Abnormal stress results to be the conditioning factor of our behavior. When faced to a situation of imminent risk, it activates unconscious systems that can cause automatic reactions, those reactions will be conditioned by learning and previous experience. That is why it is fundamental that, during the process of teaching-learning, experience that serves as unconscious response when needed to solve a violent situation that necessarily puts us in defensive stance, is created.

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Over the basis of an action investigation, many teaching resources were used for training as well as the observation that took place in flashing periods between 1993 and 2015. According to the information gathered during the years 2014/15, we can say that the efficiency of the “Cesar” System as long as it is given in the detailed conditions, especially with the participation of the physical education and martial arts professors and the participation of the specialist in psychology as part of the interdisciplinary team.

INTRODUCTION

In the last years, big and vertiginous changes have occurred at social level. Changes that have provoked inevitable turbulences, both internationally and nationally, causing mutations in internal security parameters, up to the extent to make drastic modifications in the system. According to the D.M. (Defense Ministry), the appearance of new challenges such as terrorism, drug dealing, organized crime, weapon smuggling, damage to the environment and migrations, have been promoted.

The development speed of the events influenced noticeably on police performance. A study from the CELS (Centro de Estudios Legales y Sociales, by its acronyms in Spanish) has revealed that the number of fallen police officers between the years 1996-2001 has increased 132%. In the same way, the UADE (Universidad Argentina de la Empresa, by it acronym in Spanish) in an article published in 2012, shows that: between 2006-2011 there have been registered, in Buenos Aires City, an average of 225,000 denounced crimes, with an annual increment of 1.02%. This is how previously established paradigms have been changing radically, forcing security forces to adapt to the more complex circumstances, modifying both their conduct and instruction. From the professor’s role, this reality demanded investigation about the most effective strategies to be implemented during training, working in a mix of possibilities, remembering that the search of these effective results must include, during their development, an emotional and physical approach. Starting from the determining fact that the principal factor during a conflict is stress, self-confidence, reflexes, coordination and reaction speed were trained with the objective of preparing the professional to recognize, anticipate and solve a conflict using the necessary tools for their application in the boundaries of law.

This practice consists in the approach of reaction time and human interaction in all its dimension. The training system here presented, called “Cesar”, has the objective of achieving the prevail of life and human integrity (physical and psychological) of people involved in a violent act, with or without criminal connotation.

I – Stress

Stress is the set of chemical and nervous reactions that make us more efficient when facing extreme situations or danger, preparing us for a fight or to flee. This mechanism is produced by the Nervous System and it exists since the beginning of life itself. In the past it was, probably, more useful than what it is today as it is the one that allowed outrunning from predators, evade imminent attacks or defend against other individual.

With the growing socialization and commodities to acquire food, it is evident that stress does not have the same use than before. However, the reactions follow their course and the organism works in the same way, in which sense, it has not evolved.

Hans Seyle (1907-1982), first one to study this phenomenon, describes stress as a natural part of human experience; says that stress in not necessarily bad, it also gives life some taste. Any emotion causes stress (The Nature of Stress, 1985 (PM)). Nonetheless, some aspects of hormonal secretion such as cortisol and adrenaline might cause deterioration in our organism and acceleration of diseases. (Bruce McEwen Ph.D).

Stress and emotions

In the brain, the amygdale, which is the responsible for the prosecution and storage of emotional reactions, receives stimuli from different sensorial receptors and they all communicate with the central nucleus, which in turn communicates with the brainstem that activates the physiological responses. Likewise, it receives information directly from the Thalamus in a way of triggering responses so fast that it happens even when the cortex has not processed the information. (Fig. 1) (LeDoux, 2002).

For example: If an excursionist who is on a stroll in the woods sees a package on the ground. “The visual stimuli are...
II – The object and method of investigation

Well, most of physical activities and sports can be practiced over and over again until the automatization of movement is achieved and, in consequence, the adequate motor response with a determinate end. Instead, it is relative in self defense because the practice is not done with the optimum distance and intensity to fulfill the expected results, as the physical integrity of the practitioner would be put in danger.

So, How to achieve training that allows recognizing the best response even when the conflict is not present?

In this context, it is necessary to consider that the insufficient or deficient practice of self defense may have severe consequences, such as the life risk of who is exercising it or of outsiders which are potentially involved in the violent scene. This motive moves us to think new strategies that also compromise that risk.

To correct this not minor detail, due to the fact that we need training to be completed in a short period of time, is that the possibility of creating experience is proposed, searching in some way to trick our own system.

The observation and evolution of this type of training has been given in short intermittent periods between the years 1993-2015, in groups of men and women aging 18-27, all of them members of security forces that come from different places and social levels.

Benjamin Franklin (1706-1790) said: "Tell me and I forget, teach me and I remember, involve me and I learn". Hoping to answer to this pedagogy and on the basis of investigation in action, different teaching resources for training were used, where a dynamic work was planned, which included moments of calisthenics, action and reaction exercises, team games and lateral thinking mental challenges.

