

Clarke

SELF DEFENSE COURSE OUTLINE

P.E. 8
1 UNIT

PREREQUISITES, NONE

CLASS MEETS: 10:00AM, T/TH, (DAY CLASS)
7:00PM, T, (EVENING CLASS)

ROOM: PE 354

DROP DEADLINE DATE: THE 9TH WEEK (DATE WILL BE
ANNOUNCED)

Float like a
Butterfly,
Sting like a
Bee

CATALOG DESCRIPTION:

To present a form of situational control or defense where violence cannot be avoided, and great bodily harm or death may occur. One where firearms or other deadly weapons are not available or justified. Fundamentals of basic unarmed defense.

OBJECTIVE:

To train students in proper, justifiable, legal, and acceptable methods of physical self defense or control in those situations where some degree of physical force is necessary.

To teach students methods and techniques of protection and self-preservation in those situations where appropriate authority, public assistance, or other sources of assistance are not readily available.

COURSE OUTLINE:

1. Introduction/Orientation
 - a. Purpose/Philosophy/Need
2. Principles
 - a. Self-control/Discipline
 - b. Avoidance/Prevention

3. Techniques (3-prong approach)
 - a. Soft Approach
 - b. Passive Resistance
 - c. Total Aggression
4. Areas of Body Vulnerable to Physical Attack
5. Parts of Body Which Can Be Used As Weapons
6. KATA

METHODS OF PRESENTATION:

Lecture
Demonstration
Audiovisual
Practical Application

METHODS OF EVALUATION:

Participation
Written Examination
Kata (satisfactory performance)

GRADING:

Every four weeks there will be a graded evaluation of each student's progress. The evaluation will be based upon an oral examination of the student's knowledge and understanding of basic self defense principles and philosophy, and upon the student's degree of progress in the physical performance of the self-defense tactics, methods and techniques taught in the class up to that point. Each evaluation will be worth a maximum of 100 points.

A final (written) examination worth 200 points will be given at the end of the semester, at the time and place designated in the schedule of courses.

A performance test consisting of the "kata", will also be permitted as an option during the final. Successful performance of the "kata" is worth one grade point. The highest possible grade a student can receive if they fail or choose not to perform the kata, is a "B".

SPECIAL CIRCUMSTANCES:

Students with special physical concerns may be restricted from participation in some physical activities, which may or may not impact their final grade for the course.

CLASSROOM RULES AND REGULATIONS:

Be on time, dressed-out and ready to work, college attendance regulations will be strictly enforced.
Be responsible for your own warmup and stretch out.
Do not touch any weight-lifting equipment.
Do not wear any form of street shoes on mats (socks or bare feet only).
No food or drink or alcohol or drugs or smoking in classroom.
Guests are not allowed without approval from instructor.

INSTRUCTOR: RAY CLARKSON
OFFICE: FE 1A
PHONE: (EXT) 3263
OFFICE HOURS: POSTED ON OFFICE DOOR