

UNM Valencia Campus Wellness

Personal Defense Course Syllabus

Spring 2019 (1st 8 weeks)

Wellness Center Classroom

Fridays 1:00 - 3:00

Instructor:

Sifu James McIntire (505) 261-9686 jadetiger@unm.edu

Course Goals:

By the end of this course, students will have gained basic knowledge and skills for self defense (both preventative and situational) and will have a foundation for continued study.

Course Description:

Designed to familiarize students with basic techniques, practices, and awareness for the purpose of personal defense and safety. Students learn various techniques of martial arts to address a variety of potentially dangerous encounters.

Student Learning Outcomes:

1. Describe and evaluate potential dangers in an everyday setting and plan accordingly.
2. Demonstrate appropriate usage of various self-defense techniques.
3. Describe and demonstrate self-discipline and self-control in situations of confrontation.
4. Identify various methods of regaining control in a confrontational situation.
5. Demonstrate proficiency in various self-defense concepts and apply them in a variety of situations.

Class Format and Procedures:

Each class will begin with checking attendance followed by group warm-ups and stretching. The 1st portion of each class will focus on information and/or techniques demonstrations. The 2nd portion will be interactive with students learning techniques and practicing with partners. The 3rd portion will be reinforcement of the techniques with a deeper level of understanding. Questions are encouraged throughout the class.

Safety:

In any exercise class and especially in a martial arts or self defense class, safety is vitally important. Students are required to follow ALL instructions particularly during the interactive partner work. Any student who does not adhere to the safety guidelines of each exercise will be asked to leave the class.

Course Grading:

Students will be graded on the following: Attendance, Participation, Written Final, and Practical Final.

SPECIAL ASSISTANCE:

Equal Access Services (505) 925-8560, <http://www.unm.edu/~vcadvise/equalaccess.htm> provides academic support to students with disabilities. If you need special assistance with completing coursework, please contact this service and return documented forms to the instructor as soon as possible.

Academic Dishonesty:

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

UNM Academic Dishonesty policy <https://policy.unm.edu/regents-policies/section-4/4-8.html>

Academic Support Services:

For tutoring and other academic support, contact the Learning Center at 925-8900 or <http://www.unm.edu/~tutor/>

Title IX:

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered "responsible employees" by the Department of Education (see pg. 15 - <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>

Course Schedule:

Week 1	Course Introduction	Syllabus, Stats and General Info Prevention and Diffusion
Week 2	Body Basics	Structure and Balance Distance Control and Positioning
Week 3	Principles Of Defense	Technique Categories - Strikes, Throws, Locks Types of Attacks - Grabs, Tackles, Strikes
Week 4	Defense Against Grabs	Wrist, Arm, Shoulder, Shirt, Hair
Week 5	Defense Against Strikes	Straight Punch, Round Punch Straight Kick, Round Kick, Knee
Week 6	Defense Against Tackles and Chokes	Front Choke, Rear Choke, Arm Wrap, Tackle
Week 7	Follow-Up Techniques Written Final (Take Home)	Take downs, Locks, Striking Targets
Week 8	Practical Final	Continuing Practice