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## **Building of extracurricular karate-do training program for students of the people's security academy**

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### **Abstract**

By conventional research methods in the field of sports, the thesis has built a Karate-do program with a duration of 120 periods/1 program, divided into 4 sub-programs (equivalent to 04 school years), in which the number of practical periods accounts for a high rate of 93.3%. The program is highly feasible and has been experimented right at the People's Security Academy in the new period.

**Keywords:** Program, extracurricular, Karate-do, the People's Security Academy

### **Introduction**

Sports in schools have been currently promoting their role well to create a healthy sports training environment, improve physical health and motivation in practicing in students. Meanwhile, the Physical Education (PE) program is still heavily academic in education. Therefore, if a PE program can be built in this form, it will help students have more time to practice their favorite sport, sports activities are conducted right in the extracurricular hours as well as create a healthy training environment for students.

Karate-do is one of the sports that help develop comprehensively in physical terms, through surveys, schools in the public security sector have put Karate-do into training which has also applied by the People's Security Academy for many years. However, the current Karate-do program has not yet met the training needs and received the satisfaction of students. At the same time, with the characteristics of students not specialized in sports, even though they have to spend a lot of time on studying specialized subjects, they not only have a need for physical development, but also a desire to develop stamina quality, improve skills in competition – currently being carried out in the existing club models at the People's Security Academy, which is an essential need.

### **Research Methods**

In the research process, we used conventional methods such as document analysis and synthesis method, expert method and mathematical statistical method. Interviewees are 15 coaches, experts, scientists and lecturers in the field of Karate-do. The subject of the research is the Karate-do program for students of the People's Security Academy. The time of the study is 2018-2019 school year.

### **Research Result and Discussion**

#### **1. Determination of objectives in building the content of the Karate-do program according to the club model at the People's Security Academy (described in Table 1)**

We base on legal documents to determine program objectives such as Circular No. 57/2012 of the Ministry of Education and Training, Ministry of Public Security (2006), *Directive No. 10/CT/2006 - BCA (X11) dated 15 November 2006 on strengthening military and martial arts training in the People's Public Security Force, Ministry of Public Security (2014)*, *Directive No. 13/CT - BCA dated October 28, 2014 on fundamental and comprehensive renovation of education and training in the People's Public Security*.

The scheme of establishing the Club was approved in 2015 by the Director of the People's Security Academy, as well as the high consensus of the military, martial arts, and sports lecturers, and the support from the Board of Management of the Academy, the authors

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Conducted interviews with experts (lecturers, coaches, experts) in the field of Karate-do). The result is presented in Table 1.

**Table1:** Result of expert interview to determine objectives of extracurricular Karate-do program for students of the People's Security Academy (n = 15)

