

Department of Kinesiology, SJSU  
Instructor: Dr. Gong Chen, Professor  
Office: YUH 206 Phone: 924-3033  
E-mail: gongchen@kin.sjsu.edu

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Office Hours: MW 8-10:00am, TR9:30-10:30am, F 7:30-8:20am, or by appointment

## **KIN 55A Beginning Self-defense**

**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.

**OBJECTIVES:** At the conclusion of the course, students will be able to:

- A. show an overall understanding of self-defense and crime prevention,
- B. develop awareness and concepts of self-defense,
- C. remember and apply most prevention skills and strategies,
- D. remember most non-fighting and fighting strategies of self-defense,
- E. develop physical skills, and apply against unarmed regular-size males in class,
- F. understand procedures of continuous learning and applications of self-defense, and
- G. understand self-defense for diverse populations.

### **CLASS CONTENT:**

#### **A. Mental Aspects:**

1. Concepts of self-defense
2. Rationales of self-defense and awareness
3. Understanding criminals and crimes
4. Prevention and handling of murder, aggravated assault, robbery, rape, burglary, workplace violence, gang related violence, terrorism, and family violence.
5. Basic fighting-back strategies
6. Legal concerns of self-defense
7. Carry-on after the class
8. Self-defense and martial arts
9. Self-defense for diverse populations
10. Related practical research on self-defense

#### **B. Classroom Discipline:**

- |                     |                                       |
|---------------------|---------------------------------------|
| a. Warm-up routines | b. Safety guidelines                  |
| c. Basic etiquette  | d. Learning strategies for this class |

#### **C. Physical Skills: See the skill review section**

**METHODOLOGY:** Group lecture/demonstration, individual feedback, directed drills and practice, assigned readings, assignment, written examinations and skill test.

### **EVALUATIONS:**

- A. **Skill tests/Experiments**.....75%  
--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 examinations .....25%**

--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

**D. Personal record:**

Assignment-risk analysis	Maximum	2%	your score_____%
Skill test/exp-kickboxing	Maximum	10%	your score_____%
Skill experiment-throw/floor	Maximum	4%	your score_____%
Freehand skills workout	Maximum	4%	your score_____%
Midterm written examination	Maximum	20%	your score_____%
Skill test/exp-releasing	Maximum	30%	your score_____%
Experiment-gun	Maximum	4%	your score_____%
Experiment-knife	Maximum	8%	your score_____%
Experiment-street fight	Maximum	8%	your score_____%
Final written examination	Maximum	10%	your score_____%
<b>Total</b>	<b>Maximum</b>	<b>100%</b>	your score_____%

**TEXTBOOK (Required)**

Chen, G. (2004). A comprehensive guide to self-defense. Kendall/Hunt Publishing Company, Iowa: Dubuque. Spartan Bookstore.

**COURSE REQUIREMENTS:**

- 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 very 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

**UNIVERSITY POLICIES**

**1. Academic integrity statement (from Office of Judicial Affairs):** “Your own commitment to learning, as evidenced by your enrollment at San José State University and the University’s Academic Integrity Policy, 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 policy on academic integrity can be found at [http://sa.sjsu.edu/student\\_conduct](http://sa.sjsu.edu/student_conduct).

**2. Campus policy in compliance with the Americans with Disabilities Act:** “If you need course adaptations or accommodations because of a disability, or if you need 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 requires that students with disabilities register with DRC to establish a record of their disability.”

### **SAFETY CONCERN AND REQUIREMENTS**

#### A. Potential risk of injuries:

Learning and practicing skills in self-defense classes involve some risk of physical injuries. Possible injuries usually include minor injuries such as pulled muscles, strained ligament, or muscle bruise. But severe injuries are not impossible if individuals do not follow the safety rules. The possibilities of injuries, however, can be reduced to minimum through both the teacher's professional teaching and organizing the class activities and students' following the safety instructions and rules. The specific rules are explained as follows. Please read carefully, then sign your name on the slip and return to the instructor.

