

# PHED 155: Self Defense for Men

## R.A.D Systems Basic Physical Defense for Men

Montgomery College, Rockville Campus

Professor:

### REQUIRED TEXTS

*Basic Physical Defense for Men Participant Manual*, by R.A.D Systems (2005).

Weisinger, Hendrie. (1985). **Dr. Weisinger's Anger Workout Book: Step-by-Step Methods for Greater Productivity, Better Relationships, Healthier Life.** Quill, New York.

### COURSE DESCRIPTION AND OBJECTIVES

An introduction to basic self-defense skills. The course includes an exploration of escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. The course will also examine male violence prevention, managing anger, and communication principles in confrontational situations. Finally, fitness principles, such as strength, flexibility, and cardiovascular fitness, will be addressed, particularly in regard to the impact of personal fitness on one's ability to perform the self-defense skills presented in the class. *Assessment Level(s): AELW 940/ELAI 990/ENGL 002, READ 120. Two hours each week. Formerly PE 172.*

The course is designed to be an introduction to men's basic self-defense and to provide responsible information and tactical options of self defense for men who find themselves in confrontational situations. Upon course completion, a student will be able to:

- Describe the widespread occurrence of violence and how race, age, or socioeconomic status does not limit such violence.
- Identify local organizations that deal in violence prevention and crisis management.
- Identify common myths and misconceptions regarding rape and violence against women and explain how such myths may interfere with violence prevention.
- Differentiate among self-confidence, assertiveness, and aggressiveness.
- Examine daily behaviors and explain how such behaviors impact personal safety.
- Identify personal strengths and physical limitations regarding safety and self-defense.
- Identify personal weapons and demonstrate defensive skills using these weapons.
- Identify vulnerable locations on an assailant and suggest defensive skills to attack these locations.
- Demonstrate and perform the defensive skills in the Resisting Aggression with Defense for Men program

#### Class Dates

The last day to drop this class and receive a refund is \_\_\_\_\_. Last day to drop with no grade or switch credit to audit or audit to credit is September 24, 2018 (students registered for the class who never attend will be dropped on this date). The last day to withdraw from this class with a grade of "W" is \_\_\_\_\_

## REQUIREMENTS

- Read the R.A.D. for Men Participant Manual
- Read **Dr. Weisinger's Anger Workout Book: Step-by-Step Methods for Greater Productivity, Better Relationships, Healthier Life**
- 8 Reaction Papers based on questions in the syllabus about the reading
- 4 Web Research Papers based on questions in the syllabus
- 3 Online Library Tutorials submitted to the Library for evaluation
- Actively participation in class exercises, role-plays, and discussions
- Written exam on the self-defense concepts covered in class and in the Participant Manual
- Proficiency exam demonstrating the Base Component Techniques/Strategies in the R.A.D. for Men Program.
- Attendance at the class simulation exercises/drills

## ABOUT YOUR INSTRUCTOR

Anthony is a professor/distance education counselor in the Counseling & Advising department at the Germantown campus. He has been a certified R.A.D. Systems Women's self-defense instructor since 1999. Anthony is also a staff instructor in the R.A.D. for Men Systems (Resisting Aggression with Defense for Men) and holds certifications to teach Basic and Advanced Rape Aggression Defense Options, Keychain Defense Options, Aerosol Defense Options, R.A.D. Systems Education on Domestic Violence, and Weapons Defense Options.

