

**San José State University**  
**Health and Human Sciences/Kinesiology**  
**Fall 2024, KIN 55-1, Beginning Self-defense**

**Course and Contact Information**

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Office Hours: MW 9:30-10:20 am  
Class Days/Time: MW 11:30 am-12:20 pm  
Classroom: YUH 208

**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**

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

- Proficiency in execution and application of self-defense warm-up, skills and combinations, and applications of these skills and strategies countering imitating attacks in classroom practice.
- An understanding of the critical role of self-defense in human life, crime process and criminals, defenders' right, prevention and handling strategies on different types of crimes, lifetime carry-on, and applications of these knowledge in everyday life situation.
- An understanding of the mental and physical health benefits to be derived from self-defense and self-defense education.

**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.

## Course Learning Outcomes (CLO)

### Required Texts/Readings

Course documents	Locations on canvas
1. Course syllabus:	Under <b>File and Syllabus</b>
2. Announcements:	Under <b>Announcement</b> for relevant weeks
3. Assignments:	Under <b>Assignments</b>
4. Tests guidelines:	Under <b>File</b> starting from #1
5. Reference reading on physical skills*:	Under <b>File</b> starting from #11
6. Reference reading topics on mental self-defense**:	Under <b>File</b> starting from #31
7. Reference skill videos***:	Under <b>Modules</b>

\*The class is expected to use these materials as a reference for learning physical self-defense.

Read scheduled contents each week. These skills are not standard solutions to physical attacks. Students can find more skills or applications from other resource to improve their self-defense ability.

\*The class is expected to use these discussion topics as reference for mental self-defense each week. There is no time to discuss these topics in the class. The strategies and materials provided in these topics are not standard guides for perfect self-defense, and they are used for discussion only. Students can find more strategies or applications from other resource, and use the information for their own self-defense.

\*\*\*The videos will be posed for self-learning if case of emergent situation, such as a major outbreak of COVID-19. Students are expected to watch relevant videos to learn skills if they cannot come to the class due to these emergent situations.

## Course Requirements and Assignments

### COVID-19 safety

- Students must strictly follow CDC and SJSU COVID-19 safety guidelines in order to safeguard the health and wellbeing of all students in class.
- If you have COVID-19 symptoms, report to the university and the instructor immediately. Do not come to the class.
- A student can choose to wear a mask or not, and to practice with a partner who wears a mask or not.
- A student can practice with anyone but they should find a stable partner ASAP to practice together in order to reduce the exposure to many people.
- Keep a safe distance in the gym all time.

### 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.
- 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.

*University Policy S16-9, Course Syllabi requires the following language to be included in the syllabus:*

“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.

## **Classroom Protocol**

# **Self-defense Class Protocol**

## **A. Limit of mental strategies and physical skills**

Mental self-defense strategies target at reducing the chance of becoming victims and increasing chances of successful escapes from the scenes. Physical self-defense skills target at increasing the chance of successful escapes during attacks. These strategies and skills are based on cases in real life, research, and recommendations from experts. However, the research, case studies, and recommendations are based on what happened to other people in the past. Therefore, there is no guarantee these strategies, skills, and research results will work for current defenders every time due to the complicated crimes situations in real life. There is not standard answers or solutions in self-defense. The results of using strategies or skills are unpredictable.

## **B. Etiquette/manners/moral guidelines and class rules**

1. Never used skills learned in class to attack other people unless in self-defense situations.
2. Learning and practicing skills may involve in working with a partner and it is common that both will touch each other on non-sensitive parts of the body. A student can choose or change a partner. Inform the instructor immediately if there are any issues.
3. Respect the class and do your best during learning. No laziness or tardiness during warm-up, learning, and practice.
4. Use cell only for receiving emergent notices (health, terrorism, earthquake, etc.).
5. Do not interrupt lecture/demonstration, and learning of other students with noise, horseplay, or irrelevant chatting or socializing.
6. No shoes on the mats. No bubble gum, food or drink (except water) in the gym.
7. Put away equipment after usage.
8. Help the instructor demonstrate skills. Inform the instructor if you cannot do a demo.
9. Students with martial art background should be a role model, and encouraged to help the instructor for demonstrations. Never show off in class.