Objectives	Interview content	Satisfaction level				
		5	4	3	2	1
<b>1<sup>st</sup> year</b>						
<b>General</b>	The first-year extracurricular Karate-do training program provides students of the People's Security Academy with an educational environment and activities to build skills, general movement techniques and expertise in Karate-do corresponding to the first year of practice, and at the same time develops physically, trains morality, trains perseverance, independence, humility, endurance, suffering, develops self-control, creativity, develops the qualities of discipline, diligence, honesty, courage, physical development... Ensure professional requirements of Karate-do, requirements of extracurricular sports (including education, discovery and fostering of sports talents).	71.43	28.57	0	0	0
<b>Specific</b>	<b>Knowledge:</b> Understand the importance of sports practicing in general and Karate-do practicing for health. Have a basic understanding of the importance of physical training and have a sense of self-training and health training by sports activities. Understand and apply rules of Karate-do competition in practice	14.29	57.14	21.43	7.14	0
	<b>Skills:</b> Thoroughly grasp and be able to practice specialized Karate-do skills corresponding to the level of the first year of practice, Specifically including: - Regarding fundamental techniques: Jodan Haishu (Kaishu) Jujo Uke, Tate Enpiuchi, Tate YonhonNukite, Ushiro Mawashi Enpiuchi, Jodan Shuto Juji Uchi, Juji Uke, Tate Hayko Shuto, Review learned fundamental techniques and stance. - Regarding savate technique: Review proficiency with subdivision of 5 Heian exercises - Regarding sparring technique: Kihon Ippon Kumite (21 body techniques) - Competition techniques: Movement technique, Attack and defense combined with hand and leg techniques, Carpet corner pressing technique	50	35.71	14.29	0	0
	<b>Attitude:</b> Develop personality, morality, practice perseverance, independence, humility, tolerance, suffering, honesty, courage, develop physical strength...	50	50	0	0	0
<b>2<sup>nd</sup> year</b>						
<b>General</b>	- Develop physical strength, form general motor skills and techniques and Karate-do expertise corresponding to the second year of practice, and at the same time develop personality, morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity, develop physical strength... ensure professional requirements of Karate-do, requirements of extracurricular sports activities (including education, reformation, detection and fostering of sports talents).	64.29	35.71	0	0	0
<b>Specific</b>	<b>Knowledge:</b> Understand the importance of physical training in general and Karate-do training in particular for health. Have a good understanding of the importance of physical training and have a sense of self-training and health training. Understand and be able to perform the fundamental techniques of Karate-do, apply the fundamental techniques of Karate-do in competition...	7.14	78.57	14.29	0	0
	<b>Skills:</b> Thoroughly grasp and be able to practice specialized Karate-do skills corresponding to the level of the second year of practice, specifically including: - Fundamental techniques: Kagi Zuki, Namigaeshi, Mizunagare Zuki, Jodan Haiwan Nagashiuke, Hanmi Shizentai Hikite Gamae, Gyaku Mawashigeri, Ushirogeri. - Regarding savate technique: Tekkishodan, review 5 Heian exercises - Regarding sparring technique: Keashi, review KihonIppon Kumite - Competition technique: self-competition, competition	14.29	78.57	7.14	0	0