#### B. 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.

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(Detach the slip and return to the instructor)

I (print your name and I.D. number) \_\_\_\_\_  
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 also understand that learning and practicing skills may involve in touching each other with arm, leg, shoulders, or non-sensitive parts of the body.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## TENTATIVE CLASS SCHEDULE

Days	SKILL	KNOWLEDGE	Homework
1		Green-sheet Rules/etiquette/safety	get textbook
2	<u>Distance fighting</u> basic stance move forward/backward cross punch heel kick jab punch side kick	Introduction to self-defense	read chap. 1/2/1
3	move sideways shield drill	Crime process Prevention	read chap. 3/4 read chap. 6
4	defend kick defend punches	Prevention	read chap. 6
5	kicking boxing game	Fighting strategies	
6	new skills boxing game kickboxing game (yellow belt) 1-on-2, stick, knife	Prevention Prevention	read chap. 7 read chap. 8
7	<u>Close fighting</u> short punch elbow strike knee strike defensive skills Thai boxing game (orange belt)	Legal concerns	read chap. 13     read chap. 5
8	<b>Skill test/exp-1. kickboxing</b>		
9	<u>Throwing</u> falls/rolls/avoid/balance tackle throw & counters reap throw & counters kick-boxing/wrestling game	On-site responses   Handle conflicts	read chap. 9/14   read chap.
10	<b>Throwing experiment</b> sanshou game (blue belt)		
11	<u>Floor fighting</u> floor distance fighting floor kneeling fighting		read chap. 10/15
12	floor releasing floor release combinations shooting boxing game (green belt)		
13		<b>Written Midterm</b>	
14	<b>Freehand practice</b>		
15	<u>Releasing</u> arm-holding: high-hold		read chap. 13/17

	low-hold		
	back-hold		
	wrist-lock		
	hair-pulling: front-pull		
	back-pull		
16	choking: front-choke		
	back-choke		
	head-lock		
	bear-hugsfront-hug		
	back-hug		
17	combination of both releases		
16	stand/floor releases practice		
19	<b>Skill test/experiment: stand/floor releases</b>		
20	Ultimate fighting game (brown belt)		
21	practice gunpoint/stick	Research Data	
22	<u>Fight at gunpoint/stick-Experiment</u>		read chap. 18
23	<u>Fight at knifepoint--Experiment</u>		read chap. 18
24	<u>Fight at knifepoint—Experiment</u>		
25	<u>Fight at knifepoint—Experiment</u>		
26	Overall skill review/practice		
27	<b>Street fighting</b> (black belt)		
28	<b>Street fighting</b>	lifetime learning	read chap 19/20
29	<b>Street Fighting Experiment</b>	review for written exam	
30		<b>Written examination</b>	

## Preview/Review of Physical Skills

### UNIT ONE: Distance Fighting

#### 1. Basics

- a. basic fighting stances
- b. basic movement: forward, sideways, backward

#### 2. Offensive Skills

- a. punches: cross punch, jab punch, hook punch
- b. kicks: heel kick, side kick, back kick, around-house, spin kick, floor sweeping
- c. combinations (jab-cross, side kick-jab-cross, hook-spin, side-spin)

#### 3. Defensive Skills

- a. Counter a punch: step back  
body motions: duck, slip, lean  
hand block
- b. Counter a kick: step back  
leg block

### UNIT TWO: Close Fighting

#### 1. Offensive Skills

- a. stance

- b. short punches (high, low, and uppercut)
- c. elbow strikes (high and low, forward and backward)
- d. knee strike
- e. head butt
- f. shoulder push

## 2. Defensive Skills

- a. block then back-up
- b. block then punch/strike back
- c. get close to block then tackle throw

### **UNIT THREE: Throws and Counters**

- a. fall backward and sideways, forward roll
- b. avoid grabbing, break out, keep balance
- c. throws: tackle throw and counter  
reap throw and counter

### **UNIT FOUR: Floor Fighting**

1. Floor distance fighting: fall-->roll out-->keep stance-->move/fight-->get up
2. Floor kneeling fighting: boxing + wrestling
3. Floor releasing
  - a. side choke releasing: press-->control elbow
  - b. top choke releasing: press arms-->throw sideways, or drag->push
  - c. top hold arm releasing: slide arms-->push sideways
  - d. top beating: block-->grab-->push away
  - e. top stabbing: grab-->push away
  - f. back choking: pull->turn->strike

### **UNIT Five: Joint control (introduction)**

- a. elbow: control elbow and counter
- b. wrist: hamburger twist and counter
- c. finger: finger lock and counter