## **C. Safety guidelines and class rules**

1. Follow the safety guidelines for each unit and take your responsibilities to prevent injuries or accidents.

2. Assess your health, consult your physician, and inform the instructor if you have health concerns (sickness, disability, injuries, pregnancy, etc.).
3. Do not practice if you are sick or injured and report to the instructor immediately.
4. Wear sportswear EVERYDAY. No street clothes during skill learning and practice.
5. Remove watch, all jewelry, hard hairpins, or similar stuff before warmup.
6. Keep nails (hands and feet) short for this semester, for the safety of you and classmates.
7. No horseplay in the gym.
8. Do not show off your skills in the class or anywhere else.
9. Do a comprehensive warm-up before learning or practice physical skills.
10. Control your temper and don't get mad in the gym.
11. Concentrate on class activities. Avoid irrelevant socializing on the mat.
12. Control your movement to avoid accidents.
13. Be aware of what is going on around you during practice.

### Course Requirements, Assignments, and Grading\*

\* The grading plans and requirements below are subject to changes if the university changes the instruction modes and policies due to the changing situation of the COVID-19 pandemic.

### Grading Plan

2 points: Liability form	Grades will be posted on Canvas
10 points: Midterm skill test	Grades will be distributed in class
25 points: Final skill test	Grades will be distributed in class
40 points: Learning/practicing skills	Grades will be distributed in class
20 points: Written examination	Grades will be distributed in class
3 points: Reflection paper	Grades will be posted on Canvas

### Explanation

- **Liability Form:** Students must sign this form at the beginning of the semester before the submission deadline and upload on Canvas. It is required by the university.
- **Learning/practicing skills:** Students are required to participate in active learning/practicing assigned daily skills (for skill test 1 and skill test 2) in class. There will be two points for learning skills in each day. The instructor will evaluate the performance subjectively. Consistent laziness or tardiness will result in reduced points.
- **Midterm skill test:** The midterm skill test will cover skills learned in Unit 1 through Unit 2. The details of the test will be announced in the test guidelines. The instructor will evaluate the performance subjectively.
- **Final skill test:** The final skill test will evaluate skills from the rest skill units. The details of the test will be posted in the test guidelines. The instructor will evaluate the performance subjectively.

- **Written exam:** The written exam will cover basic skills and applications in skill units, and mental self-defense in all reading topics. Review guides will be posted/distributed before the exam.
- **Final reflection paper:** Briefly summarizes your learning experience (mental strategies, physical skills, etc.) and your plans for carrying mental strategies and skill practice in your life for a safe lifestyle. This paper should be uploaded on Canvas during the re-scheduled final exam time. Any changes will be announced in class.

**Other information:**

- Students must provide a doctor’s note to the instructor for missing a test or assignment. Students should enroll in the Accessible Education Center if the sickness or injury lasts more than two weeks. However, a doctor’s note does not replace test or assignment. Students should arrange with the instructor for makeups based on time availability. All tests/assignments/makeups must be completed by the last day of the class.
- Athletes’ missing test/assignment due to official competitions/travels must provide official schedule and a letter from the coach with the student’s name on it. Students should communicate with the instructor for makeup arrangement based on time availability.
- A minimum of 70% participation in learning skills and safety procedures for tested skill units is required for taking each skill test for the safety of all students in class.
- Students cannot make up missed written exam, skill test, or assignments except documented emergency or pre-arrangement with the instructor.
- An email to the instructor for undocumented excuses does not replace any test or assignment. Students need to discuss with the instructor for makeups based on time availability.
- Missing tests or assignments will result in lowering 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-

Percentage	Equivalent Grade
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### University Policies

Per [University Policy S16-9](#), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

