

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PHED 179 001: Introduction to Krav Maga (1)
Spring 2015

DAY/TIME:	M-W 1:30-2:45 p.m. 01/20/15-03/16/15	LOCATION:	RAC - Cage Gym
INSTRUCTOR:	Mr. Nicolas Masi	EMAIL ADDRESS:	nmasi@gmu.edu
OFFICE LOCATION:	PW1 #999	PHONE NUMBER:	703-835-9054
OFFICE HOURS:	By Appointment	FAX NUMBER:	

PREREQUISITES/COREQUISITES

None

COURSE DESCRIPTION

Introduces students to the principles and practice of Krav Maga, an Israeli system of self-protection. Involves knowledge of threat response, skill training in self-protection, and mental preparation for defensive tactics. Prepares students in appropriate protective action in situations of threat or attack.

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.

NATURE OF COURSE DELIVERY

Face to Face

REQUIRED READINGS

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

EVALUATION

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

Requirements	Points
Attendance and Participation	75
Midterm (practical/written)	10 (5/5)
Final Exam (practical/written)	15 (10/5)
TOTAL	100

Attendance/Participation: 75 points possible depending on the calendar. 5 points will be given each day with a deduction of 1 point for each five minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend each class session, are on time and participate as scheduled, you'll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade.

The "practical" exams at the midterm and near the end of the class will involve each student demonstrating defense strategies using skills that were addressed in class such as releases vs. grabs, defending vs. attacks on the ground, demonstration of basic strikes, and releases from bear hugs. Skill demonstrations will be done individually and/or in partnership. They can also be done while students practice during class. Skills testing will be by instructor discretion.

Written exams, both midterm and final, will be multiple choice, true/false, and short answer.

Grading Scale

A+ = 97 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A = 94 – 96	B = 84 – 87	C = 74 – 77	F = 0 – 59
A- = 90 - 93	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE

DATE		TOPIC	READINGS/ASSIGNMENT DUE
M/W	Week 1	Introduction to Krav Maga, Safety in Training, <u>Basic Striking, Defenses & Releases vs. chokes</u>	General Principles of Krav Maga Techniques
M/W	Week 2	Basic Striking & Releases vs. chokes (cont.), <u>Releases from headlocks, Defenses vs. punches</u>	
M/W	Week 3	Basic Striking (cont.), Defenses vs. knife <u>threats and attacks</u>	Threat Response Options
M/W	Week 4	Mid-term Exam, Defending yourself on the <u>ground</u>	Skills Hierarchy
M/W	Week 5	Defenses and releases vs. bear hugs and similar <u>holds</u>	
M/W	Week 6	Defenses vs. blunt objects, use of common <u>objects for self-defense</u>	Using Common Objects in Self Defense
M/W	Week 7	Review of weeks 1-6, Final Exam	
M/W	Week 8	Review, additional techniques TBD	

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://oai.gmu.edu/the-mason-honor-code-2/>]
- 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/policies/responsible-use-of-computing/>].
- 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.

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>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

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.

