Kine 1112.001   Instructor: Paul Bystedt
MWF 9:00 AM in Rm. 141
Fall 2011
Ph. 882-5088   E-mail: San-Bao@Juno.com

Self-defense

I. Course Description:
   Self-defense Kine 1112.001
   A comprehensive course in personal self-defense. Instruction and practice in self defense techniques that require little strength and practice but have a great effect. Solo and partner practice. Some weapon training. Emphasis on avoiding conflict and escape.

II. Rationale:

   There is always the possibility of an attack. A thorough knowledge of self defense could help a person protect themselves or others from injury or death. Many woman also face the possible threat of sexual assault. Children can be especially at risk. Many of the ideas in the course can protect individuals from situations where they would have to use force to defend themselves.

   This self defense course will teach the students techniques they can use to defend themselves against a larger and stronger opponent. These techniques can be learned by almost anyone regardless of age, gender or physical ability. Preemptive skills to protect the students in their home, car, work and outside.

   Students will get a deeper understanding of the psychology of attackers and victims. Strategies to prevent attack, avoid confrontation or redirect a threat, what to do when attacked and what to do after a person is attacked. Strategies to use when attacked by weapons and how to use weapons and common household items for self defense.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
   N/A

IV. TExES Competencies
   N/A

V. Course Objectives/Learning Outcomes
   The students will learn:
   X New skills defend themselves and others from attack
   X Strategies and safety tips to avoid conflict when possible.
   X Basic blocks, strikes and kicks.
   X Basic wrestling skills from Western wrestling and Jujitsu.
   X Basic skills of knife and stick fighting.
X Basic concepts from Karate, Wushu, Jujitsu and other fighting arts and techniques.

VI. Course topics:

The major topics to be considered are:
- Stretching and strengthening exercises.
- Stance, footwork and posture.
- Strikes using hands, feet, elbows, knees and head.
- Edged, percussion and flexible weapons.
- Psychology of self defense.
- Defensive strategies.
- Nutrition for health.

VII. Instructional methods and activities

A. Traditional experiences - lecture/discussion, demonstration, drill and video.
B. Clinical experiences - Practice exercises and drills with partners.
C. Field experiences - Optional seminar participation possible with different instructors.

VIII. Evaluation and Grade Assignment

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance and participation</td>
<td>50%</td>
</tr>
<tr>
<td>Tests</td>
<td></td>
</tr>
<tr>
<td>Midterm</td>
<td>10%</td>
</tr>
<tr>
<td>Final</td>
<td>30%</td>
</tr>
<tr>
<td>Magazine article or book report - typed</td>
<td>10%</td>
</tr>
</tbody>
</table>

The report should be on a related area. The article can come from a book, a magazine or the internet. If from the internet, print out the article and hand it in. The report should be one page, double spaced and in 12 point Times New Roman font. One inch margins.

IX. Course schedule and policies

Students are allowed two unexcused absences. Each non-excused absence is worth 3% of your final grade. Being late to class three times will count as one absence. Students more than 20 minutes late will be considered absent. Students must ask permission before leaving class. Nonparticipation will count as an absence unless due to injury or illness. There are options for making up classes. Ten or more absences that are not made up will result in failure. No using cell phones or any other electronic devices during class. No food or gum during class.

Students must put away all electronic devices and any notes before accepting tests. Failure to do so will result in a zero for that test.

Academic Integrity/Plagiarism

University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty
includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.). In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test will result in a zero for that assignment or test.

**Dropping a Class**

I hope that you never find it necessary to drop this or any other class. However, events can sometime occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. April 1st, 2011 is the last day to drop a class with an automatic grade of “W” this term.

Please come to me if you have any questions or concerns.

**Course schedule:**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
</tbody>
</table>
From Behind.

Edged weapons. Home defensive strategies.

Defensive strategies when outdoors.

Defensive strategies while in the car.

Defensive strategies at work.

Defensive strategies for ATM and traveling.

Defense against common grabs and holds.

Percussion weapons.

Percussion weapons.

Flexible weapons.

Flexible weapons.

Guns - defense with and against.

Exercise programs for fitness.

Thanksgiving

Defensive strategies for children.

Diet and nutrition. Defense against common grabs and holds.

Review.

Final.

---

X. Textbooks

Recommended but not required supplementary textbooks are:

XI. Bibliography

N/A

XII. Grade Appeals

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.
XIII. Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.