

Professional paper

ROLE OF ACUTE PAIN WHEN ACHIEVING CUFFING POSITION USING MEANS OF RESTRAINT¹

UDK: 371.3::796

796.8.015.59

DOI: 10.5937/snp12-1-36572

Srđan Milosavljević²

College of Sports and Health, Belgrade, Serbia

Dragana Drljačić

College of Sports and Health, Belgrade, Serbia

Sreten Srećković

College of Sports and Health, Belgrade, Serbia

Abstract: The paper indicates the role and importance of acute pain during the operation of cuffing. The application of means of restraint from the space of physical strength, which usually precedes the activity of cuffing, requires a good knowledge of individual fighting techniques, and especially levers which serve to bring the person into the cuffing position by creating the feeling of acute pain. In that sense, lever is a good choice, because by executing lever, a person can be kept under control both for a shorter and a longer period of time, i.e. as long as it takes for cuffing to be performed safely. For that reason, it is important to know and distinguish the factors that define the individual value of each lever: possible level of infliction of pain (availability of body part, possibility of precise support, required level of force, time required for realization, etc.), as well as basic consequences of lever application. The applied lever, whose execution is harmonized with the previously mentioned factors, will produce sufficiently intense acute pain. Pain is an unpleasant sensory or emotional experience that is caused by potential or existing tissue damage or one that is described in words that would correspond to the said damage.

Keywords: *pain, physical strength, establishing control, lever, special forces*

INTRODUCTION

A large number of papers have been written on the use of means of restraint, but despite that, there is a noticeable lack of information dealing with the importance of acute pain when using certain means of restraint, and primarily the importance of acute pain when bringing a person to a cuffing position. It is particularly important to point out that the state administrative bodies of the Republic of Serbia have the right to apply restraint, and only in exceptional circumstances can a citizen do so in situations previously prescribed by law. What is especially important to point out is the fact that restraint can be applied only in a situation when all other legal remedies have been exhausted, legally, proportionately, with composure and accompanied with a warning that restraint is to be used. In this sense, there are the following means of restraint: physical force, cuffing equipment, service batons, service dogs, service horses, special vehicles, blocking devices, devices for water jets, chemicals, special weapons and explosives and firearms (The Police Act, 2016). Assuming that the

¹ Paper received: 21 February 2022, edited: 23 February 2022, accepted for publication: 4 March 2022

² ✉ srdjan.milosavljevic@vss.edu.rs

legal conditions for the use of means of restraint are met, they are used either individually or in combination of the aforementioned techniques.

1. PHYSICAL FORCE AS MEANS OF RESTRAINT

Physical strength is the simplest means of restraint and as such is most often the primary means used to bring a person into a cuffing position. A person who uses physical force is obliged to protect human life and cause as little material damage as possible, and what is particularly important for the current topic, to cause as few injuries as possible (Amanović, 2003). Thus, when using means of restraint from the space of physical force and cuffing equipment, a delicate situation arises when the person on whom means of restraint are applied can try to escape, commit self-harm or be really injured by the one who applies the means of restraint (due to inappropriate choice of a specific means of restraint). In order to avoid the undesirable previously mentioned situations, it is necessary that when bringing a person into a cuffing position, the person who performs the cuffing makes the correct choice of means of restraint from the domain of physical force. In addition, the dosage of the intensity of each individual martial art technique from the area of physical force is an important factor that can be crucial and which, if the intensity of the application of a particular technique is insufficient, will not give the desired result. In particular, an appropriate cuffing position will not be achieved when the person being cuffed does not comply with the order, and the intensity of application of the technique is not sufficient for the person to be brought into the cuffing position through acute pain.

On the other hand, if the intensity of the applied technique is too high, unjustified injury can be inflicted to the person who is brought into the cuffing position, which entails legal consequences. In that sense, the application of adequate martial art techniques as well as their dosing are exclusively means of achieving appropriate acute pain, so that a person who needs to be cuffed and who does not consent to this action voluntarily, can be safely brought into that position without exceeding official authority, and without being able to obstruct the said action. In this regard, the "final product" of the previously applied martial art techniques is certainly acute pain, which for the above reasons must not be too strong or too weak, but its intensity must justify the purpose and ensure the smooth performance of the above action. It has been shown that fear of pain is a better predictor of disabling a person than the medical status of pain itself (Mihajlović, 2015). Consequently, it often happens that the person over whom the act of cuffing should be performed consents to the action already after using some of the means of restraint, willingly taking the position for cuffing instructed as a necessary action by the person who is to perform the action.