## OFFICE HOURS

Anthony can be available before or after class upon student's request. Anthony's office is located in the Science and Applied Studies Building, Room #244 on the Germantown campus. He is in the Counseling & Advising office by appointment using the Starfish system on MyMC. You are welcome to stop by with questions or concerns, but please know that he has various appointments (advising, counseling, consultation and programming) with students and college meetings that take him out of the office. **To ensure your ability to meet with him, schedule an appointment using Starfish. You can also reach him at 240 – 567-1997 or e-mail him at [anthony.solano@montgomerycollege.edu](mailto:anthony.solano@montgomerycollege.edu).**

## COMPONENTS OF THE FINAL GRADE

### Grading Scale

|   |              |                 |
|---|--------------|-----------------|
| A | 90% - 100%   | 180pts – 200pts |
| B | 80% - 89%    | 160pts – 179pts |
| C | 70%- 79%     | 140pts – 159pts |
| D | 60% - 69%    | 120pts – 139pts |
| F | 59% or below | 119pts or below |

### Requirements:

|  |         |       |
|--|---------|-------|
| Participation/ Attendance                | (60pts) | 30%   |
| Online Library Tutorials, total of three | (10pts) | 5%    |
| Reaction Papers, 5pts each               | (40pts) | 20%   |
| Web Research Papers, 8pts each           | (32pts) | 15%   |
| Mid Term Exam                            | (25pts) | 12.5% |
| Proficiency Exam                         | (25pts) | 12.5% |
| Simulation Exercises/Drills Attendance   | (10pts) | 5%    |

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200 pts      100%

## Class Assignments

All submitted assignments **must be typed**. Any work that is more than one page **must be stapled**. All work will be graded based on content, as well as any major grammar errors. All assignments must be turned in at the beginning of the class in which they are due. NO excuses or exceptions. If a student forgets an assignment at home, or shows up more than 15 minutes late to class, the assignment may be accepted up until midnight on the day it is due, a possible 50% of the points for that assignment may be deducted by the instructor.

## Blackboard Use in this class

A Blackboard site is available to all students in this class and can be viewed through MyMC. All assignments can be submitted through the Blackboard site and the class gradebook will be available on the Blackboard site throughout the semester. Due to the attendance/participation point structure of this class and the possibility of weather related and unforeseen class cancellations, there will be times where quizzes will also be made available to students on the Blackboard class site. Students will be emailed regarding the availability of quizzes in the case class cancelations.

### On-line Library Tutorials (10 total points)

Students should go to the MC Library Website (<http://www.montgomerycollege.edu/library/welcomemenu.htm>) and complete the following library tutorials:

1. [Academic Integrity & Avoiding Plagiarism](#)
2. [APA Citations](#)
3. [Finding Articles](#)

Students must enter the correct instructor information (instructor's name and e-mail address) so that completed tutorials and scores will be sent to the instructor. Students will receive three points for each tutorial with a score of 70% or above and one point for completing all three tutorials.

**Reaction Papers (5 points each):** Students will complete 8 reaction papers during the semester. Each paper corresponds to the numbers below. In each reaction paper, students will discuss at least one question (could be all the questions for that particular reaction paper) using at least two detailed personal examples and any relevant material from the Weisinger text.

- #1: How many times did you get angry in the last 7 days? What caused you to get angry? Which emotional components (pg. 22) do you notice when you get angry? What somatic disturbances (pg. 26) do you notice when you are angry?
- #2: How do you know when your anger is valid (pg.36)? Is your anger ever a problem? (pg.39) Do you ever take time outs? (pg.44)
- #3: What does your body say to you when you are angry? (pg.51) Which of the three anger styles do you use? (pg.78) Which blocking gambit(s) provoke you? (pg.81)
- #4: What is your relaxation response? (pg.88) What provokes your anger? (pg.98) What are your most common expectations (pg.105) of others? Who is on your "A" team (pg.112) and why?
- #5: Pick one of your problems and apply the S.O.L.V.E technique (pg.121) to it. Which of the anger library (pg.129) do you use or not use and why?
- #6: How do you listen to your anger in relationships (pg.139) so it does not escalate? What past anger still affects you (pg.149) and what have you learned about making it pass?
- #7: Has your anger ever been provoked at work? If so, which of the three essential job skills (pg. 169) do you use? Have you ever had to separate anger communication (pg.197) from sexual communication? Do these expressions also help you express positive feelings?
- #8: What have you learned about anger in this class? What are your self-provocations? (pg. 203) Which anger workouts (pg. 218) are you going to use after the conclusion of the class?

