology of actual combat training. Only when the thinking is unified can it form a guide for action and implement the physical fitness training in actual combat training into action. Therefore, police officers should unify the combination of physical fitness training and actual combat training, attach importance to the physical fitness foundation of actual combat training, improve the effect of actual combat training, and ultimately achieve the thinking of enhancing the combat effectiveness of the police force.

## (2) Create conditions for physical fitness training and provide guarantees for physical fitness training

Currently, insufficient attention is paid to police physical fitness training, lacking conditions such as training venues, facilities, equipment, and funds. However, police still need to be provided with guarantees for physical fitness training. Therefore, in the face of the practical problem of lacking conditions, conditions for physical fitness training should be created for training. For example, in the case of a lack of training venue facilities, make full use of existing resources. Police officers can run on public roads or mountain roads within their jurisdiction to exercise leg explosive power and endurance, and carry out activities such as mountain climbing, obstacle crossing, and field training on mountains. These physical fitness trainings are more meaningful as they are closer to work and actual combat.

## (3) Incorporate physical fitness training and "standard-reaching" results into the assessment content of actual combat training

One of the important reasons why actual combat training does not pay enough attention to physical fitness training is that no matter how good the physical fitness is, it cannot be used as a standard to measure actual combat capabilities. In the ideological awareness of most people, physical fitness is not part of actual combat training, and there is no relationship between physical fitness and actual combat. Strengthening physical fitness is not only the content of actual combat training but also an important foundation for actual combat and actual combat training. Therefore, not only should physical fitness training be incorporated into actual combat training, but also physical fitness results should be included in the assessment of actual combat training content.

Currently, some police officers only set their training goals at "standard-reaching" results and lack an enterprising attitude. However, physical fitness training is an important

foundation for actual combat training. In this regard, targeted training plans and programs should be formulated according to the physical qualities of police officers and actual combat training, and a scientific and systematic assessment system for physical fitness and actual combat training should be established: incorporate the real assessment results of physical fitness training into the assessment content of actual combat training, calculate the comprehensive assessment results of actual combat training according to the proportion of respective results, and link the comprehensive assessment results with personal or group honors, salary and benefits, as well as job promotions. This will greatly enhance the enthusiasm of police officers for physical fitness and actual combat training and change the current situation of training only for "reaching the standard".

### 3.2 Combine the content of actual combat training and strengthen targeted special physical fitness training

Different contents of actual combat training have different demands or focuses on physical fitness qualities. Some have relatively high requirements for strength qualities, while others have relatively high requirements for flexibility qualities. In short, physical fitness training should be carried out in a targeted manner according to the needs and requirements of the actual combat training content to improve training effectiveness and enhance actual combat capabilities. The following are some common types of actual combat training content briefly listed.

#### (1) Physical Fitness Training for Weapon Use

Weapon use generally involves using firearms and ammunition to stop illegal criminal activities in situations of high danger. For example, the use of firearms may seem to be just a matter of finger movement, but in fact, during actual combat, shooting is accompanied by many tactical actions. The body postures, movement patterns, and long - term gun - holding all require the support of corresponding physical fitness qualities. In the training of Type 64 and Type 92 pistols, most trainees only focus on whether the postures of "correct, wrapped, solid, collapsed, and locked" are right, while ignoring the physical fitness qualities such as quick reaction, flexibility, and endurance behind these mature actions. As a result, many trainees have problems such as insufficient accuracy, missed targets, deformed movements, and distorted postures in the initial shooting training.

Especially for the problems of gun - holding and trigger - pulling, empty guns or model guns can be used to practice gun - holding in groups and for a set time to enhance the stability of shooting direction. Usually, the finger used for trigger - pulling can be used to simulate the trigger force by pressing a lighter to enhance the coordinated stability of finger - pulling, <sup>[1]</sup> enabling the participating body parts to generate muscle memory. Under the guidance of the weapon - use course teacher, by using the method mainly combining the key elements of gun - holding and trigger - pulling, focusing on improving the strength of the arm and index finger, and enhancing the stability of aiming and firing, satisfactory results have been achieved in the end. It can be seen that enhancing the special physical fitness qualities for weapon use can scientifically enhance actual combat skills and improve the hitting ability of weapon use.