### **UNIT SIX: Releasing Skills**

1. Arm hold releasing:
  - a. up-arm-hold: grab-->twist-->break out
  - b. low-arm-hold: grab-->twist-->break out
  - c. back-arm-hold: strike the head-->U turn-->trip
  - d. back-wrist-hold: back kick -->knee strike
2. Choke releasing
  - a. front choking releasing
    - a-1. attack-face->strike groin
    - a-2. hold-->strike the groin-->break elbow
  - b. back choking releasing
    - b-1. hold-->tuck chin-->bite-->balance-->strike-->hip butt-->trip
  - c. head lock releasing
    - c-1. hold-->grab the groin-->dig eyes
3. Hair pull releasing
  - a. front hair-pulling releasing: hold-->kick-->break elbow

- b. back hair-pulling releasing(up): grab-->hit elbow/strike groin
- c. back hair-pulling releasing(down): fall-->kick-->floor distance fighting
- 4. Bear hug releasing:
  - a. back bear hug with arms free: strike the head-->trip
  - b. back bear hug with arms locked: strike the groin-->trip
  - c. front bear hug with arms free: dig eyes→knee strike
  - d. front bear hug with arms locked: knee strike and throw

### **UNIT SEVEN: Special Fighting Skills**

1. Fightingback against multi-opponents
  - a. move to deal with one opponent at a time
2. Fightingback against an attacker armed with a knife
  - a. knife-at-belly: push->break arm, grab->stab
  - b. knife-at-back: turn/block->lock arm
  - c. knife-at neck while choked: pulldown->bite->twist
  - d. distance fighting with open palms
  - e. use weapons (sweater, stick, chair, backpack)
3. Fightingback against a gun pointing at body
  - a. gun-at-belly: hit the arm-->move the body-->control the arm
  - b. gun-at-back: turn-->roll in-->control the arm
  - c. gun-at-head: duck→grab→break elbow
  - d. gun-at-head while choked: pushup->twist arm
4. Fighting back against a short stick
  - a. distance fighting
  - b. joint lock

## **Written Examination Review Questions**

Date: see the schedule      Format: Multiple choices

Reference: The textbook/lecture

### Chapter 1

1. What is self-defense?
2. What is the basic nature of self-defense?
3. What is the major disadvantage in self-defense?
4. What is the major purpose of self-defense education?
5. What are the major problems in self-defense education?
6. Why self-defense is important to university students?
7. What is the main function of the first level of crime prevention and self-defense?
8. What is the main function of the second level of crime prevention and self-defense?
9. What is the main function of the third level of crime prevention and self-defense?
10. What are the two most important goals of learning self-defense?

### Chapter 2

11. What can self-defense do for your life?
12. Why is self-defense a forever topic in human life?
13. What are the consequences of becoming a victim of violent crimes?
14. What factors limit the functions of police in protecting people's safety?

15. What are the limits of the court in protecting citizens?
16. What are the rationales for self-defense?

### Chapter 3

17. What are the crimes that self-defense concerns the most?
18. What are the basic components of the crime process and which parts can you control?
19. What are the major motivations of violent crimes?
20. How victims are selected?
21. What are the main tricks criminals used?
22. How the facilitating factors impact the crime and which one can you control?
23. What are the major trends of violent crimes?

### Chapter 4

24. What are the top causes of murder and what are the main weapons used?
25. What are the two main facilitating factors in date rapes?
26. What are weapons used in rapes?
27. What are places where robberies occur more often?
28. What kind of weapons is used more often in robberies?
29. Why are street robberies, resident robberies, and gang robberies very dangerous?
30. Why drug addict robbers are dangerous?
31. Where car-jacking occur often and what are carjackers' tricks?
32. Why people may run into aggravated assaults than other crimes and what are main causes?
33. What cause family violence?
34. What are the main crimes at workplace?
35. How can you recognize potential attackers at workplace?
36. How do you know if your workplace is safe or not?
37. What are the main dangers of gang-related crimes?
38. What can terrorists do in attacks?
39. What are the main clues burglars look for in their burglaries?

### Chapter 5

40. What are self-defenders' legal right in self-defense?
41. Why should self-defenders be aware of legal issues in self-defense?
42. What are main impacts of legal issues on self-defense?
43. Why the law put the self-defenders at disadvantage?
44. Which legal concern has the first priority in self-defense?