For each tested group, since 2013, surveys were made and opinions were drawn out. There were a total of 1,280 individuals. Likewise, the observations were evaluated during the course and the redaction of a "Logbook" was done.

To establish necessary complementary scientific support during the development of the training system, bibliographic referential material was also appealed.

III – Strategies of intervention

"Learning is experience, everything else is information". Albert Einstein (1879-1955)

In the years 1993/95, it was observed that the system used by the armed forces in self defense was callisthenic, based on repetition with squad formations, without too much pedagogic compromise. That is why it was searched to modify the model and the establishment of a first hypothesis which links the result to quality of capacitating and not necessarily quantity was achieved.

"Learning is experience, everything else is information". Albert Einstein (1879-1955)

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The tone of voice, menacing look, contemptuous attitude, verbiage, insulting, devaluation, threatening, intimidating approach, possible possession of a sharp element, the fight, the discussion, and consequently, stress generated as an acting tool, require the appropriate psychological accompaniment during the practice for the containment and detection of potential pathologies or unexpected conducts for the objective that must be reached due to, as Theodore Dreiser said: "Our civilization is still at an intermediate stage, hardly animal in the sense that it is no longer guided by instinct, hardly human in the sense that it is not yet entirely guided by reason". As the amygdale has a very superior capacity to influence in the cortex than the other way around, a debate between reason and passion might develop. In this way, when a person is emotionally excited, whether it is for fear or sexual attraction, for example, their emotions dominate their thoughts. Plato said that, an authentic philosopher was the one who could control his emotions by the means of reason, considering that this was a lifetime process. (LeDoux, 2002). Given that we cannot infer in the adverse reactions that could trigger the extreme training is that, as a strategy, the presence of a specialist in psychology was proposed.

Interdisciplinary work

In order to obtain objective results and based on observations, it could be inferred that more effectiveness would be achieved if a multidisciplinary work where every part had the same participation level in the different areas was considered, always...
respetando el resumen del oficial en ejercicio donde correspondió y poniendo en común el hecho de que lo que se recogió al final del evento. Un programa en módulos que estratégicamente combinó los contenidos fue diseñado. El equipo de trabajo inicialmente fue formado por dos oficiales de la Defensa Nacional y tres profesores de educación física y policial con conocimientos en defensa personal.

IV – Conclusión

El rendimiento en el ejercicio y juego táctico, así como el trabajo mental y la lógica lateral, son desafíos en el movimiento de la práctica de defensa personal. Los oficiales que participaron en el ejercicio pudieron resolver, y/o decidir inmediatamente a lo largo del curso de acción, 96% de los casos y el resto fueron de los trenes anti-ataque que mostraron un mayor control sobre sus impulsiones que no fueron adiestrados en estrés.

Para que se pueda concluir que el sistema “Cesar” es pedagógicamente efectivo, en cortos periodos de tiempo, en sus contenidos se permite la evolución psicológica, pero se observó que esto favorece la integración, participación y motivación del grupo, proporcionando diferentes áreas y roles, evidenciando sus habilidades y destrezas. Al completarlo, se obtiene cada variable que conforma una situación conflictiva. Se debe aplicar a dos aplicaciones como mínimo y en días diferentes, distante uno de la otra al principio y al final del curso. El sistema “Cesar” también puede contribuir a la implementación, disposición y entrenamiento de habilidades de resolución, así como a la posterior estabilidad de las personas.

Key Words: Self defense, Training, Police.

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POLICE SELF DEFENSE TRAINING AND STRESS AS A SHORT TERM DIDACTIC RESOURCE.

Abstract
Stress results to be the conditioning factor of our behavior. When faced to a situation of imminent risk, it activates unconscious systems that can cause automatic reactions, those reactions will be conditioned by learning and previous experience. That is why it is fundamental that, during the process of teaching-learning, experience that serves as unconscious response when needed to solve a violent situation that necessarily puts us in defensive stance, is created.

The “Cesar” System in self defense training suggests combining the techniques and own strategies of this activity and expose stress by the creation and representation of violent scenes, trying to “cheat” the nervous system and so creating the conditioned reflex necessary to trigger the expected reaction in front of a compromising situation, allowing to have control over the response protecting the lives of everyone involved.

Over the basis of an action investigation, many teaching resources were used for training as well as the observation that took place in flashing periods between 1993 and 2015. According to the information gathered during the years 2014/15, we can say ensure the efficiency of the “Cesar” System as long as it is given in the detailed conditions, especially with the participation of the physical education and martial arts professors and the participation of the specialist in psychology as part of the interdisciplinary team.

Key Words: Self defense, Training, Policie.