**Each reaction paper should be AT LEAST 1 page in length.** A title page is NOT needed for your reaction papers. **Reaction papers should be typed in 12 point font or smaller, double spaced with 1-inch margins.** Papers will be graded on quality of content as well as any major grammar and spelling errors. ***Students should proof read their work before submitting it for grading.*** Papers not meeting these specifications may lose up to 2 points.

**Web Research Papers (8 points each):** Students will complete 4 web research papers during the semester. Each paper corresponds to the numbers below. In each web research paper students will **identify 4 informational websites and their web addresses** (4 points) **AND write a paragraph** (at least 4 sentences) **describing how the website relates to topic and the information that can be found at each site** (4 points). **Please include if you found the information valuable? Why or Why not?**

- #1: List four websites that describe the widespread occurrence of violence against women, and how race, age or socioeconomic status does not limit such violence. Briefly describe the information that can be found at each site and how the information would be useful to you.
- #2: List the websites of two local organizations (Montgomery County, MD, DC, or VA) and two national organizations that deal in violence prevention and crisis management and briefly describe the information that can be found at each site and how the information would be useful to you.
- #3: List four websites that describe common myths and misconceptions regarding rape and violence against women, and explain how such myths may interfere with violence prevention. Briefly describe the information that can be found at each site and how the information would be useful to you.
- #4: List four websites that provides information on how to differentiate between self-confidence, assertiveness and aggressiveness. Briefly describe the information that can be found at each site and how the information would be useful to you.

**Active Participation and Attendance (60 points):** The participation grade is based upon effort/intensity, the students' willingness to diligently practice skills and concepts discussed in class, and oral contribution. The maximum score a student can earn for the participation grade is also directly influenced by attendance in class. Attendance and participation in an activity class count toward your final grade. *As our class progresses each week with new skills and information, attendance is very important.*

Participation points are earned by attending and participating in each class. Students who meet these criteria will earn 4 points for attending each class. Students who miss the first day of class may be dropped from the class. Students that miss four classes or more may receive an "F" for the semester. An attendance sheet will available in the classroom each class session. Students are expected to sign in on the sheet EACH class. Failure to sign in on any individual day will result in the loss of the 4 active participation and attendance points for the class session. Signing in after 2pm on any individual day will result in the loss of the 1 attendance point for lateness.

All students should inform the instructor of any injury, illness, or condition that may impair or prevent safe participation. Students who are 'under the weather' (not seriously ill or contagious) or injured can still attend class and receive participation points (students may watch physical skills from outside the circle).

### **Mid Term Exam (25 points)**

A written exam on the self-defense concepts covered in class and in the R.A.D. Systems Participant Manual. The exam may consist of multiple choice, true/false, matching, fill in the blanks, and short answer questions. Exams will cover all of the material that is presented and assigned from the text as well as information provided in class.

No makeup exams will be given. In case of an emergency, you must contact the professor BEFORE the exam. IN the event of an emergency, appropriate documentation (traffic accident report, emergency room visit notice for THAT day, etc...) must be provided in order to take a make-up of the exam.

In the event that a student must take an exam in the Testing Center, an appointment to do so must be made one (1) week before the exam is to be administered. This will ensure that the student can sit for the exam at the desired time. Students are also required to inform the instructor of the time of their appointment for the exam 48 hours in advance.

### **Proficiency Exam (25 points)**

The technique proficiency exam covers the 24 base component techniques/strategies in the R.A.D. for Men Program. The student must demonstrate minimal proficiency in the 24 base component techniques/strategies in the R.A.D. for Men Program to achieve full points.

### **Simulation Participation (10 points)**

Students will receive 10 points simply for attending the simulation, regardless of their performance. The simulation is an excellent way to practice your skills and strengthen your readiness to face psychological and physical challenges. Students must stay for the entire simulation to receive points for this assignment.

## Attendance Policy

A student missing a class for **ANY** reason is an absence. This is the College policy stated in the [Montgomery College Academic Regulations](#) (Academic Regulation 9.823).

