

San José State University
CHHS/Kinesiology
KIN 55 - 1, Self-defense, Spring 2021

Instructor(s): Gong Chen
Office Location: Online
Telephone: Use Zoom, Meet, or email
Email: gong.chen@sjsu.edu
Office Hours: MW 10:30-11:20 am
Class Days/Time: MW 11:30 am-12:20 pm
Classroom: Canvas

Course Description

This course focuses 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>

Course Format: Online Course, a computer and a cellphone (for filming) are required.

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. **For help with using Canvas see [Canvas Student Resources page](http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)** (http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)

Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to demonstrate:

- Proficiency in execution of self-defense skills and applications of these skills and strategies.
- An understanding of defenders' right, prevention and handling strategies on different types of crimes, lifetime learning and applications, and applications of mental strategies in daily life.
- An understanding of the critical role and benefits of self-defense in overall life protection.

Required Readings/Videos: All on class Canvas under appropriate locations below:

- | | |
|-------------------------------------------|-------------------------------------------|
| 1. Course syllabus: | Under Syllabus |
| 2. Weekly plan: | Under Announcement for each week |
| 3. Answer questions/communication: | Under Discussion during class time |
| 4. Assignments and tests: | Under Assignments |
| 5. Reading topics for mental self-defense | Under File starting from #11 |
| 6. Reader for physical skills: | Under File #1-10 |
| 7. Instructional/Demo Videos*: | Under Modules for each week |

Instruction, learning, and tests/assignments in this class

1. Instruction: Due to possible and unexpected blackouts, internet problems, and computer problems, this class will be conducted asynchronously on Canvas. Course contents each week will include two parts: 1) self-defense knowledge and mental self-defense strategies as discussion Topic(s), and 2) physical Skills.

The weekly plan on discussion topic(s) and skills will be posed on Canvas Announcement before each Monday. The weekly announcement also provides guides on locations of assigned reading materials and video clips, and suggests methods of practice.

2. Learning: Students are expected to 1) read assigned weekly knowledge topic(s) to learn self-defense knowledge (including mental strategies), and 2) read weekly skill reader and watch weekly skill videos to learn and practice physical self-defense skills by self or with a partner during that week. Students can learn skills and mental topics at their available time during the week. They do not have to learn or practice during the scheduled class time.

2A. Learning self-defense knowledge (including mental strategies):

- Read the weekly plan to find what to learn under **Announcement**.
- Read assigned weekly knowledge topic(s) in the reader under **File**, starting from #11.
- Briefly discuss and summarize the knowledge discussed, and how the contents may help understand self-defense and apply to enhance your mental self-defense for a safe lifestyle. You can discuss other thoughts or comments as long as it is relevant to the topic.
- Type your summary/discussion in a paragraph in the weekly journal under **Knowledge (as Subheading 1)**. The paragraph should have a minimum of 100 words.

2B. Learning physical self-defense skills:

- Read the weekly plan to find what to learn under **Announcement**.
- Read assigned weekly skill reader under **File #1-10**.
- Watch assigned weekly skills in the video clips under **Modules**.
- Practice and master assigned skills by self, or with a partner.
- Briefly describe your hands-on experience learning and practicing the weekly physical skills and type in a paragraph in the weekly journal under **Skills (as Subheading 2)**. This part should have a minimum of 100 words.

3. Weekly Journal, starting week 2/1-3 though the last topic and skill: Students are expected to write the Weekly Written Journal that includes both knowledge and physical skills learned in that week, as indicated in 2A and 2B above. However, they do not submit the journal weekly. The journal is due by the end of the semester as a whole journal. This is the final written assignment to assess their learning of self-defense knowledge and learning experience of physical self-defense skills.

4. Skill Tests: There will be a midterm skill test and a final skill test on skills. Students are expected to submit a video clip of their performance of required forms for each test on Canvas **Assignment**.

5. Answer questions or sharing ideas: The instructor will be on Canvas Discussion during MW scheduled class time to answer questions. Students can also share ideas or learning experience at this platform. Students are encouraged to attend the daily discussion if they have any questions/problems, ideas, learning experience or need for help, but participation is not required. Students can schedule a visual meeting if needed via Meet or Zoom, or they can email me any time if they cannot attend the daily discussion due to time conflicts.

*I am sorry that I had to use homemade video due to lack of proper equipment, facility, and photographer in the COVID-19 time.

Grading Plan

- | | | |
|----|----------------------------|-----------|
| 1. | Liability Form submission: | 10 points |
| 2. | Midterm skill test: | 30 points |
| 3. | Final skill test: | 30 points |
| 4. | Final written journal: | 30 points |

Grading Explanation

1. **Liability Form:** All student must read and sign the Liability Form, and submit by the due date. This is a university requirement for all SJSU activity classes.
2. **Midterm Skill Test:** The midterm skill test will evaluate skills in skill units 1-2 on accuracy and speed/force of the performance as well as smooth performance. Students film their performance and submit their video clip on Canvas Assignment by the due date. A guide and due date will be posted on Canvas Announcement before the test.
3. **Final Skill Test:** The final skill test will evaluate skills from Skill Unit 3 through Unit 9 on accuracy, and speed/force/spirit of the skills as well as smooth performance. Students film their performance and submit their video clip on Canvas Assignment by the due date. A guide and due date will be announced on Canvas Announcement before the test.
4. **Final Written Weekly Journal:** The written weekly journal must have two parts: Knowledge and Skill. Students should complete their written journal weekly at their available time during the week, and submit the complete journal by the end of the semester (not weekly). The journal will be evaluated on 1) good summary/discussion on learned weekly topic(s) and skills both, 2) comprehensive records of all weeks, 3) timely submission, and 4) a clear format as showed in the example below. This is an example of the weekly journal (from a previous class) for one week as a reference only. Students can write in their own styles. The journal must start from the second week (2/1-3) and add on every week as the class goes on. Use the week as the heading and use knowledge and skills as subheadings.

