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## **FUTURE LIMBS OF THE LAW INSTITUTE OF HIGHER OF MVS OF UKRAINE HAVE DEVELOPMENT OF PHYSICAL FORCE THROUGH APPLICATION OF RECEPTIONS OF PHYSICAL INFLUENCE**

The features strength training future police officers universities Affairs of Ukraine in connection with specific future professional activities related to the use of physical effects.

Events physical impact of future police officers that are in use muscle power and mechanical effects on any organ of the body or the whole body of the offender without using special means and firearms to stop the offense, the offender delay and take the danger to life and health.

Measures of physical restraint accumulated in a most effective means and techniques from different martial arts, hand combat, sambo (unarmed self-defense), judo, aikido, boxing, karate, kickboxing and other martial arts.

The use of physical impact of law enforcement is one of those arts where the force motor as quality is particularly important and largely determines their effectiveness. High levels of force readiness,

developed muscles of the trunk and limbs – a prerequisite of effective application of physical impact, preventing injuries and saving lives during the arrest offenders.

During a physical confrontation with the offender all kinds of forces equally determine the effectiveness of the police officers. A variety of motor actions in a wide variation of its functional states during the physical confrontation requires versatile strength training.

In direct contact with the enemy in melee result of force confrontation, physical suppression of enemy depends on the level of maximum power, manifested in the slow movements. Active driving melee even for 1–2 minutes requires a high level of strength endurance.

The main factor that determines the method of force cadets Universities Internal Affairs of Ukraine in connection with the need to increase the impact of the measures of physical restraint is the need for strength training in a certain combination of speed, endurance and agility. In addition, the need to show power on the activities of physical influence determines the need to ensure the highest quality of power within the relevant motor skills that match the proper technique of execution methods.

**Keywords:** measures of physical influence; process of power preparation; heterospecific exercises of power preparation; analytical exercises of power preparation; principle of simultaneous influence.