

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 107 (001) – Krav Maga: Intermediate (1)
1 Credit, Spring 2019
MW 1:30 – 2:45pm (3/18 – 5/6) / RAC (Martial Arts Room) – Fairfax
Campus

Faculty

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Prerequisites/Corequisites

RECR 106, Krav Maga: Introduction or Permission of Instructor

University Catalog Course Description

Continues training in Krav Maga skills for experienced students. Explores multiple opponents, defending third parties, decision-making skills, defending against weapons and fight strategy.

Course Overview

This course is delivered Face-to-face and is primarily physical in nature. Lectures will include topics such as “safety in training”, “principles of Krav Maga techniques”, and “basics of 3rd party protection”. Students will practice striking and self-defense techniques in response to specific threats and attacks. Warm-ups include functional games and drills relevant to the session which help to create understanding and preparation for Krav Maga techniques and learning material, enhance specific mental capabilities, and improve physical skills.

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 required.
- Required equipment – 16oz boxing gloves (14oz or 12oz are acceptable for women), shin

guards, foam knife. Required equipment can be purchased from instructor.

Course Delivery Method

This is an activity based course.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. State and apply the principles of multiple opponent theory
2. Demonstrate the ability to use and defend against improvised weapons.
3. Exhibit proper decision-making when under less than optimal conditions.
4. Apply defenses and techniques in scenarios involving multiple opponents and protecting a 3rd party.
5. Demonstrate the ability to apply basic fight strategy.
6. Demonstrate the ability to perform advanced striking and self-defense techniques under the following undesirable conditions:
 - a. Stress
 - b. Fatigue
 - c. Environmental constraints

Professional Standards N/A

Required Texts: None

Recommended: Imi Sde-Or (2001), Krav Maga: How to Defend Yourself Against Armed Assault, Berkeley, CA: Frog, Ltd.

*Handouts will be provided by the instructor at the first class meeting.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

• Assignments and Examinations

The “practicum” 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 knife attacks, handgun threats, multiple opponents and third-party protection. Skill demonstration will be done individually and/or in partnership. The “practicum” exam may also be assessed during light sparring at the end of the semester.

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

• Other Requirements

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. Absences are only excused with a doctor's note. Phone calls, emails, and texts do not excuse an absence. Doctor's note must be presented immediately upon return to class or scanned and emailed to the instructor by the next class.

- **Course Performance Evaluation Weighting**

This course will be graded on a point system, with a total of 115 possible points.

Requirements:

	Points
Attendance and Participation	75
Mid-term Exam (practical/written)	20 (15/5)
Final Exam (practical/written)	20 (15/5)
TOTAL	115

- **Grading Policies**

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	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Course Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
	Week 1	Review of Releases & Strikes from Introduction to Krav Maga Course	Handouts from Instructor, Krav Maga Chapter 14
	Week 2	Strike Defenses/Developing the Fighter Mentality	Krav Maga Chapters 11 & 12
	Week 3	Dealing with Knife Attacks and Handgun Threats	Krav Maga Chapters 1, 2, & 4

	Week 4		Mid-term Examination, Using & Defending Common Objects in Self-Defense	Handouts from Instructor
	Week 5		Introduction to Multiple Opponents, Protecting a Third Party	Handouts from Instructor
	Week 6		Intermediate Ground Fighting	Handouts from Instructor
	Week 7		Fight Strategy/Light Sparring	
	Week 8		Review of weeks 1-6, Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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 Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- 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 silence all sound emitting devices 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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