

OUTLINE

Personal Defense

Kinesiology 158, SPRING 2010, SFSU

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Class meets Mondays, Burke Hall 6, from 6:10 – 8:45 (also may meet in Burk Hall 7)

<u>Date</u>	<u>Activity</u>	<u>Lecture</u>	<u>Text Assignment*</u>
8/30	Orientation	Orientation	
9/6	HOLIDAY—LABOR DAY		
9/13	Stance/Punch	Introductions	Chapters 1,3, 8**
9/20	Kicking	Psychology of Self-Defense	Chapters 2, 8**
9/27	Blocking	Laws of Self-Defense	Chapters 1, 8**
10/4	Counter-attacking	How to Practice/ Success stories	Chapters 3, 8**
10/11	Release from grabs	Non-lethal Weapons	Chapters 4, 8**
10/18	Choke Releases	Streetwise and Bodysafe	Chapters 4, 8**
10/25	Take-downs	Open Book Midterm Exam	Chapters 1-4, 8**
11/1	Rear Attack Releases	Rape Prevention/Group Mtgs	Chapters 5,6,8**
11/8	Knife defenses	Domestic Violence Prev.	Chapters 7, 8**
11/15	Knife defenses	Group Reports	Chapter 8**
11/22	HOLIDAY—THANSIVING		
11/29	Multiple Assailants	Group Reports	Chapter 8**
12/6	Ground-defenses	Group Reports	Chapter 8**
12/13	Open Book Final Exam		Chapters 1-10

Required Text:

"Breaking The Intimidation Game—The Art of Self-Defense"
Torrance Publishing Co. 2010. \$39.95 + 3.80 tax = \$43.75

Attendance: 1 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)

Tardiness Policy: YOU ARE EXPECTED TO BE IN CLASS PROMPTLY AT 6:10 P.M. If you arrive after the instructor has checked attendance, you are expected to check-in during class.

Two (2) late arrivals = 1 absence.

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

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

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