San José State University  
Department of Kinesiology  
KIN 55a-1 Self-defense, Spring 2013

Instructor:  
Gong Chen

Office Location:  
SSC 517

Telephone:  
(408) 924-3033

Email:  
gong.chen@sjsu.edu

Office Hours:  
MW 8:30-9:30am  
TR 12:30-13:20pm

Class Days/Time:  
MW 12:30-13:20pm

Classroom:  
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.

Course Goals and Student Learning Objectives
Upon successful completion of course requirements students will be able to:

1. demonstrate an understanding of physical and mental benefits of self-defense and self-defense education for diverse populations,

2. demonstrate an understanding of the critical role of self-defense in human life, understanding of crimes and criminals, defenders’ right, prevention and handling strategies on different types of crimes, current research and practice, lifetime carry-on, and applications of these cognitive knowledge in lab and everyday life situation,

3. demonstrate the acquisition and application of self-defense warm-up, six types of skills and combinations, and applications of these skills and strategies countering imitating attacks in lab situation, and

4. achieve moderate to vigorous exercise intensity during practice of self-defense skills.
Required Texts/Readings


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.
   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 laud 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.
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 Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latdrops/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 at http://www.sjsu.edu/advising/.

Assignments and Grading Policy

A. Skill evaluations/Assignments........................................................................71%
   --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..........................................................................................29%
   --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. Details of tests and assignments:

   S-1: Distance defense Maximum 17% your score ___%  
   S-2: Close defense Maximum 3% your score ___%  
   S-3: Counter-throw defense Maximum 3% your score ___%  
   S-4: Floor defense Maximum 3% your score ___%  
   S-5: Releasing Maximum 24% your score ___%  
   S-6: Gun defense Maximum 3% your score ___%  
   S-7: Stick defense Maximum 3% your score ___%  
   S-8: Knife defense Maximum 6% your score ___%  
   S-9: 1-on-1 overall review Maximum 3% your score ___%  
   S-10: 1-on-2 street self-defense Maximum 3% your score ___%  
   S-11: Workout and skill practice Maximum 3% your score ___%  

   W-1: Awareness check-up Maximum 2% your score ___%  
   W-2: Self-evaluation Maximum 2% your score ___%  
   W-3: Written midterm Maximum 20% your score ___%  
   W-4: Written final Maximum 5% your score ___%  

   Total Maximum 100% your score ___%
University Policies

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, located 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 website is available 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 Policy S07-2 requires approval of instructors.

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 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.
# KIN 55a – 2 Self-defense Tentative Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/23</td>
<td>Policy sheet, green-sheet, awareness check-up, safety guidelines</td>
</tr>
<tr>
<td></td>
<td>1/30</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>2/4</td>
<td>Legal concerns in self-defense, crime chain and prevention principles, Distance defense: punch defense, boxing game, kickboxing game.</td>
</tr>
<tr>
<td></td>
<td>2/6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2/13</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>2/18</td>
<td>Campus safety, driving safety, recreation safety. Prevention of family violence, workplace crimes, Distance defense: applications, skill test practice,</td>
</tr>
<tr>
<td></td>
<td>2/20</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>2/25</td>
<td>On-site response. Distance: <strong>skill test</strong></td>
</tr>
<tr>
<td></td>
<td>2/27</td>
<td><strong>Written Midterm</strong></td>
</tr>
<tr>
<td>7</td>
<td>3/4</td>
<td>Close defense, Throw defense,</td>
</tr>
<tr>
<td></td>
<td>3/6</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>3/11</td>
<td>Floor defense</td>
</tr>
<tr>
<td></td>
<td>3/13</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>3/18</td>
<td>Releases: arm-hold, hair-pull, check, bear-hug</td>
</tr>
<tr>
<td></td>
<td>3/20</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>3/25</td>
<td>No class (spring break)</td>
</tr>
<tr>
<td></td>
<td>3/27</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>4/1</td>
<td>No class (campus closed)</td>
</tr>
<tr>
<td></td>
<td>4/3</td>
<td>1-on-1 review of releases, 1-on-4 release practice</td>
</tr>
<tr>
<td>12</td>
<td>4/8</td>
<td>1-on-4 release practice,</td>
</tr>
<tr>
<td></td>
<td>4/10</td>
<td>Release skill test</td>
</tr>
<tr>
<td></td>
<td>4/17</td>
<td>stick defense, gun defense</td>
</tr>
<tr>
<td>14</td>
<td>4/22</td>
<td>Gun defense,</td>
</tr>
<tr>
<td></td>
<td>4/24</td>
<td>Knife defense</td>
</tr>
<tr>
<td>15</td>
<td>4/30</td>
<td>Knife defense</td>
</tr>
</tbody>
</table>

**Table 1 Course Schedule**
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/1</td>
<td>Applications and carry-on, 1-on-1 overall review and practice</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>5/6</td>
<td>1-on-2 street self-defense</td>
</tr>
<tr>
<td></td>
<td>5/8</td>
<td>Workout on skills, physical activity and self-defense</td>
</tr>
<tr>
<td>17</td>
<td>5/13</td>
<td><strong>Final written exam</strong>, assignment</td>
</tr>
</tbody>
</table>