

**UNIVERSITY OF WEST GEORGIA****PWLA 1660  
SELF DEFENSE****Semester/Year:** Spring/2007**Credit:** 1**Instructor:** Ely E. Elefante, M.Ed.*Sandan*, Third Degree Black Belt, Midori Yama Budokai Jujitsu*Shodan*, First Degree Black Belt, United States Judo Association Judo*Shodan*, First Degree Black Belt, Midori Yama Budokai Aikido**Class Location:** Room 70, Old Auditorium**Office Location:** Not applicable.**Office Hours:** Not Applicable**Telephone:** 770 646-0311**E-mail:**eelefant@westga.edu**Fax:** Not applicable**COURSE DESCRIPTION**

This course is an introduction to practical self-defense techniques against unarmed, armed, single, and multiple attackers.

**TEXT**

None

**REFERENCES (suggested)**

Higashi, N. (1995). *Kokushi-ryu Jujutsu* Burbank, CA: Unique Publications.

**COURSE OBJECTIVES**

Students will:

1. Demonstrate passive self-defense techniques,
2. Define situational awareness,
3. Identify vulnerable areas of the human body,
4. Identify weapons of the human body,
5. Demonstrate active self-defense techniques against a single attacker,
6. Demonstrate active self-defense techniques against multiple attackers,
7. Demonstrate active self-defense techniques against an armed attacker.

## **ASSIGNMENTS**

### **PARTICIPATION**

In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:

- Attend and sign in for all class sessions,
- Be on time for class and not leave early,
- Dress appropriately for scheduled activities,
- Engage in activities fully with effort,
- Avoid distracting or disrupting the class (no cell phones, pagers, etc.),
- Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).

Each unexcused absence will result in a deduction from the student's participation grade. Each incidence of tardiness or leaving early will result in a grade deduction. Evaluation of effort and conduct are based on the instructor's judgment.

As per university policy, the official communication method with students will be through campus e-mail (MyUWG).

### **WRITTEN EXAM**

One written exam will be given. It will cover situational awareness, anatomy, weapons, and self defense techniques for varied situations. The exam will include multiple choice, true/false, and short answer questions.

### **SKILLS TEST**

The skills test is based on the student's understanding and performance of the basic mechanics of the following skills: active self defense techniques against single and multiple attackers, active self defense techniques against an armed attacker, and punch, kick, and joint locking techniques against an attacker. The test will be individually administered and each skill will be scored using a three-level rubric (emerging, adequate, mastery). Students who fail to attend class during skill testing days will earn a *zero* for this portion of their grade. *No Exceptions.*

## **EVALUATION**

Participation	40%
Written Exam	30%
Skills Test	30%
TOTAL	100%

Per university policy, no material prepared to meet requirements in one course may be used to fulfill the requirements in another course without permission of the instructor.

### **GRADING POLICY**

Grades will be assigned based on points earned, in line with the university policy:

90 – 100 %	A
80 – 89 %	B
70 – 79 %	C
60 – 69 %	D
0 – 59 %	F

### **CLASS POLICIES**

#### **ATTENDANCE**

Students are permitted, though not encouraged, to be absent from class based on the number of times the class meets each week. If the class meets once a week, one absence is permitted for the semester. If the class meets two times per week, two absences are permitted. All other absences will be considered unexcused and will result in a grade reduction (see Participation Grade). Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. Students must be aware that the content of the lectures may include materials not in the text. If material in class is missed, it is the student's responsibility to obtain missed material and information. Further, students must complete any scheduled exams or assignments in advance of the class session missed.

#### **SIGN-IN ATTENDANCE**

Each student is required to sign in on the attendance sheet next to his/her name upon arriving at class. There will be a tardy attendance sheet for students who arrive 5 minutes after the designated class time. Students who are tardy should sign in after class.

#### **TARDINESS**

Students are expected to arrive on time and to attend each meeting of the class. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Students who arrive late (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a grade reduction (see Participation Grade).

#### **LEAVING EARLY**

Leaving early is only accepted and excused when pre-arranged with the professor. Pre-arranged means the student notifies the professor at least one class period in advance. Other incidences of leaving early will result in a grade reduction (see Participation Grade).

#### **MAKE-UPS**

There will be no make-ups allowed for unexcused absences or the skills tests. The written exam may only be made up when the absence is excused. Make-up dates must be

arranged with the professor *before* the absence. Arrangements should be made as soon as possible.

### **TURNING IN ASSIGNMENTS/HOMEWORK**

All assignments and work must be turned in at the beginning of the class session when it is due. Students must hand the assignment or paper in to the professor in person. If you are sick, you must pre-arrange with the professor in order to have an alternative person submit your paper. Assignments/papers and homework are *not* accepted in the professor's department mailbox, post office mailbox, or under the office door. Late homework assignments are not accepted.

### **DISRUPTIONS**

All pagers, cell phones, watches, etc. must be silenced and remain in book bags during class. The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to excessive interruptions, voluntary lack of participation, excessive horseplay, and talking during lecture.

### **ATTIRE**

Students are required to dress in light, comfortable clothing and shoes that are appropriate for an activity class and aerobic/anaerobic exercise. Students will not be allowed to participate without appropriate footwear. Improper attire will lower the participation grade, even if the student is present.

### **HEALTH PROBLEMS/DISABILITY NEEDS**

There is a physical activity component to this course. Students with any physical problems, which may affect their ability to fully participate, should notify the professor within the first week of the semester. If you need special accommodations for a disability, please bring your student disability report from Disability Services to the instructor to discuss your needs.

### **ACADEMIC HONESTY**

In meeting any academic requirement in part or in full, presenting the work, ideas or writing of another as one's own is subject to disciplinary action, including the possibility of dismissal from the course. Copying or downloading information from the internet is plagiarism unless credit is given – this includes abstracts.

Academic dishonesty includes but is not limited to:

1. Copying answers from another student's test
2. Using the work of other students
3. Taking and presenting as one's own ideas the writing of another personal without appropriate documentation
4. Cutting and pasting information from the internet

Students are expected to adhere to the highest standards of academic honesty. Plagiarism occurs when a student uses or purchases ghostwritten papers. It also occurs when a student utilizes the ideas of or information obtained from another person without giving credit to that person. If plagiarism or another act of academic dishonesty occurs, it will be

dealt with in accordance with the academic misconduct policy as stated in the *Undergraduate Catalog* and/or the *Graduate Catalog*.

### **CLASS OUTLINE**

- Jan. 8:** Review syllabus, passive techniques, situational awareness, vulnerable areas of the human body, natural weapons of human body, wrist grab escapes
- Jan. 15** **Holiday/No class**
- Jan. 22:** Hand strikes, kicks (stomping, front, rear kicks), wrist locks, clothing grab escapes, escapes from hair pulling
- Jan. 29:** Bear hug escapes, standing chokehold escapes, escape from headlock, and escapes from full nelson
- Feb. 5:** Standing choke hold escapes
- Feb. 12:** Rear Break Fall, escapes from ground choke holds and headlocks
- Feb. 19:** Strike Defenses, “The Seven Hands of Defense”
- Feb. 26:** Written Exam/Skills Test
- Mar. 5:** Strikes, “The Seven Hands of Attack”
- March 12:** The Aikido Entry Drill
- March 19:** **Spring Break/No class**
- March 26:** Throws (*O Soto Gari, Mukae Daoshi*)
- April 2:** Defense against punches and front kicks
- April 9:** Defense against a club, knife, pistol
- April 16:** Defense against multiple attackers
- April 23:** Review and prepare for Skills Test
- April 30:** Skills Test & Course Evaluation