	<b>Attitude:</b> Develop personality, morality, practice perseverance, independence, humility, tolerance, suffering, honesty, courage, develop physical strength...	50	35.71	14.29	0	0
<b>3<sup>rd</sup> year</b>						
<b>General</b>	- Develop physical strength, form general motor skills and techniques and Karate-do expertise corresponding to the third year of practice, and at the same time develop personality, morality, practice	14.29	78.57	7.14	0	0

	perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity, develop physical strength... ensure professional requirements of Karate-do, requirements of extracurricular sports activities (including education, reformation, detection and fostering of sports talents).					
Specific	<b>Knowledge:</b> Understand the importance of physical training in general and Karate-do training for health. Have a basic understanding of the importance of physical training and have a sense of lifelong self-training. Understand and apply Karate-do rules in actual competition...	14.29	57.14	21.43	7.14	0
	<b>Skills:</b> Thoroughly grasp and be able to practice specialized Karate-do skills corresponding to the third year of practice, specifically including: - Regarding fundamental techniques: MoroteTsukamiUke, Yama Zuki, SukuiUke, Ashitobigeri, Seiryutogedanuke, Osotogari, Tenshin Yoko shutouchi, AwaseShutouke, Sukuiukenawashizuki, Review the learnedfundamental techniques - Regarding savate techniques: Basaidai, Tekkishodan, review 5 Heian exercises - Regarding sparring technique: JiyuIpponKumite - Competition technique: half-competition and competition	14.29	71.43	14.29	0	0
	<b>Attitude:</b> Develop personality, morality, practice perseverance, independence, humility, tolerance, suffering, honesty, courage, develop physical strength...	50	35.71	14.29	0	0
<b>4<sup>th</sup> year</b>						
General	- Develop physical strength, form general motor skills and techniques and Karate-do expertise corresponding to the fourth year of practice, and at the same time develop personality, morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity, develop physical strength... ensure professional requirements of Karate-do, requirements of extracurricular sports activities (including education, reformation, detection and fostering of sports talents).	71.43	28.57	0	0	0
Specific	<b>Knowledge:</b> Love Karate-do and regularly practice Karate-do for health training, have ability to prevent and provide first aid for basic injuries commonly encountered in Karate-do training and competition; Understand and apply Karate-do rules in actual competition...	14.29	71.43	14.29	0	0
	<b>Skills:</b> Thoroughly grasp and be able to practice specialized Karate-do skills corresponding to the fourth year of practice, specifically including: - Fundamental techniques: OtoshiUke, Yoko MawashiUraken, Mae Tobi Geri Kekomi, mawashi Tate Uraken, Yama Kamae. - Regarding savate techniques: Kankudai, Jihon, review Basaidai - Regarding sparring technique: IpponKumite (5 techniques) and compete 2 matches - Competition techniques: half-competition and competition	14.29	57.14	21.43	7.14	0
	<b>Attitude:</b> Develop personality, morality, practice perseverance, independence, humility, tolerance, suffering, honesty, courage, develop physical strength...	50	35.71	14.29	0	0

