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## **The Creation and Application of Disposal Techniques for Handling Scuffles and Embraces Encountered during On-site Law Enforcement**

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**Abstract:** Encountering struggles and hugs from law enforcement targets during the process of law enforcement is one of the most troublesome and thorny issues for police officers. Due to the diversity of law enforcement targets and the uncertainty of their nature, it is difficult for on-site law enforcement police officers to take compulsory measures. Therefore, incidents where Chinese public security police officers often encounter struggles and hugs during on-site law enforcement, fall into a passive situation, and are then surrounded and beaten, resulting in injuries or disabilities, occur from time to time. This is an issue that we must currently face and resolve.

**Keywords:** On-site Law Enforcement ; Struggles and Embraces ; Disposal Techniques ; Innovative Research

## **1 Introduction**

The People's Police is the armed force of the state and the main force in maintaining national stability and representing the state in punishing illegal and criminal activities. Their law enforcement level and capabilities are related to the long-term stability of the country and the well-being of the people. Their duties and behaviors represent the state rather than individual actions. Therefore, police law enforcement is sacred and inviolable.

However, in actual law enforcement, due to many reasons, such as a large gap in the overall quality of the citizens, a relatively large number of people being ignorant of the law or having a weak legal concept. Of course, it is also due to the fact that in some individual regions and places, not handling affairs in accordance with the law has created an unhealthy law enforcement environment. Especially, some individual leaders in charge of political and legal affairs have deviations in their understanding of the law or lack the courage to take responsibility, thus losing the decision-making and determination to abide by and safeguard the law. This has led to a continuous occurrence of incidents in recent years where law enforcement is obstructed, resistance to law enforcement occurs, and police officers are attacked, surrounded and beaten.

From the perspective of police skills, these are all the results of the initial struggles and hugs without effective disposal methods and techniques to contain or get rid of the situations. In order to get out of this law enforcement dilemma, the author has studied and created several common and effective disposal techniques in on-site law enforcement from the perspective of skills, for front-line combat police officers to train and use.

## **2 Response and Disposal Techniques for Encountering Grabbing and Hugging Situations**

During on-site law enforcement, for general violations, in order to evade punishment or out of strong dissatisfaction with the punishment, the law enforcement targets not only fail to cooperate but also incite their family members to obstruct and resist. Common actions include grabbing the police officer's arm, hugging the officer's leg, or clutching the officer's belt, which makes it impossible for the police officers to perform their duties. At this moment, if the situation cannot be dealt with in a timely manner and the number of onlookers keeps increasing, the public security police officers will be in a very dangerous situation. When encountering such a situation, we should quickly break free from the entanglement, evacuate from the scene, request reinforcement, and then handle the matter.

### **2.1 Technique for Breaking Free When Both Hands Grab and Hang onto One Arm**

1. Key Points of the Technical Movements:

- (1) When the opponent grabs or hangs onto my right (left) arm from the front or side with both hands (Figure 01);
- (2) I take a step forward with my left (right) foot and turn my body 90 degrees. My right (left) arm hooks, buckles, and presses the opponent's wrists from the outside, starting from the bottom and moving upwards, and clamps them tightly. My left hand pushes the opponent's shoulder (Figure 02). Then, I use my elbow to press against the opponent's chest, and my left (right) hand grabs and holds my own right (left) wrist tightly (Figure 03);
- (3) Then, I turn my body approximately 90 degrees to the left (right). During the process of turning, the tip of my right (left) elbow goes over the opponent's two wrists and sinks down (Figure 04);
- (4) Subsequently, while turning back to the right (left), I use both hands to work together and strike my elbow to the right (left) and backward to break free (Figure 05).



Figure 01



Figure 02



Figure 03



Figure 04



Figure 05

2. Requirements for the Movements: The step forward and body turn should be quick. The grasping and pressing positions should be accurate. The forward push and backward pull should be coordinated to exert force, and the movements should quickly form a combined force.

