

COURSE OUTLINE

LFIT-129

Self-Defense

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to introduce the student to the principles and concepts of personal safety and self-defense. The theories, strategies, and techniques of the Burmese martial art of Bando will form the base used to develop physical self-defense competency. Development of self-protective awareness will be emphasized. The philosophy, history, legality, and psychology of self-defense will be presented.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Identify potentially threatening situations, and how to avoid them.
2. Perform self-defense techniques including kicking, punching, elbowing, kneeling, escapes, and defenses.
3. Explain aspects related to self-defense including legal and psychological.
4. Identify general historical and philosophical aspects of the martial arts and their relationship to self-defense.
5. Recognize safety concepts related to self-defense practice, including equipment use.

Major Topics

1. Safety in practice of self-defense methods.
2. Safety practices for the person, home, and car.
3. The relationship self-defense has to the martial arts.

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but include the following: Attendance
Skills Test
Written Test
Paper
Final grades will be based on attendance/participation, skill performance, and a written test.

Writing: A four-page paper is included in the grading requirements.