All obtained result after interviewing the experts showed satisfaction with the program's objectives, with the rate from satisfied to very satisfied 7.14% to 78.57%, the normal level accounted for a low rate and there was no choice of very dissatisfied. This result will serve as the basis for the development of a detailed outline of Karate-do for students of the People's Security Academy in each program by school year.

### 3. Building of extracurricular Karate-do program for students of the People's Security Academy.

Based on the established objectives and structure of Karate-do program, the thesis selects the content of the Karate-do program to suit the level of students of the People's Security Academy by expert interview. Total number of distributed survey forms was 15, 15 valid forms were collected. The result of the interview to determine the content and structure of the program are presented in Table 2.

**Table 2:** Result of the interview to select the content and structure of the extracurricular Karate-do program at the People's Security Academy (n=15)

1 <sup>st</sup> year	Select	%	3 <sup>rd</sup> year	Select	%
I. Theory:	14	92.86	I. Theory:	15	100
- Rules of Karate-do competition			- Rules of Karate-do competition		
- Benefits of Karate-do			- Benefits of Karate-do		
- Technical principles of movement			- Technical principles of moves		
- First aid skills			- First aid skills		
- Moral education: Develop personality,			- Moral education: Develop personality,		

morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity for students			morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity for students		
II. Practice	14	92.86	II. Practice		
<p>2.1. Fundamental techniques</p> <ul style="list-style-type: none"> <li>- Jodan Haishu (Kaishu) JujoUk</li> <li>- Tate Enpiuchi</li> <li>- Tate YonhonNukite</li> <li>- UshiroMawashiEnpiuchiJodan</li> <li>- ShutoJujiUchi, JujiUke, Tate</li> <li>- HaykoShuto</li> <li>- Review the learned hand, leg and stance techniques. Thoroughly graspy combination of hands, leg and stance techniques</li> </ul>			<p>2.1. Fundamental techniques</p> <ul style="list-style-type: none"> <li>- MoroteTsukamiUke</li> <li>- Yama Zuki</li> <li>- SukuiUke</li> <li>- Ashi tobi geri</li> <li>- Seiryuto gedan uke</li> <li>- Oso togari</li> <li>- Tenshin Yoko shuto uchi</li> <li>- Awase Shuto uke</li> <li>- Sukui uke nawashi zuki</li> <li>- Review the learned hand, leg and stance techniques. Thoroughly graspy combination of hands, leg and stance techniques</li> </ul>	13	86.6
<p>2.2. Savate</p> <ul style="list-style-type: none"> <li>- Review 5 Heian exercises (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan).</li> <li>- Choose subdivision1 of 5 savate exercises</li> </ul>	15	100	<p>2.2. Savate</p> <ul style="list-style-type: none"> <li>- Bassaidai</li> <li>- Review of Tekki Shodan and 5Heian exercises (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, HeianGodan).</li> </ul>	14	93.3
<p>2.3. Sparring and competition</p> <ul style="list-style-type: none"> <li>- Sparring</li> <li>+ KihonIpponKumite 5Jodan exercises</li> <li>+ 5 Chudanexercises</li> <li>+ 5 Maegeriexercises</li> <li>+ 3 Mawashigeriexercises3 Yoko geriexercises</li> <li>- Competition</li> <li>+ Movement technique</li> <li>+ Attack and defense combine hand and foot attacks. Carpet cornering technique</li> <li>+ Rules of Karate-do competition</li> </ul>	11	73..3	<p>2.3. Sparring and competition</p> <ul style="list-style-type: none"> <li>- Sparring</li> <li>+ JiyuIpponkumite (30exercises)</li> <li>- Competition</li> <li>+ Half-competition, competition</li> <li>+ Rules of Karate-do competition</li> </ul>	12	80.0
2.4. Review			2.4. Review		
<p>2.5. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan)</p> <p>Comprehensive development of physical qualities: Speed, strength, endurance, motor coordination and flexibility. Develop a balance between general fitness and specialized fitness</p>	12	80.0	<p>2.5. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan)</p> <p>Comprehensive development of physical qualities: Speed, strength, endurance, motor coordination and flexibility. Develop a balance between general fitness and specialized fitness</p>	13	86.6
2.6 Self-learning			2.6 Self-learning		
2.7. Mobile lesson plan			2.7. Mobile lesson plan		
III. Content of testing and assessment	15	100	III. Content of testing and assessment		
- Fundamental techniques			- Fundamental techniques		
- Savate			- Savate		
- Sparring			- Sparring		
- Stamina			- Stamina		
<b>2<sup>nd</sup> year</b>	<b>Select</b>	<b>%</b>	<b>4<sup>th</sup> year</b>	<b>Select</b>	<b>%</b>
I. Theory:	15	100	I. Theory:	15	100
- Rules of Karate-do competition			- Rules of Karate-do competition		
- Benefits of Karate-do			- Benefits of Karate-do		
- Technical principles of moves			- Technical principles of moves		
- First aid skills			- First aid skills		
- Develop personality, morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity...			- Moral education: Develop personality, morality, perseverance, independence, humility, endurance, suffering, honesty, courage, develop physical strength...		
II. Practice			II. Practice		
<p>2.1. Fundamental techniques</p> <p>Review and improve techniques:</p> <ul style="list-style-type: none"> <li>- KagiZuki</li> <li>- Namigaeshi</li> <li>- MizunagareZuki</li> <li>- JodanHaiwanNagashiuke</li> <li>- HanmiShizentaiHikiteGamae</li> <li>- GyakuMawashigeri</li> <li>- Ushirogeri</li> <li>- Review the learned hand, leg and stance techniques. Proficiently combine hand, leg and</li> </ul>	13	86.6	<p>2.1. Fundamental techniques</p> <ul style="list-style-type: none"> <li>- OtoshiUke</li> <li>- Yoko MawashiUraken</li> <li>- Mae Tobi Geri Kekomi</li> <li>- MawashiTate Uraken</li> <li>- Yama Kamae.</li> <li>- Review the learned hand, leg and stance techniques. Proficiently combine hand, leg and stance moves</li> </ul>	14	93.3

