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/Student Learning Outcomes
This course is designed to enable students to:
X Learn 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.
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
Methods and activities for instruction include:
- 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
A. Methods and Percentage of Final Course Grade Each Assessment Constitutes
   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 first page of 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.
B. Grading Scale
   A: 90-100
   B: 80-89
   C: 70-79
   D: 60-69
   F: 0-59

IX. Course schedule and policies
A: Tentative Course schedule:
   Day 1  1-21  Stance and footwork.
   2    1-23  Hand as a weapon.
   3    1-26  Elbows and wrists.
   4    1-28  The feet as weapons.
   5    1-30  Knees.
   6    2-02  Blocks and parries.
   7    2-04  Hindiandi.
   8    2-06  Hindiandi.
9 2-09 Falls, Rolls and Targets.
10 2-11 Joint locks.
11 2-13 Chokes.
12 2-16 Stand up combinations.
13 2-18 Sparring drills.
14 2-20 Take downs.
15 2-23 Throws.
16 2-25 Throws as defense.
17 2-27 Defense after being taken down.
18 3-02 The guard.
19 3-04 In the guard.
20 3-06 The mount.
21 3-09 Against the side mount.
22 3-11 Side mount
23 3-13 Ground Practice.

Spring Break
24 3-23 Review for midterm and book report due.
25 3-25 Written Midterm.
26 3-27 From Behind.
27 3-30 Edged weapons. Home defensive strategies.
28 4-01 Defensive strategies when outdoors.
29 4-03 Defensive strategies while in the car.
30 4-06 Defensive strategies at work.
31 4-08 Defensive strategies for ATM and traveling.
32 4-10 Defense against common grabs and holds.
33 4-13 Percussion weapons.
34 4-15 Percussion weapons.
35 4-17 Flexible weapons.
36 4-20 Flexible weapons.
37 4-22 Guns - defense with and against.
38 4-24 Exercise programs for fitness.
39 4-27 Review.
40 4-29 Review.
41 5-01 Review for final.
42 5-04 Final.

Attendance/Tardiness.
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. Nonparticipation will count as an absence (exceptions possible for injury or illness). Ten or more absences that are not made up may result in failure with the exception of approved University absences.
Late work and make-up exams.
There are options for making up approved University business and pre-approved absences. Students have two weeks to make up an absence, after that the absence may count against their grade. Students are allowed one week to make up missed exams.

Cell phone/electronic device usage.
No using cell phones or any other electronic devices 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.

No food or gum during class.

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, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved.

Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.
See the University Catalog for more information.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes 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. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

Preferred methods of scholarly citations

Classroom/professional behavior
Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary
sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

Statement of Civility (can be in place of classroom/professional behavior)

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Grade Appeals

As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 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 Dean’s office in the college in which the course is taught or the Office of the Provost.

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 Corpus Christi Hall 116.

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.

Statement of Academic Continuity

In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. Recommended Reading:

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.