ENTRENAÍMEN EN DÉFENSE PERSONNELLE POLICIÈRE ET LE STRESS COMME RECURSO DIDACTIQUE À COURT TERME.

Résumé:
Le stress devient le conditionnement de notre comportement. Face à une situation de risque imminent, il faut activer des systèmes inconscients qui peuvent provoquer des réactions automatiques, ces réactions-ci seront conditionnées par l’apprentissage et l’expérience préalables. Pour cela, c’est fondamental que, pendant le processus d’enseignement - apprentissage, on crée l’expérience qui serve de réponse inconsciente face au besoin de résoudre une situation violente, qui nécessairement, nous met à la défensive.

Le Système « César » d’entraînement de défense personnelle propose de combiner les techniques et les stratégies propres à cette activité et les faire exposer au stress au moyen de la création de scènes violentes, en essayant de « tromper » le système nerveux et en créant ainsi le réflexe conditionné nécessaire pour déclencher la réaction attendue vis-à-vis d’un fait accompli, pouvant, de cette façon, avoir le contrôle sur la réponse et ainsi sauvegarder la vie de tous les impliqués.

Sur les bases d’une recherche action, on utilise divers recours d’enseignement pour l’entraînement et l’observation qui ont été faits par des périodes intermittentes entre les années 1993 et 2015. Selon l’information prélevée pendant les années 2014/15, on peut affirmer que l’efficacité du Système « César » a été tout à fait démontrée, pourvu que les conditions détaillées existent, en particulier avec la participation du professeur d’éducation physique et défense personnelle ainsi que le/la spécialiste en psychologie comme équipe interdisciplinaire.

Mots clés: Défense personnelle, Entraînement, Policie.

ENTRENAMIENTO EN DEFENSA PERSONAL POLICIAL Y EL ESTRÉS COMO RECURSO DIDACTICO A CORTO PLAZO.

Resumen
El estrés resulta ser el condicionante de nuestro comportamiento. Ante una situación de riesgo inminente, activan sistemas inconscientes que pueden provocar reacciones automáticas, esas reacciones estarán condicionadas por el aprendizaje y la experiencia previas. Por eso es fundamental que, durante el proceso de enseñanza-aprendizaje, se cree la experiencia que sirve de respuesta inconsciente ante la necesidad de resolución de una situación violenta que, necesariamente, nos pone a la defensiva.

El Sistema “Cesar” de entrenamiento en defensa personal propone combinar las técnicas y estrategias propias de esta actividad y dar exposición al estrés mediante la creación y representación de escenas violentas, procurando “enganchar” al sistema nervioso y creando así el reflejo condicionado necesario para desencadenar la reacción esperada ante un hecho comprometido, pudiendo, de este modo, tener control sobre la respuesta salvaguardando la vida de todos los implicados.

Sobre las bases de una investigación acción, se utilizaron diversos recursos docentes para el entrenamiento y la observación que se ha dado por periodos intermitentes entre los años 1993 y 2015. Según la información relevada durante los años 2014/15, podemos afirmar que queda comprobada la eficacia del Sistema “Cesar” siempre que se dé en las condiciones detalladas, especialmente con la participación del/la Profesor/a de educación física y defensa personal y el/la especialista en psicología como equipo interdisciplinario.

Palabras clave: Defensa personal, Entrenamiento, Policía.

TREINAMENTO EM DEFESA PESSOAL POLÍCIA E O ESTRÉSS COMO RECURSO DIDÁTICO A CURTO PRAZO.

Resumo
O estresse prova ser o fator determinante de nosso comportamento. Em uma situação de risco iminente, ativam-se sistemas inconscientes que podem desencadear reações automáticas, estas reações serão condicionadas pela aprendizagem e experiência prévia. Portanto, é essencial que durante o processo de ensino e aprendizagem, acredita-se experiência servindo da resposta inconsciente para a necessidade de resolução de uma situação de violência que, necessariamente, nos coloca na defensiva.

O Sistema “Cesar” do treinamento em defesa pessoal polícia propõe combinar as técnicas e estratégias próprias para essa atividade e dar a exposição ao estresse através da criação e representação de cenas violentas, buscando “enganhar” o sistema nervoso e procurando o reflexo condicionado necessário para acionar a reação esperada para uma situação comprometida, podendo assim, ter o controle sobre a resposta e salvaguardar a vida de todos os envolvidos.

Com base uma investigação ação, vários recursos didáticos foram usados para o treinamento e a observação de que tem sido dada por períodos intermitentes entre os anos 1993 e 2015. De acordo com as informações recolhidas durante os anos 2014/15, podemos dizer que é comprovada a eficiência do Sistema "Cesar" sempre que sejam dadas as condições detalhadas, especialmente com a participação do professor de educação física e defesa pessoal e um especialista em psicologia como uma equipe interdisciplinar.

Palavras-chave: Treinamento, Defesa pessoal, Policia.