

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 73 - Self Defense**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the basic skills and knowledge of self defense against physical assault. Emphasis will be placed on the basic techniques of anticipating, avoiding, and protecting oneself from physical attack. Students will also develop a consciousness and knowledge about the legal aspects of self defense.

### II. OBJECTIVES

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

- A. demonstrate the basic skills of self defense.
- B. identify self defense skills against physical assault.
- C. recognize and apply different self defense techniques.
- D. list the benefits of self defense skills.
- E. explain their legal rights when using self defense methods.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

#### Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Violence in Society	2.00
3. Legal Aspects	2.00
4. Anticipating a Physical Attack	2.00
5. Avoiding a Physical Attack	2.50
6. Non-violent Defenses	2.50
7. Physical Defenses	2.50
8. Defenses Against Weapons	2.50
Total Hours	17.00

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Anticipating a Physical Attack	3.00
3. Avoiding a Physical Attack	6.00
4. Non-violent Defenses	8.00
5. Physical Defenses	8.00
6. Defenses Against Weapons	8.00

**IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

**V. METHODS OF EVALUATION**

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

**VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read an article about the best techniques against the armed and unarmed attacker. Be prepared to discuss in class.
  - 2. Review two case studies that are specific to self defense and the legal aspects of the case. Write a summary of the case findings.
- B. Writing Assignments
  - 1. Maintain a semester long journal monitoring your progress in self defense skills.
  - 2. Select one of the top ten most violent cities in the U.S. and report on the most common offenses of that city.
- C. Out-of-Class Assignments
  - 1. Visit a martial arts studio and observe instruction. Identify the self defense techniques used in a short write.
  - 2. Visit a variety of entertainment venues in your community and take note of the security measures being used at each. Write a short summary of your findings.

**VII. RECOMMENDED MATERIALS OF INSTRUCTION****Materials Other Than Textbooks:**

- A. The student will be required to provide:
  - a. Athletic apparel
  - b. Athletic shoes
- B. Other materials and/or equipment will be provided by the department.

**Created/Revised by:** Mario Vela

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