

OUTLINE

Personal Defense

Kinesiology 158, SPRING 2010, SFSU

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Class meets Mondays, Burke Hall 6, from 6:10 – 8:45

<u>Date</u>	<u>Activity</u>	<u>Lecture</u>	<u>Text Assignment*</u>
1/25	Orientation	Orientation	
2/1	Stance/Punch	Introductions	Chapters 1,3, 8**
2/8	Kicking	Psychology of Self-Defense	Chapters 2, 8**
2/15	Blocking	Laws of Self-Defense	Chapters 1, 8**
2/22	FURLOUGH DAY		
3/1	Counter-attacking	How to Practice/ Success stories	Chapters 3, 8**
3/8	Release from grabs	Non-lethal Weapons	Chapters 4, 8**
3/15	Choke Releases	Streetwise and Bodysafe	Chapters 4, 8**
3/22	Take-downs	Midterm Exam BH 7	Chapters 1-4, 8**
3/29	SPRING BREAK		
4/5	Rear Attack Releases	Rape Prevention/Group Mtgs	Chapters 5,6,8**
4/12	Knife defenses	Domestic Violence Prev.	Chapters 7, 8**
4/19	Knife defenses	Group Reports	Chapter 8**
4/26	Multiple Assailants	Group Reports	Chapter 8**
5/3	Ground-defenses	Group Reports	Chapter 8**
5/10	Open Book Final Exam	Burke Hall 7	Chapters 1-10

Required Text

"Breaking The Intimidation Game," Torrance Publishing Co. ©2010

\$39.95 + tax = \$43.75

Attendance: 1 unexcused absence allowed. Make-ups: You may make up 1 additional class by writing a summary of the homework chapters assigned for that date. See instructor for additional options. (additional absences excused with doctor's notes—require make ups)

NO CELL PHONES, NO TEXT-MESSAGING NO PHOTOS, NO AUDIO OR VISUAL RECORDING IN CLASS

YOU ARE EXPECTED TO BE IN CLASS PROMPTLY AT 6:10 P.M.

Grading: Attendance 50%, Midterm 10%, Report 15%, Final 25%

* Text assignment; ** Refer to applicable section of chapter