- *Students registered for the class who miss the first class meeting may be dropped from the class. Students that do not sign the daily attendance sheet will be considered absent from class.*
- *Arrival between 2:01pm and 2:04pm may result in the loss participation points. Any student arriving after 2:04pm may be considered absent for that class.*
- *Attendance in class does not guarantee full participation points. After factoring in attendance, participation points will be awarded based upon quality of participation (effort level, oral contribution, respect for classmates and professor, willingness to work in groups, efficient use of practice time and class preparedness).*
- *The instructor may grant points for absences based on receiving an e-mail, phone call, or note **prior** to the class. The instructor may also grant points for absences **after** the class meeting based on receiving an e-mail, phone call, or note after the class and/or a conversation with the instructor.*

## Late Policy

Class begins at 2pm. It is disruptive when students arrive late. While I would prefer that you arrive on time, I realize that being late is occasionally unavoidable. Arrival after 8am may result in the loss participation points. Leaving class early may also affect participation points for this course.

## Make Up Policy:

Students are responsible for obtaining the information they may miss due to absences from a classmate. If you know that you will be missing an exam ahead of time, you must speak with me at least one week before the exam. If you do not speak with me, no make-up will be given. If an emergency occurs, you **must** contact me within 24 hours of the exam. You must have documentation for your absence (car repair bill, traffic ticket, emergency room visit). No make-up will be given without the proper documentation.

## Audit Policy

Students auditing the course will be held to the same attendance, skills analysis, and simulation standards as the credit students. Auditing students will not be required to complete the exam, reaction papers, or research project. However, students auditing the class are ALWAYS encouraged to complete this work, as it will enhance the learning process.

## Use of Technology during Class

Turn off cell phones, MP3 players, beepers and all other electronic devices prior to class. Students are not allowed to use these electronic devices during class time. Students who using these devices during class time will be asked to leave the classroom for the remainder of the class period (this includes phones that ring or vibrate during the class period).

## Cancellation of Classes

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>. If classes are cancelled for any reason, you should continue to follow the schedule provided in the syllabus. If there will be any changes in the schedule it will be announced in class, or via e-mail.

If inclement weather forces the College or any campus or College facility to suspend classes or close, announcements will be provided as early as possible. **IF THE COLLEGE OPENS AFTER 8:30AM, class is cancelled for that day.** Unless you see an announcement on the [www.montgomerycollege.edu](http://www.montgomerycollege.edu) website that classes are cancelled or the College is closed, you should assume that classes will be held. The following radio and television stations usually broadcast information about College closings: WAMU (88.5 FM); WETA (90.0 FM); WMAL (630 AM); WINX (1600 AM); WRC (980 AM); Channels 4, 7, 9 TV. You should always check the MC web page at [www.montgomerycollege.edu](http://www.montgomerycollege.edu)

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery College ALERT. Registration information is available at [www.montgomerycollege.edu/emergency](http://www.montgomerycollege.edu/emergency)

If a class session is cancelled by the professor, students will be notified by email and directed to the class Blackboard site to complete a quiz that will substitute for the attendance and participation points for the class session.

## **Dress Code**

To earn participation points for each class period, students must abide by the dress code. Students who do not dress appropriately for class will not be permitted to participate and will be marked as absent.

All participants must wear comfortable athletic shorts/pants, shirts, socks, and shoes. No open-toe shoes are permitted. Shoes must also be appropriate for the floor surface. The instructor reserves the right to ask students to change shoes that may cause injury or damage the floor. Students may also wish to bring towels for class and for a shower after class.

In order to keep all participants as safe as possible, no clothing or jewelry will be permitted which can interfere with your ability to move and exercise or harm another student/ equipment. This includes large dangling earrings, chains /necklaces that are not covered by clothing, belts, black sole shoes, non-athletic shoes, shorts with cargo pockets, shorts which cannot remain near the waist and any clothing with zippers that impart movement. The professor reserves the right to judge the safety of any clothing or shoes and may request that the student find more appropriate exercise attire.

