

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

Instructor: Gong Chen
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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

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.

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.
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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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. 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/>.

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](http://www.sjsu.edu/senate/S07-2.htm), 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](http://www.sjsu.edu/studentconduct/) 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](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

KIN 55a – 2 Self-defense Tentative Schedule

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/23	Policy sheet, green-sheet, awareness check-up, safety guidelines
2	1/28 1/30	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.
3	2/4 2/6	Legal concerns in self-defense, crime chain and prevention principles, Distance defense: punch defense, boxing game, kickboxing game.
4	2/11 2/13	Prevention of murder, rape, assault, robbery, burglary. Distance: round kick, snap kick, spin kick, combo. Strategies: lion, rabbit, field.
5	2/18 2/20	Campus safety, driving safety, recreation safety. Prevention of family violence, workplace crimes, Distance defense: applications, skill test practice,
6	2/25 2/27	On-site response. Distance: skill test Written Midterm
7	3/4 3/6	Close defense, Throw defense,
8	3/11 3/13	Floor defense
9	3/18 3/20	Releases: arm-hold, hair-pull, check, bear-hug
10	3/25 3/27	No class (spring break)
11	4/1 4/3	No class (campus closed) 1-on-1 review of releases, 1-on-4 release practice
12	4/8 4/10	1-on-4 release practice, Release skill test
13	4/15 4/17	Research on self-defense. stick defense, gun defense
14	4/22 4/24	Gun defense, Knife defense
15	4/30	Knife defense

Week	Date	Topics, Readings, Assignments, Deadlines
	5/1	Applications and carry-on, 1-on-1 overall review and practice
16	5/6 5/8	1-on-2 street self-defense Workout on skills, physical activity and self-defense
17	5/13	Final written exam, assignment