

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health & Tourism**

PHED 138: Brazilian Jiu-Jitsu for Men & Women (1)  
Spring 2011

DAY/TIME:	10:30 pm – 11:45	LOCATION:	PE 218 (Fairfax Campus)
PROFESSOR:	Nick Masi M.A.	EMAIL ADDRESS:	<a href="mailto:nickmasi@gmail.com">nickmasi@gmail.com</a>
OFFICE LOCATION:	TBD	PHONE NUMBER:	703-861-3954
OFFICE HOURS:	As Needed	FAX NUMBER:	

**PREREQUISITES:** None

**COURSE FEE:** Uniform (\$50) is mandatory.

### **COURSE DESCRIPTION**

A practical self-defense course instructing students in Brazilian Jiu-Jitsu techniques designed for students who have no prior experience in martial arts or Brazilian Jiu-Jitsu. Brazilian Jiu-Jitsu's primary goal is to give advantage to those who use correct form, posture, and technique over strength.

**Note:** The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as part of the class. However, this is an introductory course with the emphasis placed on executing proper skills and movements and not the contact itself. Excessive force, violence, or aggression are not required or expected and will not be tolerated.

### **COURSE OBJECTIVES**

At the conclusion of the course students should be able to:

1. Discuss the history, theory and rules of Brazilian Jiu-Jitsu.
2. Explain the difference between Brazilian Jiu-Jitsu and other martial art forms.
3. Demonstrate the following ground techniques:
  - a. Basic ground positions
  - b. Escapes from mount
  - c. Basic sweeps
  - d. Attacks from the guard

### **REQUIRED READINGS**

Handouts to be given as necessary

### **CLASS INFORMATION**

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Students will NOT wear shoes, tank tops, dresses, jeans or “cut offs” of any kind. All jewelry MUST be removed before class and stored properly.
4. Consistent attendance is necessary to develop minimum acceptable performance.

### **REQUIREMENTS**

Attendance and Participation –70 %

Midterm Exam (10%) – Written (5%) and practical (5%)

Final Exam (20%) – Written (5%) and practical (15%)

### Mid-term and Final Exam

Mid term will likely be given as “take home” exams. They will be handed out from the instructor, or e-mailed as attachments. The Mid-Term will be handed in on a date to be determined, which will be at the approximate middle point of the semester. Students will have several days to obtain and take the exam. The Final Exam will be administered as a demonstration last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. On the consideration that these exams would be given in-class on a specific class day, they will only be accepted on the date specified. No early hand-ins, mailings, or proxy hand-ins will be allowed. Since outside class assignments are allowed, and are based per hour on the number of credits / weekly class meetings, the taking of this test outside of class requires no more time than would be allotted for outside work. It also avails the students more class time dedicated to learning Brazilian Jiu-Jitsu. In the case of the final, it also allows for individual skills evaluation and grading in-class.

### GRADING SCALE

A	90-100
B	80-89
C	70-79
D	60-69
F	<60

### COURSE OUTLINE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	January	24	Introduction; basic positions	
W	January	26	Continue introduction; basic positions; escape from mount	
M	January	31	Bent arm bars – mount & side control	
W	February	2	Guard pass	
M	February	7	Basic sweeps	
W	February	9	Side control escapes; bent arm bar from guard	
M	February	14	Armbar – from mount & guard	
W	February	16	Basic choke; take down from the knees	
M	February	21	Armbar from knee ride	
W	February	23	Basic chokes, (cont.)	
M	February	28	Sweeps	
W	March	2	basic choke (cont.)	
T	March	7	Guard passes	
W	March	9	FINAL EXAM	

Each class will include a brief warm-up period, stretching to increase range-of-motion and prevent injury, strengthening exercises to improve upper and lower body strength and a cool-down period. Students will be expected to maintain a minimal level of physical fitness involving cardiovascular conditioning and torso, back and abdominal strength.

This course is designed to improve health and wellness and quality of life. It is part of an increasing number of activities available through the **School of Recreation, Health & Tourism**. For further information about other courses or degree programs, please contact Fred Schack at 703-993-8522.

#### *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>].

