

Principles of Self Defense

Spring Semester 2013, A Quad

Wrestling Room, SRC

2 credit hours

Instructor:

Matthew Carr, M.A.

Matthewcarr2005@gmail.com

Course Purpose:

The purpose of this course is to provide students with the materials necessary to identify, assess, engage, and escape threats to the person within the context of a biblical world-view.

Course Objectives:

The objectives of the course are to provide the student with the means to protect themselves mentally, spiritually, and physically from external threats. The class will be divided into two parts. The first part of the class will consist of lecture and discussion, the second part of the class will be instruction of physical techniques of escape and defense. Lecture topics are provided below. Reading and/or homework assignment per class are included as well as a topical list of physical techniques.

The lecture and discussion portion will occupy approximately half of the class period; the physical portion will occupy approximately the other half. There will be a short break in between each section. While the lecture and discussion will stay constant, the physical portion will proceed as the needs of the class dictate. All material listed will be covered. The classes are designed to build on one another; the skills learned in previous classes will be used in the current class, so attendance is essential.

Course Requirements:

Students will be expected to participate in both sections of class. There will be reasonable compensation made for those with physical challenges. As each class builds upon the last it can only benefit the student to attend all of the class sessions. Grading will be determined by class participation, completion of reading assignments, a written final, and a demonstration of physical techniques provided. The instructor realized that this class is a requirement for some students and that individuals taking the class may have philosophical or moral challenges with the material. The instructor will make reasonable steps to accommodate these beliefs, however the student will still be expected to participate in the class and the exercises. The instructor also recognizes that the material covered may be sensitive to some students because of past experiences. Reasonable accommodations will be made for students with issues of this nature.

Course Grading:

Grading will be on a standard letter scale

A- 100-90%

B- 89-80%

C- 79-70%

D- 69-60%

F- 59-0%

There are 100 total points possible for this class

Attendance: 50 points of total grade

The student is permitted 1 unexcused absence. After the first absence, 10 points (up to 50) will be deducted per absence. Students more than 10 minutes late will be considered tardy and 5 points will be deducted from the total grade. Students who do not participate in the physical portion of class will have 5 points deducted from the total grade per instance.

Reading/Homework: 15 points of total grade

Informed discussion of the topics requires reading of the materials before class. Reading/homework logs will be provided and student will indicated that they have either completed the assignment or have not. The student's grade in this portion will be determined by the amount of reading done.

Written Final: 15 points of total grade

A written final will be given covering the material discussed in the reading, lecture, and physical training portion of the class. Students will be given an opportunity to ask questions and review prior to the exam.

Physical Final: 15 points of total grade

The Physical Final will be pass/fail. Students will demonstrate for the instructor 3 techniques or skill sets they feel that they do well, with a partner of their choosing. This will not include striking and receiving on their own, but must constitute an attack, a receipt, and an escape. Students will then be placed in a circle of 5 other students and at a slow, controlled pace, each student in the circle will attack the student testing. The student testing must show proficiency in the techniques they use to defend themselves. A passing grade will be assessed for the correct demonstration of skills and completing the final exercise. A failing grade will be assessed for this portion if the student does not complete the final exercise.

Participation: 5 points of total grade

Class participation is expected both in discussion and in physical training. Students that participate without instructor prompting will receive a passing rating in this section. Students who do not participate in 2 or more physical exercise sections will lose all participation points.

If at any time a student injures another student through lack of control or lack of discipline, that student will be issued a failing grade for the class as a whole and will not be permitted to participate in the class further. Horseplay will not be tolerated at any time during class.

Students are to refrain from practicing physical techniques out of class and demonstrating techniques to or on anyone who is not enrolled in the class. At no time whatsoever will students attack or attempt to “kidnap” one another while enrolled in this class. Any violation of this policy will result in the student being issued a failing grade for the class and will not be permitted to participate in the class further.

Course Materials:

Bible

Textbook

Notebook

Mini Maglite type flashlight (less than \$15)

Loose fitting long exercise pants, no tights or yoga pants

Athletic socks/shoes

Loose fitting t-shirt, long or short sleeve

Topic List:

1/16/2013

Reading/Homework: None

Lecture: Introduction, Syllabus Review, Introduction to Self Defense, Cooper Color Codes, and Proper Mindset

PT: Expectations, basic stance and movement; striking and receiving

1/23/2013

Reading/Homework: Free to Fight Back, Chapter 1-3; 3 page response paper

Lecture: Intuition, Practical Guide to Predator Behavior (7 Tactics of the Predator), Verbal De-Escalation

PT: Stance, striking and receiving review; 1 and 2 handed grabs/chokes, headlock; bear hug

1/30/2013

Reading/Homework: Free to Fight Back, Chapter 4-7; 4 page response paper

Lecture: Predator Exercises, Predicting Human Behavior, Secondary Locations, Serial Predators

PT: Review; 1 and 2 handed grabs/chokes, part 2; Headlock, part 2; Bear Hug, part 2

2/6/2013

Reading/Homework: Vulnerability Assignment

Lecture: Domestic/Dating Violence, Threats and Stalking, Sexual Assault/Rape, Room/Car Clearing, Flashlight use

PT: Review, takedowns, takedown defenses, ground fighting

2/13/2013

Reading/Homework: Sensory Awareness Assignment

Lecture: Fear and its Uses, 8 Tactics for Winning, Mass Casualty Events, Observation and non-verbal communication

PT: Review, Fight Fitness, Improvised Tools, Weapons Defenses

2/20/2013

Reading/Homework: Self Defense Law Assignment

Lecture: Legal and Moral Justification of Self-Defense, Articulation, Self Defense Tools (overview)

PT: Review and Questions

2/27/2013

Open Mat

Questions

Physical Final

3/6/2013

Written Final

Physical Final

Written Assignments

Chapter responses

Chapter responses should be 1 page, double-spaced, per chapter. Chapter responses should be the student's opinion or response to the chapter, not a summary of the chapter. Students should use this assignment to prepare for class discussions.

Vulnerability Assignment

The Vulnerability Assignment should be a 2 page, double-spaced, safety assessment based upon the training and experience gained in this class. The student will write the assessment based upon observations made on campus. These observations are to be made about buildings or outdoor areas, noting blind corners, choke points, faulty outside lighting and other danger areas. The student may also write about other student behavior that might compromise their awareness, or could be dangerous.

Sensory Awareness Exercise

Students will allot time on four different days to enhance their awareness of different senses. For one day each, the students will take 1-2 hours to pay special attention their senses of hearing, touch, sight, and smell. The students will write a 1-page paper describing their experience paying attention to the senses.

Self Defense Law

Students will research self-defense law and policy in their home state or country. Students will prepare a 1-2 page analysis on laws concerning defense of self, and statutes concerning assault/battery, sexual assault/rape, stalking, and personal defense tools.