stance moves				
2.2. Savate - TekkiShodan - Review 5 Heian exercises (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, HeianGodan).	14	93.3	2.2. Savate - KankudaiJihon - Review Bassaidai - Subdivide 3 savate moves: Kankudai, Jihon, Bassaidai	12 80.0
2.3. Sparring and competition - Sparring + KeashiIpponkumite (7 exercises) + KihonIpponKumite (5 Jodan exercises, 5 Chudan exercises, 5 Maegeri exercises, 3 Mawashigeri exercises, 3 Yoko geri exercises) - Competition + Competition + Rules of Karate-do competition	12	80.0	2.3. Sparring and competition - Sparring + Ipponkumite - Competition + Kumite Competition Techniques + Strategies of Kumite and Kata Competition + Competition + Rules of Karate-do competition	13 86.6
2.4. Review			2.4. Review	
2.4. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan) Comprehensively develop Stamina qualities: Speed, strength, endurance, coordination of movement and flexibility. Prioritize the development of General Stamina and Specialized Stamina	13	86.6	2.4. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan) Comprehensively develop Stamina qualities: Speed, strength, endurance, coordination of movement and flexibility. Prioritize the development of General Stamina and Specialized Stamina	14 93.3
2.6 Self-learning			2.6 Self-learning	
2.7. Mobile lesson plan			2.7. Mobile lesson plan	
<b>III. Content of testing and assessment</b>	14	93.3	<b>III. Content of testing and assessment</b>	15 100
- Fundamental techniques			- Fundamental techniques	
- Savate			- Savate	
- Sparring			- Sparring	
- Stamina			- Stamina	

The result of Table 2 show that in 04 karate-do programs - conducted by the People's Security Academy after interviewing and selecting, a high rate of Agree was obtained, accounting for 73.3% - 100% in terms of structure, duration,

content, test and assessment method. From this result, we build an extracurricular Karate-do program for students of the People's Security Academy (Table 3).

**Table 3:** Extracurricular Karate-do program frame for students of the People's Security Academy

Program 1	Period	Program3	Tiét
I. Theory:	-	I. Theory:	-
- Rules of Karate-do competition		- Rules of Karate-do competition	
- Benefits of Karate-do		- Benefits of Karate-do	
- Technical principles of moves		- Technical principles of moves	
- First aid skills		- First aid skills	
- Moral education: Develop personality, morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity for students.		- Moral education: Develop personality, morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity	
II. Practice	80	II. Practice	82
2.1. Fundamental techniques - JodanHaishu (Kaishu) JujoUk - Tate Enpiuchi - Tate YonhonNukite - UshiroMawashiEnpiuchiJodan - ShutoJujiUchi, JujiUke, Tate - HaykoShuto - Review the learned hand, leg and stance techniques. Proficiently combine hand, leg and stance moves	15	2.1. Fundamental techniques - Morote TsukamiUke - Yama Zuki - SukuiUke - Ashi tobi geri - Seiryuto gedan uke - Oso togari - Tenshin Yoko shuto uchi - Awase Shuto uke - Sukui uke nawashi zuki - Review the learned hand, leg and stance techniques. Proficiently combine hand, leg and stance moves	12
2.2. Savate - Review 5 Heian exercises (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, HeianGodan). - Select subdivision 1 in 5 savate exercises	8	2.2. Savate - Bassaidai - Review Tekki Shodan và 5 Heian exercises (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, HeianGodan).	10
2.3. Sparring and competition - Sparring(24 periods) + Kihon Ippon Kumite 5 Jodan exercises + 5 Chudan exercises	39	2.3. Sparring and competition - Sparring + JiyuIpponkumite (30exercises) - Competition	40

