

KIN 0020 - MULTI SELF DEFENSE SYSTEM

Catalog Description

Formerly known as PHED 80

Hours: 36 activity per unit

Description: A multi combat self defense system combining the martial arts of Escrima (stick and knife fighting), Jujitsu, and Kenpo. Focus on teaching application of principles leading to utilizing ordinary items to help defend oneself. Emphasis on strengthening the body and improving endurance. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Examine Jujitsu techniques in a simulated performance.
- CSLO #2: Demonstrate stick and knife skills that apply to De Cadena two man training drills.
- CSLO #3: Diagram the proper Escrima defense of the twelve strikes and blocks.
- CSLO #4: Examine safety guidelines for Self-Defense.
- CSLO #5: Examine the physical demands on the body when performing Self-Defense skills.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Practice proper Escrima defense of the twelve strikes and blocks.
2. Demonstrate the courtesies of the Escrima system.
3. Describe and assess the three different systems (Escrima, Jujitsu, and Kenpo) and explain how each can be applied to the other.
4. Compare and contrast the strengths and weaknesses of each system.
5. Demonstrate the twelve strikes and their defense and summarize how each applies to the other.
6. Apply the basic Jujitsu falling, rolling and throwing techniques in a simulated performance.
7. Differentiate between the various double stick techniques and assess their use in double defense, pinki pinkis two man pattern drills and De Cadena two man drills.
8. Demonstrate stick and knife skills and apply to De Cadena two man training drills.
9. Apply forms and self defense techniques of Escrima, without weapons, to the Kenpo empty hands system.

10. Utilize all three systems in combination with each other in a demonstration setting.

11. Demonstrate safe practices in the performance of stick and knife techniques.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Essay Examinations
 - Example: Students will be required to successfully pass an essay exam. Example: Compare and contrast Filipino stick defense to Kenpo defense. Essays will be evaluated based upon completeness and accuracy.
- Objective Examinations
 - Example: Students will be required to successfully pass a thirty five question objective exam. Example: List four differences in stances between Escrima and Kenpo.

Repeatable

No

Methods of Instruction

- Activity

Activity:

1. The instructor will facilitate a class debate in which small student groups must compare and contrast the various self defense systems and techniques.
2. Instructor will facilitate a group discussion activity in which theoretical information presented in class will be discussed by students. Students will assess the value of theories presented and will brainstorm practical applications of Escrima.

Typical Out of Class Assignments Reading Assignments

1. Read Chapter from the assigned text Filipino Combat and be prepared to discuss the background of Escrima.
2. Read an instructor supplied handout on Escrima and be prepared to discuss the history of Jujitsu.

Writing, Problem Solving or Performance

1. Keep a journal or self-reflection diary analyzing and evaluating how reading assignments and class participation relate to Escrima standards such as improving basic stances, footwork and self defense techniques.
2. Write a three to five page reaction paper assessing the fundamental

presuppositions regarding the self defense techniques and De Cadena in the practice of Escrima.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Balintawak Eskrima
 - Author: Sam L. Buot Sr.
 - Publisher: Tambuli Media
 - Publication Date: 2015
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.