### Additional Information (Delete if not applicable)

**Tentative Course Calendar (the contents of each day may be adjusted based on students' progress, any changes on tests will be announced on Canvas)**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1. 8/21	1. <i>Syllabus, manner and safety guidelines</i>
2. 8/26-28	2. <i>Topic 1: Critical role of self-defense for life</i> Skill: <b>Warmup,</b> <b>Unit 1. Distance defense:</b> stance, moves, side kick, heel kick, and defenses (jump back, leg block)  3. <i>Topic 2: Specific functions of self-defense in overall life-protection</i> Skill: jab punch, cross punch, hook punch, combos, body moves
3. 9/2-4	<b>9/2 No class (campus closed)</b>  4. <i>Topic 3: Reality of crimes and rationales for self-defense</i> Skill: defenses (lean, duck, slip, block), boxing game, kickboxing game
4. 9/9-11	5. <i>Topic 4: Benefits of self-defense education</i> Skill: spin kick, snap kick, round kick, falls  6. <i>Topic 5: Defender's right in self-defense</i> Skill: floor distance defense, sudden attacks defense Skill test-1 format practice
5. 9/16-18	7. Skill: applications of distance defense on 1-on-2 and weapon attacks,  8. <i>Topic 6: Analysis of factors in crimes – the crime chain</i> Skill: strategies in distance defense
6. 9/23-25	9. Skill: <b>Unit 2. Close defense:</b> Stance, knee strike, elbow strike, short punches, defense  10. <i>Topic 7: Prevention strategies on burglary/residence crimes</i> Skill: Close defense strategies, close game, Thaiboxing game
7. 9/30-10/2	11. Skill: practice for the first skill test skill practice in HIIT format  12. <i>Topic 8: Prevention strategies on robberies</i> Skill: <b>Skill test 1</b>

Week	Course Content (Assignments, Exams/Quizzes, ...)
8. 10/7-9	<p>13. Skill: <b>Unit 3. Anti-throw defense 1:</b> avoid grab, balance, break out, counter tackle</p> <p>14. <i>Topic 9: Prevention strategies on murders</i> Skill: <b>Unit 3. Anti-throw defense 2:</b> counter sweep, combos</p>
9. 10/14-16	<p>15. Skill: <b>Unit 4. Floor releases:</b> floor hip escape, bridge side-choke, avoid top</p> <p>16. <i>Topic 10: Prevention strategies on rapes</i> Skill: top-choke</p>
10. 10/21-23	<p>17. Skill: top pin-arms, punch</p> <p>18. <i>Topic 11. Prevention strategies on aggravated assaults</i> Skill: back-choke</p>
11. 10/28-30	<p>19. Skill: Floor combo <b>Unit 5-8. Standing releases:</b> 5-Arm-holds release</p> <p>20. <i>Topic 12: Prevention strategies on argument and conflicts</i> Skill: 6-Hair-pulls release 7-Bear-hugs release</p>
12. 11/4-6	<p>21. Skill: 8-Front choke release Back chokes release</p> <p>22. <i>Topic 13: Prevention strategies on terrorism/street attacks</i> <i>Topic 14: Applications and carry-on</i> Skill: 8-Side lock release review for skill test 2</p>
13. 11/11-13	<p><b>11/11 No class (campus closed)</b></p> <p>23. Skill: review for skill test 2</p>
14. 11/18-20	<p><b>24. Skill test 2</b> day one</p> <p><b>25. Skill test 2</b> day two</p>



Week	Course Content (Assignments, Exams/Quizzes, ...)
15. 11/25-27	25. Skill: <b>Unit 9. Stick-attack defense, Knife-attack defense</b>  <b>11/27 No class (university policy)</b>
16. 12/2-4	27. <i>Topic 15: Defenses at gunpoint and active shooting</i> Skill: <b>Unit 10. Gun-point defense, Active shooting defense</b>  <b>28. Written exam</b>
17. 12/9	29. Skill: <b>Unit 11: 1-on-2 defense</b>
18. Final	<b>Reflection paper due</b>