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 women 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. Learning objectives:
   The students will learn:
   X Skills to 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
- Attendance and participation: 50%
- Tests:
  - Midterm: 10%
  - Final: 30%
- Magazine article or book report - typed 10%
  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.

Day | 1-23 | Stance and footwork.
2   | 1-25 | Hand as a weapon.
3   | 1-28 | Elbows and wrists.
4   | 1-30 | The feet as weapons.
5   | 2-01 | Knees.
6   | 2-04 | Blocks and parries.
7   | 2-06 | Hindiandi.
8   | 2-08 | Hindiandi.
9   | 2-11 | Falls, Rolls and Targets.
10  | 2-13 | Joint locks.
11  | 2-15 | Chokes.
12  | 2-18 | Stand up combinations.
13  | 2-20 | Sparring drills.
14  | 2-22 | Take downs.
15  | 2-25 | Throws.
16  | 2-27 | Throws as defense.
17  | 3-01 | Defense after being taken down.
18  | 3-04 | The guard.
19  | 3-06 | In the guard.
20  | 3-08 | When mounted.
     |      | **Spring Break**
21  | 3-18 | The mount.
22  | 3-20 | Against the side mount.
23  | 3-22 | Side mount
24  | 3-25 | Review and **Book Report due**.
25  | 3-27 | **Written midterm**
26  | 3-29 | Ground practice.
27  | 4-01 | From Behind.
28  | 4-03 | Edged weapons. Home defensive strategies.
29  | 4-05 | Defensive strategies when outdoors.
X. Textbooks

**Recommended but not required supplementary textbooks are:**


XI. Bibliography

*The knowledge bases that support course content and procedures include:*

Thirty years of martial arts training.

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 Rule 13.02.99.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](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.

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