



Course Outline

2026-2027 Catalog

KIN 73 - Self Defense

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the basic skills and knowledge of self defense against physical assault. Emphasis will be placed on the basic techniques of anticipating, avoiding, and protecting oneself from physical attack. Students will also develop a consciousness and knowledge about the legal aspects of self defense.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate the basic skills of self defense.
2. identify self defense skills against physical assault.
3. recognize and apply different self defense techniques for both standing and ground fighting.
4. list the benefits of self defense skills.
5. explain their legal rights when using self defense methods.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Orientation		2.00
Violence in Society		2.00
Legal Aspects		2.00
Anticipating a Physical Attack		5.00
Avoiding a Physical Attack		8.50
Non-violent Defenses		10.50
Physical Defenses		10.50
Defenses Against Weapons		10.50
Total Hours:		0.00 51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations
- E. Drill/Practical

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read an article about the best techniques against the armed and unarmed attacker. Be prepared to discuss in class.
2. Review two case studies that are specific to self defense and the legal aspects of the case. Write a summary of the case findings.

Writing Assignments

1. Maintain a semester long journal monitoring your progress in self defense skills.
2. Select one of the top ten most violent cities in the U.S. and report on the most common offenses of that city.

Out-of-Class Assignments

1. Visit a variety of entertainment venues in your community and take note of the security measures being used at each. Write a short summary of your findings.
2. Visit a martial arts studio and observe instruction. Identify the self defense techniques used in a short write.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide athletic apparel and athletic shoes. Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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