3. Precautions: When performing the movements, the step forward and shoulder grasping should be rapid to prevent the opponent from resolving the situation by getting too close or moving with their footwork, thus making it impossible for them to break free from the entanglement.

## 2.2 Technique for Breaking Free When One Leg is Hugged by Both Hands

1. Key Points of the Technical Movements: When the opponent hugs one of my legs with both hands. Take the situation where the right leg is hugged as an example.

(1) Technique of Pressing the Throat and Locking the Arm to Break Free: When the opponent hugs the leg with both hands and their head is not closely pressed against my leg (as shown in Figure 06), I can use my right hand to pass through under their chin and grab their right shoulder. Then, while using the right forearm to press against and lift up their throat (as shown in Figure 07), when a gap appears between their tightly hugging hands, my left hand passes through and goes around from the inside of their right arm (as shown in Figure 08). Then, the right hand grabs the left wrist that has been passed around, and then both hands work together to lock the arm to break free (as shown in Figure 9).



Figure 06



Figure 07



Figure 08



Figure 09

(2) Technique of Pressing Acupoints to Break Free: When the opponent hugs the leg with both hands and their head is closely pressed against my leg, I use my right hand to fix their head (as shown in Figure 10). I clench my left hand into a fist with the thumb extended and the back of the fist facing downwards. Then, I use the tip of the pulp of my thumb to press on the nerve point at the angle of the mandible (behind the bone between the mandible and the earlobe) (as shown in Figure 11). Continuously apply pressure in the direction of their nose tip to break free (as shown in Figure 12).



Figure 10



Figure 11



Figure 12

2. Requirements for the Movements: The fixation of the head should be firm, and the pressing position and the direction of applying force should be accurate.

3. Precautions: There are many nerve acupoints on the head and neck, and they are relatively fragile. Special attention should be paid to the method and position of applying force. The force should be just enough to complete the movement. Do not use excessive force, and avoid all unnecessary injuries.

### 2.3 Technique for Breaking Free When the Belt is Grabbed and Buckled

1. Key Points of the Technical Movements: When the opponent grabs and buckles my belt with one hand (Figure 13); the foot on the side close to the grabbing point remains still. While taking a step forward and turning the body with the opposite-side foot, the arm on the side close to the grabbing point hooks and clamps the opponent's wrist at the bend of my elbow from the inside, moving from the bottom to the top and from the outside to the inside. The other hand grabs and pushes the shoulder of the opponent's grabbing hand (Figure 14). Then, the hand that grabs the shoulder moves to grab my own wrist, and I use my elbow to press against the opponent's chest (Figure 15). Next, the stepping foot steps backward, and both hands work together to turn the body to the left and press down on the opponent's wrist (Figure 16), and then I can break free.



Figure 13



Figure 14



Figure 15



Figure 16

2. Key Points of the Movements: Take a step forward, turn the body, hook and clamp the wrist and pull it backward, and push forward with the hand that grabs the shoulder.

3. Precautions: In order to prevent the opponent from attacking, when the arm that takes a step forward and grabs the shoulder presses against the opponent's throat and pushes forward, the bend of the right elbow should hook and clamp the opponent's wrist and pull it backward with force. The movements should be fast, coherent, and completed in one smooth motion.

### **3 Defense and Breakaway Techniques in Response to Violent Resistance to Law Enforcement**

When Chinese public security police officers are taking photos, pasting notices for illegally parked vehicles, arresting criminal suspects at their residences, or forcefully removing the perpetrators from the scene, some of the people not only resist punishment by entanglement but also incite their family members to strongly obstruct and help them escape, making it impossible to smoothly arrest the criminal suspects or take away the perpetrators at the scene. Some even launch physical attacks on the law enforcement police officers with violence. Common situations include: grabbing the police officer's clothes with one hand and attacking with the other hand; one person hanging onto the police officer's arm with both hands while another person attacks. In order to avoid greater conflicts and unnecessary injuries and ensure the smooth completion of law enforcement tasks, the author has created the following two techniques.

