

**College of William and Mary
Department of Kinesiology
KIN 153 Self-Defense**

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Course Description:

This course enables the student the opportunity to defend themselves in critical threatening situations. In addition, the student will learn a global and unique approach to self-defense through various judo techniques. The student will become more self-aware and less vulnerable to potentially dangerous environments.

Pre-Requisites:

The interest and desire to learn

Course Objectives:

Upon successful completion of this course the student will:

1. Demonstrate proper falling, throwing, choking, and locking techniques
2. Apply judo techniques in various applied defenses, frontal attacks, rear attacks, defense from the ground, assorted grips and holds
3. Increase awareness, decrease vulnerability
4. Develop a positive mental and self-confidence
5. Learn an assailant's susceptible areas
6. Rape Prevention: Why does rape occur? The Rapist: Who is he? Why does he rape? What are their methods of approach? What are the stages of recovery?
7. Improve athleticism and fitness

Course Evaluation:

1. Attendance: Each student is allowed three absences
2. Each student must pass a written test and skill/performance assessment
3. Each student must participate

Required Items:

Sweat shirt, sweat pants, and socks

KIN 153 Self-Defense Content

A. Ukemi: Falling

1. Back and side fall
2. Position of landing
3. Stop Fall
4. Forward Roll

B. Tachi Waza: Applied Throwing Techniques

1. Ogoshi: Major hip throw
2. Morote Seoinage: Lapel shoulder throw
3. Ippon Seoinage: One arm shoulder throw
4. Osotogari: Major outside reap
5. Uchigari: Major inside reap

C. Kansetsu Waza: Applied Locking Techniques

1. Juji Gatame: Cross arm lock
2. Ude Garami: Bent arm lock
3. Ude Gatame: Straight arm lock
4. Kote Hashi: Wrist Lock

D. Shime Waza: Applied Choking Techniques

1. Hadake Jime: Bare arm choke
2. Okurieijime: Sliding lapel choke
3. Gyaku Juji Jime: Reverse cross choke
4. Nami Juji Jime: Natural cross choke
5. Kata Juji Jime: Half cross choke

E. Attacks:

1. Frontal
2. Rear
3. Ground
4. Grips and holds

F. Increase Awareness, Decrease Vulnerability

G. Assailant's Susceptible Areas

H. Rape Prevention

Class Rules and Regulations

1. Keep fingernails trimmed short
2. Do not wear jewelry
3. Practice only those techniques which have been presented by the instructor
4. Be courteous and respectful to each other
5. Demonstrate self-control
6. Sit properly on the mat
7. Do not execute any techniques unless your partner is expecting it
8. Never demonstrate techniques to friends, love ones, and etc. outside of the classroom environment
9. Any injury, no matter how minor, should be reported to the instructor