

Self Defence Programme for Strike Kickboxing

UK Legislation for Use of Force

Common law is the legislation that gives an individual the powers to use force against another in order to protect yourself or another. Common law would cover the use of a pre-emptive strike. The force used must be measured and must stop as soon as the threat no longer exists. If you have an honestly held belief that you or another, are in imminent danger, then you may use such force as is reasonable and necessary to avert that danger.

Section 3 Criminal Law Act A person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large.

PACE – Power of Arrest In the UK, a citizen can arrest someone who is in the act of committing an indictable offence or whom they have reasonable grounds to suspect is committing one. This is under Section 24A of the [Police and Criminal Evidence Act 1984](#) (PACE). An arrest must be necessary to prevent injury, loss of property, or escape, and the person must be handed over to the police as soon as possible.

Crime and Courts Act 2013 (Householder Defence) Under the Crime and Courts Act 2013, which amended the self-defence laws, householders are given greater leeway in the use of force against intruders. The law allows householders to use disproportionate force if it is deemed necessary for self-defence in the heat of the moment, as long as it is not grossly disproportionate. However, the use of an object like a bat must be incidental, meaning it should not be prepared or kept specifically as a weapon. (PEOPLE NOT PROPERTY)

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| <ul style="list-style-type: none">• Reasonableness: The force used must be necessary to prevent harm.• Proportionality: The level of force must be appropriate to the threat faced. |
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After an Incident:

- **Incident Reporting:** Report incidents to the authorities promptly.
- **Detailed Account:** Provide a detailed account of the circumstances.
- **Justification:** Be prepared to justify the use of force as reasonable and necessary