

San José State University
Kinesiology
Spring 2014, KIN 55A Beginning self-defense

Contact Information

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Office Hours	M-R 11-12am, or by appointment
Class Meeting Days/Time	M-F, 12:30-14:35pm in SPX 218

Course Description

Emphasis on the development of basic self-defense awareness, knowledge, mental strategies, physical skills, self-confidence, and hands-on experience. It is assumed that students enrolled in this class have little or no background in self-defense or martial arts but highly motivated in learning. Link: <http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Web Resource

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills of self-defense: six types of skills and combinations, and applications of these skills and strategies countering imitating attacks in lab situation.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, movement speed, balance, coordination, and agility.
- An understanding of the mental prevention and handling strategies, knowledge, current research and application, safety and etiquette associated with self-defense
- An understanding of the mental and physical health benefits to be derived from self-defense

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed

- Identify and/or explain the benefits of physical activity as related to physical and mental health
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Text/Readings

Chen, G. (2004). A comprehensive guide to self-defense. Kendall/Hunt Publishing Company, Iowa: Dubuque. On-line order: ISBN 0-7575-1019-1, <http://www.kendallhunt.com>, or at campus bookstores.

Course Notes

Classroom Protocol

A. Active participation in all class activities: including lectures, practice, discussion, quizzes, written examinations, skill test, and assignment. Students are required to participate in at least 80% of classes. Students with sickness and injuries must communicate with the instructor for individual arrangement to pick up skills missed before attending the next class. A student can not participate in a skill test if he/she misses lessons that teach these skills unless he/she shows he/she can perform these skills properly. The main reason behind this requirement is that it is dangerous for both sides when practicing skills with a partner who did not learn the skills.

B. Attend classes in a timely manner.

C. Take care of the equipment and facility.

D. Good etiquette and manners are expected in the class.

1. Show respect to classmates and the instructor.
2. Keep the gym clean.
3. Do not use foul languages.
4. Be considerate and help each other.
5. Do not select partners.
6. Do your best physically and mentally.
7. Bowing in class
8. Never used skills learned in class to attack others unless in self-defense situation.

E. Safety Guidelines and Class Rules

1. Assess your health, consult your physician, and report any injury.
2. Do not practice if you are sick or injured and report injuries to the instructor at once.
3. Sport wear. Remove anything that may cause injuries to you or the partner.
4. Attachments: Remove watch, all jewelry, hard hairpins, or other similar stuff.
5. Nails: Cut all long nails (hands and feet) for this semester.
6. Bubble gums and food: no bubble gums, food or drink in the gym.
7. Horseplay: Absolutely no horseplay allowed in the gym.
8. Show-off: Do not show off in the class or anywhere else.

9. Warm-up: No practice or learning without proper warm-up.
10. Emotion: Control temper, or get mad in the gym.
11. Concentrate on class activities. Avoid loud laughing and socializing on the mat.
12. Movement: Control your movement to avoid accidents.
13. Alert: Be aware of what is going on around you in practice.

F. Rules for learning self-defense

I have read the safety guidelines for this self-defense class. I understand the possibilities of physical injuries and I am willing to take my responsibilities and to follow the safety rules.

I also understand that I should not use physical skills I learned in the class to attack other people unless in real self-defense situations.

I understand that learning and practicing skills will involve in working with a partner and it is possible that both will touch each other with arm, leg, shoulders, or non-sensitive parts of the body. I can choose my own partner.

Name (print) _____

ID# _____

Signature _____

Date _____

Course Requirements and Grading Policy

- A. **Skill evaluations/Assignments**.....70%
 --individual/dual performance of single or combination skills
 --based on subjective/objective observation
 --no make-up for missing tests except in extreme cases
- B. **Written assignments**.....30%
 --based on the textbook, handouts, and lectures
 --no make-up for missing tests except in extreme cases
- C. **Criteria:** A = 90-100%, B = 80-89%, C =70-79%, D = 60-69% F = 59% or lower

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Tests and assignments:

S-1:	Distance defense	Maximum	16%	your score_____%
S-2:	Close defense	Maximum	4%	your score_____%
S-3:	Counter-throw defense	Maximum	3%	your score_____%
S-4:	Floor defense	Maximum	4%	your score_____%
S-5:	Releasing	Maximum	24%	your score_____%
S-6:	Stick defense	Maximum	3%	your score_____%
S-7:	Knife defense	Maximum	6%	your score_____%
S-8:	Gun defense	Maximum	4%	your score_____%
S-9:	1-on-2 street self-defense	Maximum	3%	your score_____%
S-10:	Workout and skill practice	Maximum	3%	your score_____%
W-1:	Awareness pre-self-test	Maximum	2%	your score_____%
W-3:	Written midterm	Maximum	20%	your score_____%
W-4:	Written final	Maximum	4%	your score_____%
W-2:	Post-self-test/parent feedback	Maximum	4%	your score_____%
Total		Maximum	100%	your score_%_____%

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you

would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Policy sheet, green-sheet, awareness check-up, safety guidelines
	Human needs and role of self-defense, life-threatening factors and self-defense. Rationale of self-defense and self-defense education. Distance defense: side kick, heel kick, back kick, defense, kicking game. Jab punch, cross punch, hook punch.
	No class (campus closed) Legal concerns in self-defense, Distance defense: punch defense, boxing game
	Crime chain and prevention principles, Overall distance defense, Kickboxing game Prevention of robbery, murder, assault Distance new skills: round kick, snap kick, spin kick, combo.

Week	Course Content (Assignments, Exams/Quizzes, ...)	
2	<p>Prevention of rape, burglary Strategies: lion, rabbit, field. Campus safety, driving safety, recreation safety. Distance defense: applications, skill test practice</p> <p>Prevention of family violence, workplace crimes, terrorism Close defense – offensive skills On-site response Close defense – defensive skills</p> <p>Distance: skill test</p> <p>Throw defense Floor defense -1</p> <p>Floor defense -2 Releases-1: arm-hold, hair-pull,</p> <p>Release-2: check, bear-hug 1-on-1 review of releases,</p> <p>1-on-4 release practice 1-on-4 release practice,</p>	
3	<p>Release skill test Defense on stick attacks</p> <p>No class (campus closed) Research on self-defense and applications Defense on knife attacks-1</p> <p>Defense on knife attacks-2 Defense on handgun attacks-1</p> <p>Defense on handgun attacks-2 Applications and carry-on, joint lock introduction</p> <p>1-on-2 street self-defense Physical activity and self-defense practice Workout on skills</p> <p>Final written assignment</p>	
4		
5		
6		

Week	Course Content (Assignments, Exams/Quizzes, ...)
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	