

**San José State University**  
**Kinesiology**  
**Fall 2017, KIN 55A-2 Self-defense**

**Contact Information**

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Office Hours:	MW 8:30-10:20am TR 13:30-14:30pm Or by appointment
Class Meetings & location	MW 12:30-13:20, YUH 208
Prerequisites:	None

**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.

Here is the link to the course descriptions in the online catalog:

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

**Web Resource (Canvas)**

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**

The main contents of the following book are located in the course reader on Canvas, the book is used as optional reference only, not required.

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>,

### **Course Notes**

- **Active participation in all class activities:** including lectures, practice, discussion, quizzes, written examinations, skill test, and assignment. Students with sickness and injuries must communicate with the instructor for individual arrangement to pick up skills missed before attending the next class since it may involve a risk of hurting yourself and/or partner.
- **Attend classes in a timely manner.**
- **Take care of the equipment and facility.**
- **Etiquette and Manners Guidelines**
  - Show respect to classmates and the instructor.
  - Keep the gym clean.
  - Do not use foul languages.
  - Be considerate and help each other.
  - Do not select partners.

- Do your best physically and mentally.
- Bowing in class
- Never used skills learned in class to attack others unless in self-defense situation.
- **Safety Guidelines and Class Rules**
  - Assess your health, consult your physician, and report any injury.
  - Do not practice if you are sick or injured and report injuries to the instructor at once.
  - Sport wear. Remove anything that may cause injuries to you or the partner.
  - Attachments: Remove watch, all jewelry, hard hairpins, or other similar stuff.
  - Nails: Cut all long nails (hands and feet) for this semester.
  - Bubble gums and food: no bubble gums, food or drink in the gym.
  - Horseplay: Absolutely no horseplay allowed in the gym.
  - Show-off: Do not show off in the class or anywhere else.
  - Warm-up: No practice or learning without proper warm-up.
  - Emotion: Control temper, or get mad in the gym.
  - Concentrate on class activities. Avoid loud laughing and socializing on the mat.
  - Movement: Control your movement to avoid accidents.
  - Alert: Be aware of what is going on around you in practice.
- **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.
- **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.**
- 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 to the instructor immediately.

## Course Requirements, Assignments, and Grading -

### Grading Plan

- 2% Pre-post Self-assessment
- 20% Written Midterm
- 8% Written Final Exam
- 70% Skills Tests and Skill Assignments

## Explanation

- Written assignment: A one-page pre-post written assignments on self-assessment will be graded based on time and quality.
- Written Midterm: The midterm will cover basic knowledge of self-defense learned before the test. A review guide will be provided before the test.
- Written Final: The written final will cover knowledge and skills taught 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.
- Assignments/Projects: The assignments will cover daily learning and practice while taking a brief note at the end of each class. The grading will be based on quantity of assignments completed and quality of the notes and skills that requires full participation/effort/focus, performance of skills and applications, and non-tardiness or non-irrelevant social.

## Other information:

- **Students may make up skill test or game assignment if they have emergency or pre-arrange with the instructor upon the time limit (1-2 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.**
- **Written Exam cannot be made up except documented emergency only.**
- **Missing a test or assignment will result in losing that portion of the grade.**

**Grading Scale used to determine letter grade for each component above.**

**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+

Percentage	Equivalent Grade
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-

### 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, green-sheet, awareness check-up, 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: <b>skill test</b> Close defense,
7	Throw defense, floor defense
8	Floor defense

Week	Course Content (Assignments, Exams/Quizzes, ...)
	<b>Written Midterm</b>
9	Releases: arm-hold, hair-pull, check, bear-hug
10	1-on-1 review of releases, 1-on-4 release practice
11	1-on-4 release practice, <b>Release skill test</b>
12	Research on self-defense. stick defense, knife defense
13	Knife defense, gun defense
14	Applications and carry-on, 1-on-1 overall review and practice
15	1-on-2 street self-defense Workout on skills, physical activity and self-defense assignment
16	<b>Final written exam, make-up</b>