### Chapter 6

45. What are major principles of prevention in self-defense and why?
46. What are the basic prevention strategies at residence?
47. What are the basic strategies when driving and parking?
48. What potential risk tail-gating can bring in terms of self-defense?
49. What are the basic strategies on public transportation and taxis?
50. What are the basic strategies at public areas?
51. Why the potential victims are vulnerable in street self-defense?
52. What are the basic strategies at recreation and leisure places?
53. Why people at recreation places may become victims of crime?
54. What are the basic strategies at parties?
55. What are the basic strategies when dating?

### Chapter 7

56. What are murder prevention strategies?
57. What are robbery prevention strategies?
58. What are prevention strategies for stranger and acquaintance rapes?
59. What are aggravated assaults prevention strategies?
60. What are terrorism prevention strategies?
61. What are gang-related crimes prevention strategies?
62. What are burglary prevention strategies?
63. How to prevent family violence?
64. How to prevent workplace crimes?

### Chapter 8

65. How parents should do to protect their children?
66. What are potential risks for high school students what are prevention strategies for parents and students?
67. Do you know the risks at your future job(s) and what can you do to protect yourself?

### Chapter 9

68. How can defenders recognize and assess a dangerous situation?
69. Why making a right decision in self-defense is hard when being attacked?
70. When can the rabbit model be used in self-defense?
70. When should the patient model be used in self-defense?
71. What is the major limit of salesperson model and skunk model?
72. How should you handle kidnapping?
73. How should you handle carjacking?
74. How should you handle rapes?
75. How should you handle robberies?

### Chapter 10

76. What are the potential dangers of arguments and conflicts in daily life?
77. How can you prevent arguments and conflicts?
78. How can you handle arguments and conflicts?

### Chapter 11

79. How one can increase his/her self-confidence in self-defense?
80. Which body conditioning plays the most important role in self-defense?
81. Which principle is designed to prepare students for different kinds of fighting-back situations?
82. Why should there not be any limits for applications of physical skills in self-defense?

### Chapter 12

83. What are the purposes and pros of distance fighting for defenders?
84. What are the weapons and targets in distance fighting and close fighting?
85. What is the major difference between a jab and cross punch?
86. What is the major difference between side and heel kick?
87. Why are combination skills useful in distance fighting?
88. When should defenders fight back defensively and aggressively?
89. What does a "hit and run" strategy mean in distance fighting.
90. What martial arts can help improve distance fighting skills?

### Chapter 13

91. What are special features of open-hand close fighting?

92. What is the target of an uppercut punch, low short punch, and high short punch?
93. Which is the most offensive way to defend attacks in a close fighting situation?

#### Chapter 14

94. What are main characteristics of throwing fighting-back pattern in self-defense?
95. What are the major roles of falling skills in self-defense?
96. What can the defender do when dealing with potential grabs and throws?
97. To improve throwing skills, which two martial arts best meet the need?

#### Chapter 15

98. What are the sequential steps in floor distance fighting?
99. What is the first movement when dealing with floor stabbing or punching?
100. What is the first movement when dealing with floor side, top, and back choking?

#### Chapter 16

101. What is the major limitation for the applications of joint control skills in real self-defense?
102. What is the function of joint lock skills?
103. What is the major counter to joint locks?
104. To improve joint control skills, which three martial arts best meet the need?

#### Chapter 17

105. How to deal with front and back arm-hold?
106. What is the first releasing movement when dealing with chokes or head lock?
107. How to deal with front bear-hugs?
108. How to deal with back bear-hugs?

#### Chapter 18

109. What is the chance of injury if running away from the gunpoint according to Bittenbinder?
110. What is the general chance of being shot when fighting-back at gunpoint if the attacker shot every time at close range and distance based on Chen's study?
111. Which situations victims should run away from the gunpoint, or fight, or cooperate?
112. What is the first movement when fighting back at gunpoint?
113. What is the chance of injury when countering a knife with distance fighting, a sweater, a chair, and a stick according to the knife study?
114. What is the basic strategy to fight back against multiple attackers?

#### Chapter 19

115. What are the five things students should do following up the self-defense class?
116. How can students help their family members and friends get in self-defense?
117. What are the functions and limitations of self-defense devices, such as Mace, personal alarm, or stun gun?
118. What are the functions and limitations of wearing stuff in self-defense?
119. What is the most important guideline for using self-defense devices?

#### Chapter 20

120. How can martial arts help improve self-defense?
121. What are the problems when learning martial arts for self-defense?