

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 55A - 1 Beginning Self-defense**

**Contact Information**

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Office Hours:	MW 10:30-11:20 am via emails Or by appointment via MEET
Class Meetings & location	MW 11:30-12:20, YUH 208
Prerequisites:	None

**Course Description**

This course is focused on development of fundamental skills and knowledge related to self-defense. Included are mental and physical self-defense skills and techniques applicable under a variety of conditions.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Proficiency in execution and application of self-defense warm-up, skills and combinations, and applications of these skills and strategies countering imitating attacks in classroom practice.

- An understanding of the critical role of self-defense in human life, understanding of crimes and criminals, defenders' right, prevention and handling strategies on different types of crimes, lifetime carry-on, and applications of these knowledge in everyday life situation.
- An understanding of the mental and physical health benefits to be derived from self-defense and self-defense education.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

### Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### Readings/Videos: All on class Canvas under appropriate locations below:

Course documents	Locations on canvas
1. Course syllabus:	Under <b>File</b>
2. Announcements:	Under <b>Announcement</b> for relevant weeks
3. Assignments and tests guidelines:	Under <b>Assignments</b>
4. Reference on physical skills*:	Under <b>File</b> starting from #1
5. Reference topics on mental self-defense**:	Under <b>File</b> starting from #11
6. Reference skill videos***:	Under <b>Modules</b> for each skill unit

\*The class is expected to use these materials as a reference for learning physical self-defense. Read scheduled contents each week before Monday. These skills are not standard solutions to physical attacks. The class is expected to use these materials as a reference and find more skills or applications if needed to improve their self-defense ability.

\*The class is expected to use these discussion topics as reference for mental self-defense each week. It is difficult to discuss these topics in the gym with a mask on. The strategies and materials provided in these topics are not standard guides for perfect self-defense, and they are used for discussion only. The class is expected to use these materials as a reference, to find more relevant information if needed/wanted, and choose useful information for their own self-defense.

\*\*\*The videos will be posed for self-learning if case of emergent situation, such as a major outbreak of COVID-19, or sickness. Students are expected to watch relevant videos to learn skills if they cannot come to the class due to these emergent situations.

### COVID-19 safety

- Course Students must strictly follow CDC and SJSU COVID-19 safety guidelines in order to safeguard the health and wellbeing of you and the class.
- If you have COVID-19 symptoms, report to the university immediately. Do not come to the class.
- All students must wear a facemask that fully covers mouth and nose in the gym all time. Pulling the mask below the nose is NOT acceptable in the class.
- Keep a safe distance of 6-feet in the gym all time.

## Notes

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents or broken facility/equipment to the instructor immediately.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.

## Other main information

Refer to the Classroom Protocol under **File**

## Course Requirements, Assignments, and Grading\*

\* The grading plans and requirements below are subject to changes if the university changes the instruction modes and policies due to the changing situation of the COVID-19 pandemic.

### Grading Plan

2 points: Liability form	Grade will be posted on Canvas
25 points: Midterm skill test	Grade will be distributed in class
45 points: Final skill test/assignments	Grade will be distributed in class
25 points: Written examination	Grade will be distributed in class
3 points: Reflection paper	Grade will be posted on Canvas

### Explanation

- **Liability Form:** Students must sign this form at the beginning of the semester before the submission deadline and upload on Canvas. It is required by the university.
- **Midterm skill test:** The midterm skill test will cover skills learned in Unit 1 through Unit 3. The details of the test will be announced in the test guidelines.
- **Final skill test:** The final skill test will evaluate skills from the rest skill units. The details of the test will be posted in the test guidelines.

- **Written assignment:** The written exam will cover basic skills and applications in skill units, and mental self-defense in all reading topics. Review guides will be posted (or distributed) before the exam.
- **Final reflection paper:** Briefly summarizes your learning experience (mental strategies, physical skills, etc.) for a safe lifestyle. This paper should be uploaded on Canvas during the re-scheduled final exam time.

**Other information:**

- Students may make up a skill test/assignment if they have emergency (sickness, injury, etc.) or pre-arranged situation with the instructor upon the time limit. Students are expected to provide a doctor's note and communicate with the instructor promptly if possible.
- Missing a test or assignment will result in lowering that portion of the grade.

**Grading Scale used to determine final course grade.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

## **Campus Resources**

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

## **SJSU Technical Support:**

**Email:** [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

**Phone:** (408) 924-1530<sup>SEP</sup>

**Web:** <https://www.sjsu.edu/it/support/service-desk/index.php>

## **University Policies**

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

**Tentative Course Calendar (subject to change with fair notice by announcement on Canvas)**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1. 1/26	<b>Zoom Meeting:</b> syllabus, COVID-19 safety, manner guidelines
2. 1/31-2/2	<b>(Self-learning and practice, NO class meet)</b> <i>Topic 1: Critical role of self-defense for life</i> <i>Topic 2: Specific functions of self-defense in overall life-protection</i> Skills: <b>Warmup,</b> <b>Unit 1. Distance defense:</b> stance, moves, side kick, heel kick, Defenses (move back, leg block)
3. 2/7-9	<b>(Self-learning and practice, NO class meet)</b> <i>Topic 3: Reality of crimes and rationales for self-defense</i> <i>Topic 4: Benefits of self-defense education</i> Skills: jab punch, cross punch, hook punch, combos, Defenses (lean, duck, slip)
4. 2/14-16	<b>Learning in class starting this week</b> <i>Topic 5: Defender's right in self-defense</i> Skills: Review kicks and defenses, kicking game Review punches and defenses, boxing game, kickboxing game
5. 2/21-23	<i>Topic 6: Analysis of factors in crimes – the crime chain</i> Skills: Review kicking game, boxing game, and kickboxing game. Skills: applications of distance defense
6. 2/28-3/2	<i>Topic 7: Prevention strategies on burglary/residence crimes</i> Skills: strategies in distance defense Skills: floor distance defense Skills: skill practice in HIIT format
7. 3/7-9	<i>Topic 8: Prevention strategies on robberies</i> Skills: <b>Unit 2. Close defense:</b> knee strike, elbow strike, short punches, defending close attacks
8. 3/14-16	<i>Topic 9: Prevention strategies on murders</i> Skills: <b>Unit 3. Anti-throw defense</b>
9.	<i>Topic 10: Prevention strategies on rapes</i>

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
3/21-23	Skills: <b>Skill test 1</b> <b>Skill Unit 4. Floor releases</b> , prep moves, side-choke
10. 4/4-6	<i>Topics 11. Prevention strategies on aggravated assaults</i> Skills: floor top-choke, top-pin and punch
11. 4/11-13	<i>Topic 12: Prevention strategies on argument and conflicts</i> Skills: floor back-choke <b>Unit 5. Standing releases.</b> Arm-holds release, Hair-pulls release
12. 4/18-20	<i>Topic 13: Prevention strategies on terrorism/street attacks</i> Skills: Bear-hugs release, Chokes release
13. 4/25-27	<i>Topic 14: Selected topics</i> <i>Topic 15: Defenses at active shooting</i> <i>Topic 16: Applications and carry-on</i> Skills: <b>Unit 6. Stick-attack defense</b> Skills: <b>Unit 6. Knife-attack defense</b> <b>Unit 7. Active shooting defense</b>
14. 5/2-4	Skills: <b>Skill test 2</b>
15. 5/9-11	Skills: <b>Skill test 2</b> <b>Written exam</b>
16. 5/16	Skills: <b>Unit 8: 1-on-2 defense</b>
17. Final	<b>Reflection paper due</b>