I. Catalog Description and Credit Hours: Basic and advanced self defense movements and techniques. (1)

II. Prerequisites: None

III. Course Objectives: Upon completion of the course the student will:
A. Develop proficiency in psychomotor domain through arts of self-defense training
B. Demonstrate skill in basic and/or advanced self-defense techniques
C. Develop an attitude of proper respect toward arts of self-defense
D. Practice professional ethics in dealing with other people
E. Understand and appreciate the importance of participation in physical activity
F. Create an atmosphere of respect, collaboration, obedience of rules, and a sense of fair play.

IV. Expectations of Students: Students will:
A. actively participate during each class period
B. perform the self-defense skills correctly
C. complete all assignments and examinations
D. demonstrate good sportsmanship

V. Course Content:

<table>
<thead>
<tr>
<th>A. Basic movement</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. warm-up and conditioning exercises</td>
<td>3</td>
</tr>
<tr>
<td>2. purpose and methods of breakfalls</td>
<td></td>
</tr>
<tr>
<td>3. basic posture</td>
<td></td>
</tr>
<tr>
<td>4. balance</td>
<td></td>
</tr>
<tr>
<td>5. form exercises</td>
<td></td>
</tr>
</tbody>
</table>

B. Fundamental blocks, punches, and kicks 4

C. Application of fundamental blocks, punches, and kicks 4

D. Basic self-defense techniques 3

E. Counter attack and combination of attack 12
   1. against punches
   2. against kicks
   3. against holdings
   4. against knife

F. Throwing techniques 4

Total 30

VI. Textbook: None

VII. Basis for Student Evaluation:
A. Skill tests 70%
B. Written tests 20%
C. Participation in class activities 10%

100%