+ 5 Maegeri exercises + 3 Mawashigeri exercises and 3 Yoko geri exercises - Competition (15 periods) + Movement technique + Attack and defense combined with hand and leg techniques, Carpet corner pressing technique + Rules of Karate-do competition		+ Competition + Rules of Karate-do competition	
2.4. Review	16	2.4. Review	18
2.5. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan) Comprehensive development of Stamina qualities: Speed, strength, endurance, coordination and flexibility. Balanced development between General Stamina and Specialized Stamina	-	2.5. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan) Comprehensive development of Stamina qualities: Speed, strength, endurance, coordination and flexibility. Balanced development between General Stamina and Specialized Stamina	-
2.6. Self-learning	32	2.6 Self-learning	30
2.7. Mobile lesson plan	8	2.7. Mobile lesson plan	8
III. Content of testing and assessment	2	III. Content of testing and assessment	2
- Fundamental techniques		- Fundamental techniques	
- Savate		- Savate	
- Sparring		- Sparring	
- Stamina		- Stamina	
<b>Program 2</b>	<b>Period</b>	<b>Program 4</b>	<b>Period</b>
I. Theory:	15	I. Theory:	-
- Rules of Karate-do competition		- Rules of Karate-do competition	
- Benefits of Karate-do		- Benefits of Karate-do	
- Technical principles of moves		- Technical principles of moves	
- First aid skills		- First aid skills	
- Develop personality, morality, practice perseverance, independence, humility, discipline, honesty, courage, diligence, develop self-control and creative capacity...		- Moral education: Develop personality, morality, perseverance, independence, humility, endurance, suffering, honesty, courage, develop physical strength...	
II. Practice	80	II. Practice	82
2.1. Fundamental techniques Review and improve techniques: - Kagi Zuki - Namigaeshi - Mizunagare Zuki - Jodan Haiwan Nagashi uke - Hanmi Shizentai Hikite Gamae - Gyaku Mawashigeri - Ushirogeri - Review the learned hand, leg and stance techniques. Proficiently combine hand, leg and stance moves	15	2.1. Fundamental techniques - Otoshi Uke - Yoko Mawashi Uraken - Mae Tobi Geri Kekomi - mawashi Tate Uraken - Yama Kamae. - Review the learned hand, leg and stance techniques. Proficiently combine hand, leg and stance moves	12
2.2. Savate - Tekki Shodan - Review 5 Heian exercises (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan).	8	2.2. Savate - Kankudai Jihon - Review Bassaidai - Subdivide 3 savate moves: Kankudai, Jihon, Bassaidai	10
2.3. Sparring and competition - Sparring (24 periods) + Keashi Ipponkumite (7 exercises) + Kihon Ipponkumite (5 Jodan exercises, 5 Chudan exercises, 5 Maegeri exercises, 3 Mawashigeri exercises, 3 Yoko geri exercises) - Competition (15 periods) + Competition + Rules of Karate-do competition	39	2.3. Sparring and competition - Sparring + Ipponkumite - Competition + Kumite Competition Techniques + Strategies of Kumite and Kata Competition + Competition + Rules of Karate-do competition	40
2.4. Review	16	2.4. Review	18
2.4. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan) Comprehensively develop Stamina qualities: Speed, strength, endurance, coordination of movement and flexibility. Prioritize the development of General Stamina and Specialized Stamina	-	2.4. Stamina (Spend 15-20 minutes on practicing stamina for each training lesson plan) Comprehensive development of Stamina qualities: Speed, strength, endurance, coordination and flexibility. Balanced development between General Stamina and Specialized Stamina	-
2.6 Self-learning	30	2.6 Self-learning	30
2.7. Mobile lesson plan	10	2.7. Mobile lesson plan	8
<b>III. Content of testing and assessment</b>	<b>2</b>	<b>III. Content of testing and assessment</b>	<b>2</b>
- Fundamental techniques		- Fundamental techniques	
- Savate		- Savate	
- Sparring		- Sparring	
- Stamina		- Stamina	

Thus, the thesis has built the extracurricular Karate-do program for students of the People's Security Academy, meeting the training needs of students, in line with the characteristics of the People's Security Academy, the program is highly applicable, tested in 2019-2020 and ensures scientificity in the development of the Karate-do curriculum.

### Conclusion

The research has identified general and specific objectives in 04 extracurricular Karate-do programs. At the same time, the study also selected the content and structure of the karate-do curriculum, with a fairly high rate of agreement from experts (73.3% - 100%). Thereby, the research has built an extracurricular Karate-do program at the People's Security Academy with duration of 120 periods/1 program, divided into 4 sub-programs according to each school year, in which the number of practice periods accounts for a high rate of 93.3% in each program.

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