#### (2) Physical Fitness Training for the Use of Police Equipment

The use of police equipment is a commonly used actual combat skill for police officers and also an important part of actual combat training. Each type of police equipment has its own functions and characteristics, and the physical fitness requirements and focuses vary. For

example, in the actual combat situation of police baton use, when police officers respond to a case of a mass brawl with weapons, a police officer had his telescopic baton knocked out during the handling process. Although he picked it up later, the scene was extremely dangerous. Analyzing the use of the baton in this situation, baton strikes require pushing off the ground, rotating the body, and swinging the baton, which act on the peripheral nerves of the limbs based on the principle of fluid oscillation. This respectively requires high leg explosive power, waist explosive power and flexibility, as well as physical fitness qualities such as pectoral muscle, arm, and finger strength. Therefore, it is obvious that the police officer's actions of pushing off the ground and rotating the body were correct, but the problem was the insufficient strength of his pectoral muscles, arms, and fingers. In response to this, physical fitness training such as push - ups, butterfly chest squeezes, pull - ups, and using a hand gripper can be carried out to make up for the deficiency in skills. By combining the use of police equipment, targeting the improvement of special physical fitness qualities, the effect of actual combat training can be enhanced, and the actual combat ability of using police equipment can be improved.

### (3) Physical Fitness Training for Bare - handed Defense and Control

Bare - handed defense and control is a commonly used skill in police law enforcement actual combat, including basic techniques such as postures, footwork, and falling, as well as defense, attack, control, and release techniques. This actual combat skill has numerous and difficult physical fitness requirements for police officers, including physical fitness qualities such as explosive power, endurance, quick reaction, speed, agility, and flexibility.

Among them, flexibility and endurance are required in the learning process. Because trainees with better flexibility and endurance are less restricted by their bodies in movements and are easier to learn accurately, and they have sufficient endurance to support the physical consumption during the learning process. Therefore, in the learning stage, attention should be paid to the stretching of body ligaments, the movement of joints, and the improvement of endurance qualities. Some stretching exercises can be carried out, as well as repeated training and interval training for the parts of the body with weak endurance to meet the physical fitness requirements in the learning stage.

Physical fitness qualities such as explosive power, quick reaction, speed, and agility are essential in the improvement stage of this skill. It is very arduous to improve these qualities in this stage. For example, in the bare - handed defense and control class, after the teacher teaches the trainees to master the basic techniques of Sanda, the actual combat effect is not reflected in the simulated confrontation. Problems such as insufficient explosive power and endurance of the limbs and waist, insufficient quick reaction in dodging, and slow movement speed are manifested. Instructors and teachers should, in combination with the deficiencies and focuses shown in the basic Sanda technical training, carry out targeted special physical fitness training. For example, punching in a fixed - time and space or hitting a punching post to improve explosive power and endurance, and simulating confrontation with each other as partners to practice the quick reaction of footwork movement, so that the practitioners can achieve the expected actual combat training effect. Therefore, actual combat training should be combined with its content to strengthen targeted special physical fitness training and improve the corresponding actual combat capabilities.

### 3.3 Comprehensive Training of Physical Fitness and Actual Combat to Effectively Enhance Actual Combat Capabilities

The comprehensive training of police physical fitness and actual combat refers to taking police physical fitness training as the object under actual combat training conditions, aiming to promote the improvement of the level of police actual combat capabilities, and making police physical fitness training and police actual combat training an organic training whole. When conducting physical fitness training, integrate the content of actual combat training. Through forms of physical fitness training such as physical exercises, help and promote police officers to master various actual combat skills and tactical movements, adapt to the difficulty of actual combat training, make police actual combat training more scientific, reasonable, and efficient, and provide a more solid physical fitness foundation for the mastery and application of police actual combat training content. For example, training such as 400 - meter obstacle running, swimming, rock climbing, and mountain climbing not only improves physical fitness qualities but also respectively enhances the obstacle - crossing ability in actual combat, the handling ability in case of water, and the search and inspection ability in complex environments. These form an overall comprehensive training to jointly serve actual combat and effectively enhance actual combat capabilities.

## 4 Conclusion

In summary, through in - depth analysis and demonstration, it is evident that police physical fitness serves as the bedrock of actual combat training. It underlies and remains integral throughout every stage of actual combat training. Conversely, actual combat training determines the orientation, content, and quality benchmarks for police physical fitness training. These two aspects are inextricably linked and mutually reinforcing, jointly playing a pivotal and irreplaceable role in bolstering the actual combat capabilities of police officers.

Consequently, during actual combat training, physical fitness training must be carried out in a scientific manner, backed by well - laid plans, sound systems, and adequate guarantees. Only by seamlessly integrating actual combat training with physical fitness training can the quality and efficacy of actual combat training be substantially enhanced at the root. This, in turn, will boost the actual combat capabilities of the police and ultimately achieve the overarching objective of comprehensively elevating the combat effectiveness of the police force.

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