2. ACUTE PAIN AS MEANS OF ESTABLISHING CONTROL DURING CUFFING

The person who needs to be cuffed may agree to the specified action or try to thwart it. When a person who is to be cuffed is prevented from escaping, offers active or passive resistance, attacks, performs self-harm, etc., using some of the martial art techniques (strikes, levers, throws, etc.), that person may find themselves in a position of lying on their stomach, back or standing, brought to cuffing using a certain lever (Mudrić, 2005). Precisely by applying the lever technique, "control" must be provided over the person who is to be cuffed. This control is performed by achieving a feeling of acute pain in the person being cuffed.

Martial art techniques represent all moving structures that directly or indirectly inflict pain to the person over whom they are used or prevent the onset of pain in the person who inflicts it. The main means of a large number of martial arts techniques is to create a feeling of pain by which the person to whom it is inflicted is "temporarily brought under control", having in mind the fact that the feeling of pain cannot be ignored. Pain is an unpleasant sensory or emotional experience that is caused by potential or existing tissue damage or that is described in words that would correspond to the mentioned damage (Arlov, 2007).

Pain is subjectively dimensioned and is related to the individual threshold of tolerance, but also to other factors such as gender and cultural context. The same person can feel pain differently, depending on the current mood, stress, as well as health status. The criteria based on which pain is classified are different. In relation to the duration and manifestation of the occurrence, acute and chronic pain can be distinguished. Acute pain is manifested through high blood pressure, sweating, loss of consciousness, etc., while in people who feel chronic pain in many cases, depression, anxiety, loneliness, reduced mobility, increased fatigue and poor sleep can be noticed (Mihajlović, 2015).

Bearing in mind the above as well as the importance of acute pain, and the effects that can be produced by it, it is important to clarify its connection and the role it plays in bringing a person into a cuffing position which is primarily done using lever techniques.

2.1. Implementing lever to establish control

Lever techniques are the best choice of techniques to bring a person under control, because using this group of techniques, the person who executes them can control the intensity of the lever, and thus the intensity of acute pain over the person over whom the lever is performed. Thanks to the existence of the feeling of pain, the person who feels pain is paralyzed and at least momentarily disoriented depending on the intensity of the pain (Mudrić & Gužvica, 2017). In that sense, when performing the lever, the one who performs it can, thanks to the produced feeling of acute pain in the person over whom the lever is performed, demand from that person to take a position that is suitable for cuffing. For this purpose, it is recommended that it be a position with the hands on the back. Without in-depth analysis of the individual techniques of levers that help achieve the cuffing position, because that is not the subject of this paper, it is important to emphasize that in most cases, both in standing and lying position on the stomach, this is achieved through levers on the shoulder joint.

Mechanically, a lever is a simple machine that requires the existence of a support and the action of at least two forces. In terms of martial arts techniques, levers represent specific techniques whose goal is primarily to control the opponent, by creating a feeling of pain, as a consequence of the potential dislocation of the attacked joint. The mentioned effects can be achieved in most joints of the human body with the following conditions: timeliness of initiating the realization; the shortest possible total realization time; precise support; unnatural movements or movements beyond the natural limits and significant action of forces on the arms during lever (Arlov, 2007).

2.2. Implementing strike to establish control as opposed to implementing lever

Unlike levers that provide control even in longer time intervals, which gives them an advantage over other groups of techniques, strokes would be a somewhat less suitable option, because the intensity of acute pain produced by a strike is noticed after the strike is executed. When it comes to strikes, contact with the target must be short, up to 5 milliseconds (Mudrić & Simić, 2020). In practice, this would mean that if the strike was too weak, the face would not be under control, because the feeling of acute pain would be too weak, or on the other hand, in the variant of a strike that is too strong, unnecessary injuries would occur in the person over whom the strike was performed, which could fall under the category of "unjustified".

Strikes represent moving structures, which are realized using hands and feet (with the participation of other parts of the body), and whose goal is the destruction of the opponent. The efficiency in performing strokes depends on the following factors: the degree of adoption of the technique, which implies the movement of the actual parts of the body and the impact surface along the "ideal" or approximately ideal path, for a particular stroke; success rate in the rapid movement of the active body parts; the rate of contraction of the entire musculature of the body in the shortest possible period of time, in the final phase of the strike.

From all the above, the dilemma is clarified and it becomes absolutely clear why the lever techniques, and not striking techniques or any other technique intended to ensure the occurrence of acute pain is the most effective "tool" to put a person into a cuffing position after a successfully thwarted attack, if such an attack occurred (after thwarting escape, self-harm, etc.). In accordance with the above, it is important to emphasize that the "value" of each derived lever can be determined on the basis of certain criteria. The individual value of each lever is determined by: the possible level of infliction of pain (availability of body parts, the possibility of precise support, the required level of force, the time required for realization, etc.) and the basic consequences of lever application (Arlov, 2007). Based on the above criteria that will determine the value of each lever, and especially those levers that are used when bringing a person into a cuffing position, it is possible to state with certainty that the quality of leverage at this time is the detail that defines the success or failure of cuffing.

