

San José State University
Kinesiology
Fall 2018, KIN 55A- 3 Beginning Self-defense

Contact Information

Instructor:	Gong Chen, Dr., Professor
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Office Hours:	MW 8:30-10:00am TR 13:30-14:20pm Or by appointment
Class Meetings & location	MW 13:30-14:20, YUH 208
Prerequisites:	None

FYI - not included in syllabus: Link to new syllabi policy:
<http://www.sjsu.edu/senate/docs/S16-9.pdf>

Course Description

This course is focused on development of fundamental skills and knowledge related to self defense. Included are mental and physical self-defense skills and techniques applicable under a variety of conditions.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

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

- **Proficiency in execution 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.**
- **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.**
- **An understanding of the mental and physical health benefits to be derived from self-defense and self-defense education.**
- **An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.**

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.

Text/Readings

1. 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>,
2. Classroom posters

Course Notes

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents or broken facility/equipment to the instructor immediately.
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Class manner guidelines must be followed for the entire semester.
- Sportswear is required for all class sessions except written exams.

- A warm-up period is required before any skill practice. Class safety guidelines must be followed for the entire semester.
- It is everybody's responsibility to safely use, take care, and restore equipment.
- No food and drink or wheels are allowed in the gym except water.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

Other information

- **Risk of injury:** There are always possibilities of accidents that may cause physical injuries in practice and student should take responsibilities to strictly follow the etiquette and safety guidelines.
- **Body contact:** Learning and practicing skills will involve in working with a partner and it is common that both will touch each other with arm, feet, shoulders, or non-sensitive parts of the body. Students can choose their partner and modify the practice based on their personal reasons if they have to.
- **Demonstration:** Everyone in the class has the responsibility to demonstrate skills with the instructor. Let the instructor know if you cannot do demos due to special reason(s).
- **Limit of effectiveness in real life:** Self-defense strategies and skills taught in class are designed to reduce the chance of becoming victims and increase the chance of escape during attacks, but there is no guarantee due to the complicated crime situations.
- **For self-defense only:** Students should not use physical skills learned in the class to attack other people unless in real self-defense situations.

Course Requirements, Assignments, and Grading –

Grading Plan

2%	Self-assessment of needs for self-defense
20%	Written exam
8%	Written quiz
70%	Skills tests and skill assignments

Explanation

- **Self-assessment:** A one-page pre-post written assignments on self-assessment will be graded based on time and quality.
- **Written midterm:** The written midterm will cover basic knowledge of self-defense learned before the test. A review guide will be provided before the test.
- **Written quiz:** The written quiz will cover knowledge and skills learned after the first review guide. Another review guide will be provided before the test.

- **Skill tests:** There will be two skill tests: the first one will be one-on-one distance defense, and the second test will be 1-on-4 release defense. The grading will be based on accuracy of skills, reaction, speed, spirit, and applications.
- **Skill assignments:** The assignments will cover daily learning and practice while taking a note at the end of each class. The grading will be based on 1) quantity of assignments completed, quality of the notes, skill performance that requires full participation/effort/focus. Low quality of performance due to laziness, tardiness, or irrelevant social will result in low or no credit for that assignment.

Other information:

- **Students may make up a skill test or a skill assignment if they have emergency or pre-arranged situation with the instructor upon the time limit (one makeups max).**
- **Students with sickness and injury can observe the class and take detailed notes for skill assignments credits for a couple of times without doctor's note (students must inform the instructors before each class). Students need to communicate with instructor if they observe more than two times.**
- **Sickness with a note from the doctor needs to be showed to the instructor.**
- **Written exam/quiz cannot be made up except documented emergency or pre-arranged situation.**
- **Missing a test or assignment will result in lowering that portion of the grade.**

Grading Scale used to determine final course grade.

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-

Percentage	Equivalent Grade
below 60%	F

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Policy sheet, syllabus, self-assessment, manner and safety guidelines
2	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	Legal concerns in self-defense, crime chain and prevention principles, Distance defense: punch defense, boxing game, kickboxing game.
4	Prevention of murder, rape, assault, robbery, burglary. Distance: round kick, snap kick, spin kick, combo. Strategies: lion, rabbit, natural environment
5	Campus safety, driving safety, recreation safety. Prevention of family violence, workplace crimes, Distance defense: applications, skill test practice,
6	On-site response. Distance: skill test 1 Close defense,
7	Throw defense, floor defense
8	Floor defense Releases: arm-hold, hair-pull,
9	Releases: choke bear-hug Written exam
10	1-on-1 review of releases, 1-on-4 release practice
11	1-on-4 release practice, 1-on-4 Release skill test 2
12	stick defense, knife defense
13	knife defense, Written quiz 1: Best defense skills at stick and knife-attacks gun defense
14	active shooting defense Written quiz 2: Best defense skills at gun-attacks & active shooting

Week	Course Content (Assignments, Exams/Quizzes, ...)
	1-on-2 self-defense Written quiz 3: Best defense skills at multiple attackers
15	Workout on skills, physical activity and self-defense Applications and carry-on, Written quiz 4: Self-defense as physical activity, and carry-ons
16	overall skill review make-up if time allows