#### **3.1 Defense and Breakaway When Being Grabbed and Attacked**

Scenario: During on-site law enforcement, the law enforcement target refuses to accept management and is dissatisfied with the punishment. They even use violence to scuffle with the law enforcement police officer, grabbing the collar of the chest with the left hand and attacking the head with the right hand. At this time, the head should be well protected, and then a quick breakaway should be achieved.

1. Key Points of the Technical Movements: When the opponent grabs the clothes on my front chest or collar with the left hand (as shown in Figure 17); and attacks my head with the right hand, while I hold my head with my left hand, lift up the upper arm, with the tip of the elbow facing forward, and use the upper arm with thicker muscles to block the attacking hand (as shown in Figure 18). Then, take a step backward with the left foot and quickly turn the body 90 degrees to the left. At the same time, lift up and strike down with the right upper arm to clamp the hand that grabs the clothes (as shown in Figure 19). After the movement is in place, take a step forward with the left foot and turn the body to the right. At the same time, use the outer side of the left wrist to lock the opponent's neck. The right elbow sinks down and goes around and retracts from below the opponent's wrist, placing the opponent's wrist inside the bend of my elbow (as shown in Figure 20). Then, retract the left hand to grab the right hand. Next, take a step backward with the left foot, turn the upper body to the left, and use both hands to work together to strike downwards with the elbow (as shown in Figure 21). Then turn to the right and use the rear end of the right forearm to strike downwards and to the right at the opponent's wrist to break free (as shown in Figure 22).



Figure 17



Figure 18



Figure 19



Figure 20



Figure 21



Figure 22

2. Requirements for the Movements: When defending, hold the head and lift the upper arm. The step backward and body turn should be in place. Find the right points when locking the neck and clamping the wrist. The key is to exert force with the whole body.

3. Precautions: During the handling process, first of all, ensure your own safety and avoid being injured. Secondly, do not harm the innocent and cause the intensification of conflicts. The movements should be clean and decisive. Break free from the entanglement and do not engage in a protracted battle. Adhere to the principles of completing the task and being able to punish illegal and criminal activities.

### 3.2 Defense and Breakaway When Encountering the Coordinated Hanging of the Arm and Attack by Two People

Scenario: When rectifying violations on the road surface, taking photos of illegally parked vehicles, seizing vehicles and certificates, law enforcement officers often encounter violent resistance from the owners who are unreasonable and have a weak concept of the rule of law. In some cases, women or the elderly hug and hang onto the arms of law enforcement police officers with both hands while men launch attacks. In other cases, men hug and hang onto the arms, and women or the elderly carry out attacks. At this moment, the first step is to protect oneself to avoid being injured, and then break free quickly.

1. Key Points of the Technical Movements: When one arm is hugged and hung onto by one person (take the right arm as an example, as shown in Figure 23), and another person attacks me with a fist, I should first protect myself from being attacked (as shown in Figure 24). Then, quickly step forward with the left foot and face the person hanging onto the arm. At the same time, use the left hand to grab the opponent's left shoulder, and press the outside of the left forearm against the opponent's throat. Then, use the opponent's body to maneuver and protect myself to avoid being attacked by others (as shown in Figure 25). After avoiding the sharpness of the attack, quickly break free and get rid of the entanglement by the combined force of pressing the throat with the forearm and pulling the left arm backward and upward (as shown in Figure 26).



Figure 23



Figure 24





Figure 25



Figure 26

2. Requirements for the Movements: The grip on the shoulder should be firm, and the position of pressing should be accurate. First, defend yourself and then try to break free. The maneuvering footwork should be fast, the center of gravity should be stable, and seize the opportunity to achieve the breakaway.

3. Precautions: When dealing with women and the elderly, do not make overly large movements, so as not to intensify the conflict, expand the situation, and cause adverse public opinion effects and indescribable civil liabilities.

