

KIN 0019 - BASIC SELF DEFENSE

Catalog Description

Formerly known as PHED 66

Hours: 36 activity per unit

Description: Basic level course designed to teach students how to recognize and avoid potential threats, and to mentally and physically prepare themselves to respond to physical attacks if they should occur. Covers responses to a variety of attack situations including pushes, grabs, chokes, punches, kicks, rear attacks, ground attacks, and assaults with handguns, long-guns and knives. Special emphasis is placed on takedowns, disarming and controlling attackers. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain safety and liability issues associated with self-defense, and the importance of using reasonable and appropriate force.
- CSLO #2: Explain how to reduce the likelihood of becoming a victim through awareness, recognition, avoidance and prevention.
- CSLO #3: Outline the ability to effectively escape from and/or respond to a variety of attack situations.
- CSLO #4: Demonstrate the ability to effectively take an attacker to the ground and apply a control hold.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

36-72

Outside of Class Hours

18-36

Total Student Learning Hours

54-108

Course Objectives

1. Create a self defense technique common to the martial arts;
2. Structure natural defenses used in a combative situation;
3. Analyze the nature of an attack;
4. Identify dimensional stages of action;
5. Compare and contrast positioned blocks;
6. Execute foot and hand positions;
7. Critique stances common to basic self defense;
8. Implement natural weapons and their appropriate targets;
9. Analyze and evaluate methods of motion upon attack; and
10. Measure the range of distance upon attack.

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: Student will successfully answer five essay questions completely and correctly. Example: Evaluate a hard style self defense system listing pros and cons.
- Objective Examinations
 - Example: Student will be required to pass an objective exam with 75 percent accuracy. Example: Name the four dimensions of a stance.
- Skill Demonstrations
 - Example: Students will be required to properly execute foot and hand positions for a defensive attack.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a discussion on the nature of attacks placing every student in a small group setting. Each group will compare and contrast the strengths and weaknesses of selected attacks and share with other groups.
2. Instructor will facilitate a large group debate in which two differing methods of attack will be presented. Instructor and class will demonstrate these methods of attack and students must defend each method and formulate the proper defense for each method of attack.

Distance Learning

1. Discussion by the instructor on fundamentals self-defense technique common to the martial arts. The students discuss this topic in small groups.
2. Instructor will lead a discussion on foot and hand positions. The students will discuss this topic in small groups.

Typical Out of Class Assignments Reading Assignments

1. Read an article on natural weapons from a self defense periodical and be prepared to discuss in class.
2. Read an article from instructor

supplied handout addressing the nature of attack and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Given an attack scenario, students will critique and compare/contrast their findings with the other students in the class. 2. In small groups students will compare and contrast two styles of self defense and present their findings to the class.

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

Required Materials

- Self Defense Made Simple
 - Author: Phil Pierce
 - Publisher: CreateSpace Independent Publishing Platform
 - Publication Date: 2014
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

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