

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
DEPARTMENT OF KINESIOLOGY
COURSE DESCRIPTION AND COURSE OUTLINE

KIN 151A
PERSONAL DEFENSE (1 unit)
INSTRUCTOR: H. Fujishima

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Prerequisite: None

Catalog Description:

Instruction and practice in the basic techniques of anticipating, avoiding, and, when necessary, protecting oneself from attack. Emphasis is on the avoidance of physical confrontation and the discouragement of an attacker.

Course Objectives:

At the conclusion of the course, the student should be able to

1. Demonstrate sufficient skill in personal defense and to enjoy participation in the activity.
2. Exhibit improved physical fitness in forms of strength and flexibility through participation in a sport related activity.
3. Discuss the philosophy and traditions behind the martial arts.
4. Refine the ability to apply combinations of skills.
5. Experience and explain the psychological aspects of training and performance.

Course Outline:

I. Physical Training (Fundamentals of the Following Psychomotor Components):

1. Stances and Postures
2. Body Shifting Methods
3. Hand and Foot Blocking Techniques
4. Punching, Kicking, and Striking Techniques
5. Grab from Behind, Side, and Front Situations
6. Wrist Grab / Pull
7. Bear Hug Front and Behind Situations
8. Close-In Attack Situations
9. Calisthenics

Mental Training (Psychological Principles):

Demonstration, discussion, and practice of the following psychological components of performance:

1. Self-respect and respect for others, including patience and control.
2. Maintaining a calm mind under varying conditions.
3. Being constantly aware of the totality of the attacker and his movements, both spatially and mentally.

III. Cognitive Training:

Students will acquire knowledge of:

1. Training methods
2. Principles of training
3. Approaches to mental and physical preparation

IV. Text: None

- Evaluation of students' progress throughout the semester will include:

- Ongoing evaluation on daily progress
- Mid-term practical examination
- Final written and practical examination
- Term project

- This class will include lecture, demonstrations, group interaction, group practice, and audio visual aids.

PERSONAL DEFENSE COURSE REQUIREMENTS AND GRADING

Requirements:

1. **Attendance** – Attendance is mandatory. More than 3 absences may lower your grade. More than 5 absences may result in a FAIL. Gaining the benefits and doing well are dependent upon actively participating on a regular basis. It is recognized that circumstances may require an absence; three absences will bring no penalty. However, subsequent absences will affect the final grade as follows:

4 absences = lowers the earned grade a full letter (i.e. an A becomes a B, a B- becomes a C-, etc.)
5 absences = lowers the earned grade two full letters
6 absences = lowers the earned grade three full letters
Students who have accumulated 7+ absences (or 25% of the class meetings)
may not receive credit for the course.

Circumstances for absences. Whether it be illness, injury, jury duty, military service, a family death, or vacationing in Hawaii, an absence is an absence. Anticipated absences fall under the same procedure as above.

Illnesses and injuries that restrict participation, but not attending classes, will be recorded as a non-dress (ND)

3 days ND = 1 absence
5 days ND = 2 absences

Tardiness: Coming to class late is, in addition to missing material, a distraction, disrespectful, and not appreciated. However, being late is better than being absent.

3 tardies = 1 absence

Make-up policy: It is not possible to make up either for lost instruction or the benefits from not participating. However, it is the instructor's prerogative to determine whether or not make-ups are permitted. Inquire with the instructor.

Late adds: Adding a class after the first week of instruction requires instructor approval. Approval means that some arrangement needs to be made (by the student) to obtain the information missed. Therefore the class meetings that were missed are recorded as absences (but no more than 2). Subsequent absences will be treated as a 3rd, 4th, etc. absence.

2. **Participation** – A typical Personal Defense class consists of warming up, a demonstration of techniques by the instructor, and application of techniques with a partner. The more physical and mental effort you put into the workout, the more you will benefit from the training.
3. **Uniforms** – The gi or Karate uniform must be worn. Uniforms may be ordered through the C.S.U.N. Karate Club during the first week of class.
4. **Mid-term** – The mid-term will consist of a practical examination.
5. **Final Exam** – The final exam will consist of a practical examination and a written examination. A study sheet for the written examination will be handed out prior to the exam.
6. **Term Project** – A 3 to 5 page paper due on the day of the final exam. Guidelines for the term project will be announced in class.

Grade Determination:

1. 70% of the final grade is based on instructor observation. Consideration is given to the quality of participation in class (effort, punctuality, martial arts etiquette, response to the instruction or corrections) and completion of the practical part of the final exam.
2. 30% of the final grade is based on attendance, and mid-term and final examination results. Students must complete the final exam in order to get a passing grade.