

GEORGE MASON UNIVERSITY
School of Recreation, Health, & Tourism

PHED 179: Introduction to Krav Maga (1)
Fall 2012

DAYS/TIMES:	M-W 1:30-2:45 pm 08/27/2012-10/10/2012	LOCATION:	RAC 2002
INSTRUCTOR:	Mr. Nicolas Masi	EMAIL:	nmasi@mu.edu
OFFICE HOURS:	By Appointment	PHONE:	703-835-9054
		FAX NUMBER:	

PREREQUISITES: None

COURSE DESCRIPTION

This course is an introduction to Krav Maga, an Israeli system of self protection and defensive tactics. Students will train in the four essential components of self-defense: Physical Skill, Physical Fitness, Mental Capabilities, and Tactical Knowledge. Scenario training and specialized drills allow the student to train realistically while remaining in a safe and learning-centric environment.

COURSE OBJECTIVES

At the conclusion of this course, students will be able to:

1. Demonstrate basic body mechanics in striking with the hands, feet, elbows, and knees.
2. Exhibit proper control and safety when training with other students.
3. State the eight general principles for Krav Maga techniques.
4. Explain the five threat response options and apply them in improvisational scenario training.
5. Demonstrate the ability to utilize common objects in self-defense situations.
6. Demonstrate the ability to perform striking and self-defense techniques under the following undesirable conditions:
 - a. Stress
 - b. Fatigue
 - c. Environmental constraints
7. Demonstrate self-defense techniques against a variety of common attacks:
 - a. Punches & kicks
 - b. Chokes & similar grabs
 - c. Bear hugs & similar holds
 - d. Threats and attacks with a knife
 - e. Attacks with a blunt object

COURSE OVERVIEW

While primarily physical in nature, this class will also include lectures including “safety in training”, “principles of Krav Maga techniques”, and “threat response options” among others. Students will practice striking and self-defense techniques in response to specific threats and attacks. Classes begin with a warm-up and stretching. Warm-ups include functional games and drills relevant to the session and which help to create understanding and preparation for our Krav Maga techniques and learning material, enhance specific mental capabilities, and improve physical skills such as reaction time. In an average class, after warm-ups and stretching, students practice their striking skills paying particular attention to the correct application of striking surfaces to vulnerable targets. Following this, we will review and learn new self-defense techniques and participate in drills and scenario training. These techniques and drills prepare the student to take the appropriate actions in a situation if s/he had to protect themselves or the individuals around them from an aggressive threat or attack.

Other Course Information:

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- Students should dress in proper attire for an athletic workout.
- All jewelry and any personal item or piece of clothing that may cause injury must be removed prior to class and stored properly.
- Consistent attendance is necessary to develop minimum acceptable performance.
- For men, wearing groin protection is highly recommended.
- Hand wraps or bag/mma gloves are also recommended, but not required.

REQUIRED READINGS

Handouts will be provided to the students by the instructor at the first class.

NATURE OF COURSE DELIVERY: Face to Face

EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

Requirements:	Points
<i>Attendance and Participation</i>	60
Mid-term Exam (practical/written)	20 (15/5)
<i>Final Exam (practical/written)</i>	20 (15/5)
TOTAL	100

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE

DATE		TOPIC	READINGS/ASSIGNMENT DUE
	Week 1	Introduction to Krav Maga, Safety in Training, <u>Basic Striking, Defenses & releases vs. chokes</u>	General Principles of Krav Maga Techniques
	Week 2	Basic Striking (cont.), Release from Headlocks, <u>Defenses vs. punches</u>	Threat Response Options
	Week 3	Basic Striking (cont.), Defenses vs. knife <u>threats & attacks</u>	Skills Hierarchy
	Week 4	Mid-term Exam, Defending yourself on the <u>ground</u>	
	Week 5	Defenses and releases vs. bear hugs and similar <u>holds</u>	Theory of Multiple Opponent Defense
	Week 6	Defenses vs. blunt objects, use of shield-type <u>objects for self-defense</u>	Using Common Objects in Self-Defense
	Week 7	Review of weeks 1-6, Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

