Instructor: 
Phone: 
Textbook: none

Course Description: Welcome! This course introduces students to the principles and practice of contact combat, an Israeli system of self-protection. My ultimate goal is to help you recognize danger, avoid danger, and defend yourself if necessary. In addition, the class involves multiple levels of self-defense, various martial arts techniques, and skills based on safety principles such as the ABCs of Conflict Avoidance, your body’s natural weapons, and target areas for striking. Self-defense training teaches you to be in control, have an action plan, and react quickly and appropriately to any situation. You will be tested on basic terminology and principles of basic skills, self-defense, as well as the application of skills learned during the course.

Objectives:
1. Students will be able to demonstrate basic body mechanics in striking with the hands, feet, elbows, and knees.
2. Students will be able to demonstrate competency by participating in offensive and defensive maneuvers.
3. Students should be able to develop skills and understanding of the general principles of personal defense and safety and should be able to develop a sense of responsibility for one’s self and as well as others.

Learning Outcomes: At the conclusion of this course, students will be able to:
1. Learn basic self-defense techniques in various combinations to fend off violent attacks.
2. Demonstrate basic body mechanics in striking with the hands, feet, elbows, and knees.
3. Exhibit proper decision-making when under less than optimal conditions.
4. Apply defenses and techniques in scenarios involving multiple opponents.
5. Demonstrate the ability to apply basic fight strategy.
6. Demonstrate the ability to perform advanced striking and self-defense techniques under the following undesirable conditions:
   a. Stress
   b. Fatigue
   c. Environmental constraints

Requirements for class:
1. Attend and sign in for all class sessions.
2. You need to purchase training/boxing gloves (12oz, 14oz, or 16oz).
3. Dress appropriately for scheduled activities (black t-shirts, black sweat pants or long shorts, and tennis shoes).
4. Engage in activities fully with effort.
5. Avoid distracting or disrupting the class like cell phones.
6. Pass written examinations.
7. Have a good attitude and have fun!
Grade Computation:

1. Participation 80%
Participation grade will include suiting out in proper attire (athletic), positive contribution to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives and demonstration of good sportsmanship. Student’s participation grade will be based on individual performance and effort, not the comparison to others. Court shoes or athletic shoes, shorts and t-shirts are the accepted uniform for Kinesiology activity classes. Dress for weather! Students will be counted absent if not properly suited out. Students may not participate in street clothes (jeans, slacks, dress shirts, boots, dress shoes, etc.). Students may not wear midriff or half-shirts with derogatory or otherwise questionable content. Shorts must be worn around the waist.

2. Written Examinations (Mid-Term/Final) 20%
Student will need to provide a documented excuse to make-up an exam. Students are responsible for making arrangements for make-up exam. Students who fail to make arrangements immediately upon their return to class will not be allowed to take the test.

3. Absences and Tardies (excused and/or unexcused):
• Absences one (1) and two (2)-no penalty
• Absence number three (3)-5 points will be deducted from your final grade (based on a 100-point scale).
• Absence number four (4)-10 points will be deducted from your final grade (based on a 100-point scale).
• Should you exceed number four (4) absences you will be withdrawn from class. (See “CTC Absentee Policy” in college handbook).
• Two (2) points will be deducted from your final grade for each tardy.
• There will be no make-up classes.

4. Attendance Procedure:
It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving 5 minutes after class has started will be counted tardy. Students who arrive 15 minutes after class time will be counted absent, even if they have signed in on time, but are not in class ready to participate, will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave without participating in class will be penalized and subject to administrative withdraw. This action is considered academic dishonesty. Students who are unable to participate in class (i.e. not suited out, injury, etc.) will be counted absent for that class. Absences begin with the first day of class. There will be no make-up classes!

5. Class Attire
Court shoes or athletic shoes, blue shorts, and gray t-shirts are accepted uniform for physical education activity classes. For cold weather outside activities, blue or gray sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes, (i.e. jeans, sweaters, shirts, etc…). Students may not wear tank tops or midriff type t-shirts.

6. Medical:
Students who have a health problem should obtain a document from a physician explaining the problem and an approval for participation in the activity in which the student is involved. A current physical is recommended.