

PENP 136 Sec. 501, CRN 37992, Personal Defense

Spring Semester: January 19th thru March 11, 2016 (8 week course)

Instructor: Sensei Kim Jin, 5th Degree Black Belt

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Office Hours: 1:30 PM thru 3:30 PM and/or by appointment

UNM Course Description

Learn basic self-defense skills for self-protection, empowerment, and gain the ability to learn what karate has to offer along with the benefits such as awareness, confidence, and personal safety.

Student course competency upon successful completion of this course

Student's success is to demonstrate effective physical response to threats with the knowledge they have learned against the most common forms of attacks. The first 8 weeks of self-defense will teach the basic fundamental principles of learning how to kick, block, strike, and footwork and incorporating those into self-defense techniques. Learning the principles of person safety will be the concentration and emphasis of this class. Students will be able to de-escalate as well as, take action when necessary being able to demonstrate assertiveness, confrontational awareness, and physical skills to reduce further escalation of violence. Throughout this course and second 8 weeks of training students will experience various exposure to exercises such as breathing, accountability, strengthening, awareness, and physical applications to properly protect themselves and others. Students will be introduced to an Okinawan base karate that will also incorporate other styles of various forms that will help them expand upon their fundamental skills to have better understanding of martial arts to develop confidence in their abilities. Student will be able to evaluate, analyze, communicate, identify and deliver appropriate counter measures to successfully achieve personal safety to maintain control of any given situation.

Student Learning Outcomes (Objectives for knowledge, skills, and performance) Students will:

1. Identify the importance of self-awareness, physical fitness, and personal safety to maintain control of any given situation should it become necessary to protect one's self.
2. Be able to demonstrate how to defend one's self through practical skills learned throughout the course and with proficiency.
3. Demonstrate kicks, blocks, strikes, stances, and self-defense techniques against common attacks such as chokes, grabs, and ground tactics, etc.

4. Be able to recite karate terminology and the principles of what karate is and what it is not.
5. Be able to perform the final practical exam at the end of 8 weeks in front of the class

Student evaluation is based upon the following requirements:

Attendance: You will be required to sign in and out each class period to get credit, and In the event should you be absent notify the wellness center or your instructor.

Participation: It is critical to participate, practice, and learn the materials throughout the class and pop practical exams will be given to check your progress.

Demonstration/Performance: At the end of 8 weeks the final practical exam will be conducted 1) performance in front of the class, 2) written exam, and 3) Journal

Course Evaluation is based upon the following requirements:

Student's attendance, participation, and improvement will account for 50% of their grade

25% Attendance, 25% participation and improvement

Demonstration/Performance and their physical applications will account for 50% of student's grade.

Grade percentages as follows:

90% - 100% = A

80% - 89% = B

70% - 79% = C

60% - 69% = D

59% or below = F

Bring to class: Wear comfortable clothing, no jewelry, and bring plenty of water. Be ready and be on time for class. Let the fun begin.....