#### **4 The Significance of Creating On-site Law Enforcement Disposal Techniques in Practical Applications**

##### **4.1 It can prevent the intensification of conflicts or the expansion of the situation**

The techniques have the humanistic characteristic of trying peaceful means first and then resorting to force. For the obstruction caused by ordinary people who are unreasonable or out of control emotionally, persuasion should be carried out first, and then the entanglement should be broken free. In this way, the intensification of conflicts or the expansion of the situation can be avoided. For the actions of lawless elements with malicious intentions, a timely and decisive counterattack should be carried out, and then they should be brought under control.

##### **4.2 It can provide certain safety guarantees for police on-site law enforcement**

The potential dangers of police law enforcement always exist. During close-range on-site law enforcement, different disposal methods should be adopted according to different law enforcement targets. It is not advisable to suppress them forcefully in a one-size-fits-all manner or take preemptive actions. This precisely gives some law enforcement targets with malicious intentions an opportunity to take advantage of the situation. Incidents of violent resistance to law enforcement and attacks on police officers occur from time to time, and the number of police officers injured in the line of duty each year continues to increase. This not only threatens the personal safety of police officers but also puts law enforcement in a passive position. With these techniques, police officers can effectively handle different situations on

the scene, which will greatly reduce the injuries that police officers suffer during on-site law enforcement and provide certain safety guarantees for their on-site law enforcement work.

#### **4.3 It can remove obstacles for the safe and smooth completion of law enforcement tasks.**

As police officers, what they fear most during law enforcement is harming innocent civilians. They are least afraid of confronting criminal suspects face to face. What gives them the most headache is when irrational and misguided civilians entangle with the police. What they worry about and take into account the most is the failure to complete the law enforcement tasks. With these techniques, for those who try to evade punishment through their unreasonable entanglement or the forcible obstruction of their family members, law enforcement police officers can quickly break free from the entanglement, remove obstacles, and complete the law enforcement tasks safely and smoothly.

#### **4.4 It has created the appropriate disposal techniques for establishing the police image and law enforcement authority.**

The legal protection for police law enforcement is not perfect, or the laws protecting the personal safety of police officers during law enforcement are lagging behind. Therefore, incidents of obstructing law enforcement, violently resisting law enforcement, and surrounding and attacking police officers occur from time to time. Especially for the illegal and irregular behaviors of ordinary civilians who are unreasonable, persistent, and do not meet the criteria for taking compulsory measures, there are many considerations in on-site handling. If there is the slightest carelessness or improper handling, the police will be condemned by the onlookers. Once someone starts to incite or instigate, the chaotic scene on the spot will get out of control. Law enforcement police officers will not only be at risk of being surrounded and beaten but may also be subject to public opinion condemnation that distorts the facts, thus expanding the negative impact. With the on-site response and disposal techniques, it is possible to handle the situations quickly and effectively.

1. Rapid and effective on-site handling can reduce the number of onlookers, get rid of the passive, stalemate and embarrassing handling dilemmas, and avoid the spread of public opinions with a multitude of voices. It will not give those with malicious intentions the opportunity and environment to create public opinion disputes. At the same time, rapid, effective and appropriate handling can also expand the positive influence and establish the image of police officers who enforce the law with courtesy and propriety.

2. Rapid and forceful on-site handling can not only avoid the chaotic situation of being beaten passively, but also reflect the excellent professional skills of the police officers. It maintains the law enforcement authority of ensuring that any violation will be investigated and any crime will be punished. At the same time, it also demonstrates that the law enforcement authority of the police is inviolable.

## **5 Conclusion**

The bare-handed handling techniques for on-site law enforcement responses, through repeated practical verification, have practicality and effectiveness in reality. The technical movement structure is simple, and it has no high requirements for physical fitness. It is suitable for the vast number of front-line police officers in actual combat to learn and master,

easy to popularize and promote, and conducive to comprehensively improving the bare-handed handling ability of the public security team.

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