

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

RECR 107 (001) – Krav Maga: Intermediate (1)  
1 Credit, Spring 2023  
MW 1:30 – 2:45pm (3/20 – May 7)  
RAC (Martial Arts Room) – Fairfax Campus

**Faculty**

Name: Nicolas Masi  
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Office location: RAC  
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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 3<sup>rd</sup> 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 3<sup>rd</sup> 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)
<b>TOTAL</b>	<b>115</b>

- **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 <https://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 <https://ds.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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

### **How can students access **TimelyCare**?**

Students can go to [timelycare.com/gmu](https://timelycare.com/gmu) or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

**Who can use **TimelyCare**?** Any enrolled Mason student.

### **What services are available?**

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by

referral from CAPS, Student Health Services, or a **TimelyCare** counselor.

- **Self-Care Content:** Yoga and meditation sessions and group conversations

**How much does a **TimelyCare** visit cost?**

**TimelyCare** services are available at no cost to students.