

**GEORGE MASON UNIVERSITY College of Education and Human Development
School of Recreation, Health & Tourism**

RECR 109 001 Self Defense: Intermediate (1)
Fall 2016 9:00-10:15 10/17-12/20
Location RAC Rm 2002

Faculty

Name: Dr Chun Jae Park
Office Hours: As needed
Office Location: RAC Rm 2002
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Prerequisites: RECR 108

Course Description

Teaches more advanced defensive and offensive techniques, building on the student's previous training. Emphasizes continuous improvement in physical and mental fitness.

Course Overview

The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as part of the class. Even though this course is listed as an intermediate course, there will still be introductory elements with emphasis placed on executing proper skills and movements, but there will be more contact. Excessive force, violence, or aggression, however, are not required or expected and will not be tolerated.

Course Delivery Method Lab

Learner Objectives

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

1. Understand the social and Psychological factors related to assaults and violation.
2. Draw the vulnerable spots of human body on the paper and explain them how they be affected by striking.
3. Demonstrate the following techniques:
 - a. Three defensive and offensive stances
 - b. Application of kicks and punches (Counterattacks)
 - c. Escapes from grip and hold
 - d. Escapes from the back
 - e. Three chokes and three arm locks
 - f. Intermediate level of rolling and falling techniques

Required Text None

Handouts to be given as necessary

Course Evaluation

Lab Exercises (15%)
Quizzes (15%) – Three pop quizzes covering material taught in class
Midterm Exam (20%) – Written (5%) and practical (15%)
Final Exam (50%) – Written (10%) and practical (40%)

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 self-defense skills. In the case of the final, it also allows for individual skills evaluation and grading in-class.

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	

Course 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. Long sweat pants or any martial arts uniform pants are recommended; however, shorts may also be worn. Students may wear a short or long sleeved t-shirt.
4. 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.
5. Consistent attendance is necessary to develop minimum acceptable performance.

Professional Dispositions 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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to

<http://coursessupport.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/>).
- 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/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

COURSE OUTLINE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Oct	18	Introduction; discuss about class rules, safety issues, and social and psychological factors related to the all kinds of assaults.	
T H	Oct	20	Fundamental striking techniques	
T	Oct	25	Defensive Standing Positions and offensive Positions	
T H	Oct	27	Application of kicks and punches with kicking paddle.	
T	Nov	1	Escaping from assaults with weapon	
T H	Nov	3	Counterattack toward vulnerable points.	
T	Nov	8	Escaping the Mount	
T H	Nov	10	Striking techniques	
T	Nov	15	Counterattack toward vulnerable points.	
T H	Nov	17	Submissions from Guard	
T	Nov	22	Submissions from Cross Body and mount	
T H	Nov	24	NO CLASS THANKSGIVING	
T	Nov	29	Passing the Guard	
T H	Dec	1	Kicking and punching combination	
T	Dec	6	Escaping from holding body	
T H	Dec	8	Submissions from Guard and cross	
T	Dec	13	FINAL EXAM	

Faculty reserves the right to adjust schedule as needed with notice to students