Example of the weekly journal

10/5-7

Knowledge: Burglary prevention

I never knew that burglars used so many tricks when they committed crimes. I live in a safe area with my parents but there were several burglaries in my neighborhood recently. I have printed out these tricks, posted on the wall to remind the family, and talked with my parents about our actions. My mom is allergic to the dog, but we have decided to do as much as we can, including: 1) install alarms and monitors connected with our cells, 2) install timers for our TV and lights (inside and outside), 3) check doors/windows at evenings and before we go out, 4) put a "No Soliciting" sign in front of the house, 5) ask friends to pick up trash and mails, and 6) organize a party with neighbors to start neighbor watch. I hope these will protect my house well. My family has realized that it is our own responsibility to take actions.

Skill Unit 4 Anti-throw defense

I have learned Anti-throw Defense this week. I can avoid grabs by hitting his hands downward while stepping back, or pushing his arm across and step sideways as the first step. I can keep my balance when grabbed by holding his arms/shoulder to keep one-arm distance and move forward or backward when he pushes or pulls me, and slide sideways when he drags or swings me around. I should try to kick or strike him, or hit his elbow to break out as fast as I can. I should move my leg/foot away at grabbing/holding/locking from the attacker to counter sweeps or tackles. I have tried many times on each skill and have improved my skills. It is unfortunate that I cannot test my anti-throw skills like in a real situation due to the safety concern.

Other critical information for learning self-defense

- **Limit of effectiveness in real life:** Self-defense strategies and skills taught in class are introduced to reduce the chance of becoming victims and increase the chance of escape during attacks. There is no guarantee that these strategies or skills will work for you when attacked 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.
- **A practice partner:** Students can imitate and learn most self-defense skills by themselves, but they will have more hands-on experience if they can practice with someone living in the same house. What a partner needs to do is to imitate attacks in easy ways for you to practice the proper skills. Students should treat the partner as a coach that helps you to learn better by acting as an imitating attacker. Students should never challenge the partner in order to find out whether or not they can get out of a hold with a self-defense skill if the partner uses 100% of their force. That might cause severe injuries and negative feeling for the students and the partner. Make sure you and your practice partner lives in the same house, both remain negative on the COVID-19 test, and both follow the CDC guidelines strictly. Otherwise, do not practice together.
- **Risk of injury:** There are always possibilities of accidents that may cause physical injuries in practice and student must take responsibilities to follow the etiquette and safety guidelines strictly.
- **Health problems:** If you have pre-existing medical or physical problem you should consult your physician before participating in this class and alert the instructor to any required limitations.
- **Intellectual property:** Course materials developed by the instructor (e.g. videos, readers, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's permission.
- **Success in this course** is based on the expectation that students will spend, for each unit of credit, a minimum of 30 hours over the length of the course (normally two hours per unit per week) for instruction, preparation/studying, or course related activities.

Tentative Course Schedule (subject to changes with fair notice via Announcement on Canvas)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1 1/27	<i>Zoom meeting: Syllabus, liability form, manners and safety</i> Skills: warmup video and try
2 2/1-3	<i>Topic 1: Critical role of self-defense for life</i> <i>Topic 2: Specific functions of self-defense in overall life-protection</i> Skills: Unit 1. Distance defense: stance, moves, side kick, heel kick, defenses,
3 2/8-10	<i>Topic 3: Reality of crimes and rationales for self-defense</i> <i>Topic 4: Benefits of self-defense education</i> Skills: jab punch, cross punch, hook punch, body moves as defense
4 2/15-17	<i>Topic 5: Defender's right in self-defense</i> Skills: self-practice kicks and punches as a physical activity
5 2/22-24	<i>Topic 6: Analysis of factors in crimes – the crime chain</i> Skills: Unit 2. Close defense: knee strike, elbow strike, short punches, defense
6 3/1-3	<i>Midterm skill test submission</i>
7 3/8-10	<i>Topics7: prevention principles and strategies: burglary/residence crimes</i> Skills: Unit 3. Floor defense: floor distance defenses
8 3/15-17	<i>Topics: Prevention strategies or onsite responses: robberies</i> Skills: Unit 4. Anti-Throw defense: avoid grabs, keep balance, break out, counter tackle and sweep throws
9 3/22-24	<i>Topics: Prevention strategies or onsite responses: murders</i> Skills: Unit 5. Standing Arm-hold releases
10 4/5-7	<i>Topics: Prevention strategies or onsite responses: rapes</i> Skills: Unit 6. Standing Hair-pulling releases
11 4/12-14	<i>Topics: Prevention strategies or onsite responses: aggravated assaults</i> Skills: Unit 7. Standing Bear-hug releases
12 4/19-21	<i>Topics: Prevention strategies or onsite responses: argument and conflicts</i> Skills: Unit 8. Standing Choke releases

Week	Course Content (Assignments, Exams/Quizzes, ...)
13 4/26-28	<i>Topics: Prevention strategies or onsite responses at terrorism/street attacks</i> Skills: Unit 9. Defense at knife/stick attacks
14 5/3-5	<i>Topics: Prevention strategies or onsite responses: selected topic</i> Skills: Practice for the final skill test
15 5/10-12	Final skill test submission
16 5/17	Submission of Written Weekly Journal on Canvas (the last day)