CONCLUSION

Lever techniques in certain segments of cuffing a person over whom it is necessary to perform this action represent an almost irreplaceable choice of martial arts techniques, primarily due to the effects that are achieved

through controlled acute pain. It is precisely this possibility of dosing acute pain in a person who is "controlled" in this way that ensures that the person "cooperates" and does not try to thwart the intention of being handcuffed or some other means of restraint. In this sense, the quality of training is very important in terms of meeting all the criteria that define the individual value of each lever, which were previously listed. It is particularly important to respect the gradualness of the training. One should not move on to learning a new technique until one has mastered the one demonstrated (Jotić, 2019). Only an extremely responsible approach in terms of quality training can ensure that members of the services who have a legal right to apply cuffing actions, perform this task safely for themselves and the surroundings, as well as for the person over whom this action is performed.

In addition to technical and tactical training, fitness preparation plays a very important role in the training of members of special population groups (who have the right to perform the action of cuffing) because the quality of this task will depend on this factor to a greater or lesser extent. Fitness preparation is a positive transformation of motor abilities. Especially in special units, a high level of motor skills is required for the successful realization of certain tasks (Golubović et al., 2021). One of the important characteristics of motor abilities is that they are evaluated with regard to their latency. Strength, flexibility, precision, speed, coordination, balance and agility can be assessed by means of field and/or laboratory tests.

Motor skills testing provides insight into the current state of ability levels. On the other hand, the implementation of periodic testing simply determines the progress caused by systematic training (Bojanić et al., 2018). Other forms of preparation (technical and tactical) will largely depend on the level of fitness preparation (Vasović, 2016). For these reasons, it can be stated with certainty that fitness training holds great importance for the overall training process.

A complex and responsible approach in the training of members of special population groups as well as respect for all principles and legality of the process in the long run will ensure quality execution of both less complex and the most complex tasks that are part of the security structures' duties. In this sense, the quality of training is one of the primary factors of success in performing tasks related to solving various problem situations. In order to respond successfully, i.e. find a positive solution in a certain problem situation related to the application of martial art techniques, long-term and continuous training is needed, especially situational training (Sopčić et al., 2019). Reliance on legal norms that define the circumstances of the use of means of restraint is also an important factor that members of special population groups must be well acquainted with in order not to break the law.

LITERATURE

1. Amanović, Đ. (2003). Teorijski osnov upotrebe sile i vatrenog oružja. *Bezbednost*, 45(3), 416-430.
2. Arlov, D. (2007). *Alati samoodbrane*. Novi Sad: SIA.
3. Bojanić, J., Bojanić, M., Gadžić, A., & Milosavljević, S. (2018). Komparativna analiza motoričkih sposobnosti dečaka koji treniraju primenjeni aikido i dečaka koji se ne bave sportom. *Sport – nauka i praksa*, 8(1), 5-12.
4. Golubović, M., Veličković, S., Došić, A., & Pantelić, S. (2021). Relacije brzine i specifičnih motoričkih sposobnosti pripradnika specijalnih jedinica. *Sport – nauka i praksa*, 11(1), 1-8. <https://doi.org/10.18485/snip.2021.11.1.1>.
5. Jotić, M. (2019). *Kik boks*. Novi Sad: Pokrajinski sekretarijat za sport i omladinu.
6. Mihajlović, V. (2015). *Bol*. Podgorica-Beograd: Unireks.
7. Mudrić, J., & Gužvica, M. (2017). Analiza karate tehnika koje se izvode rukama – blokovi. *Sport – nauka i praksa*, 7(1), 15-38.
8. Mudrić, R. (2005). *Specijalno fizičko obrazovanje*. Beograd: VŠUP.
9. Mudrić, R., & Simić, N. (2020). *Karate 100 pitanja 100 odgovora*. Beograd: SIA.
10. Sopčić, D., Janevski, J., & Mudrić, R. (2019). Tehnike blokova rukama u tradicionalnom i savremenom sportskom karateu. *Sport – nauka i praksa*, 9(2), 77-90.
11. Vasović, R. (2016). *Kondiciona priprema sportista*. Beograd: Visoka sportska i zdravstvena škola.
12. Zakon o policiji /The Police Act/. (2016). *Službeni glasnik RS*, 6/2016.