## **Classroom Conduct**

The College seeks to provide an environment where discussion and expression of all views relevant to the subject matter of the class are recognized as necessary to the educational process. However, students do not have the right to interfere with the freedom of the faculty to teach or the rights of other students to learn. The only persons allowed in a classroom, other than those enrolled in the course, are appropriate support persons, such as interpreters, readers, and/or scribes, who have been authorized by DSS. Persons enrolled in a course may take notes for a student with a disability; all other functions must be authorized by DSS.

**In addition to the requirements listed in the Student Code of Conduct found in the student handbook, the following behaviors *will not be tolerated in class*:**

- Eating or drinking in class (other than water)
- Threatening speech behavior or tone directed at professor or fellow students
- Profanity or name calling directed at professor or fellow students
- Getting out of your seat during class discussion unless otherwise directed
- Interrupting professor or fellow students during lecture or class discussion
- Refusal to relinquish the floor when directed by professor
- Leaving and reentering the room while class is in session
- Extraneous conversation during lecture or other class activities
- Use of cell phones, pagers, or other electronic devices during class. Please turn off your cell phone before entering class.
- Refusal to leave class if directed by the professor

All inappropriate behaviors will be reported to the department chair and the dean of students so that an appropriate response can be made. It is each student's responsibility to express opinions and act respectfully without infringing on the safety or rights of others.

## **Veteran Support Services**

*If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College website at [www.montgomerycollege.edu/combat2college](http://www.montgomerycollege.edu/combat2college) and/or contact Joanna Starling at 240-567-7103 or [Joanna.starling@montgomerycollege.edu](mailto:Joanna.starling@montgomerycollege.edu)*

## **Important Student Information Link**

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (<http://cms.montgomerycollege.edu/mcsyllabus/>) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information.

The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran

services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes.

If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies. <http://cms.montgomerycollege.edu/mcsyllabus/>

## Additional Course Information

### Locker Rooms

There are locker rooms available for students to change from their street clothing to workout attire. **Students should change in the locker room, and not in the classroom.** Students may not leave any personal items in the lockers overnight. Students may bring a lock for use during class. However, students are encouraged to bring all valuables with them to class rather than leave them in the locker rooms. Thefts occur each semester from the locker room lockers.

### E-Mail

Student e-mail (montgomerycollege.edu) is an **official means of communication** for the College. It is expected that you check your student e-mail regularly and frequently, as you are responsible for information and announcements that will be sent to you from the College. **IMPORTANT:** E-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications. E-mails will be answered within 48 hours during week days. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

If you contact me through e-mail, you should use your student e-mail account (rather than a yahoo or hotmail account) so that I can recognize you as a student.

**E-mail of assignments:** Students have occasionally said, "But I e-mailed it to you!" when they receive 0 points for an assignment. **In order to uphold student integrity when turning in assignments by e-mail, the following standards will apply to assignment submission.** If you are e-mailing an assignment, make sure you are e-mailing it from an account that you check frequently.

*After you e-mail your assignment, do NOT assume that it was received unless you get an e-mail confirmation from the instructor. Your instructor will e-mail you with a message that states, "Received" if indeed the instructor receives your work on time.*

***If you do not get that message before the assignment is DUE, call your instructor immediately to discuss possible technological problems that might have prevented reception of your work.*** If you return several days later and say, "Did you get my assignment? I e-mailed it to you the day it was due," there will be NOTHING that can be done. The assignment will be considered late. Technology is of great assistance in the academic learning process, but it also fosters dishonesty in some who misuse it. This policy is an attempt to uphold integrity at MC. Therefore, you cannot assume your assignments have been received unless you get a voice or e-mail confirmation.

**All students should check their e-mail accounts with the College via MyMC EVERYDAY. This will allow all professors to contact you regarding cancelled classes, missed assignments etc. Your address e-mail address is your MyMC ID@montgomerycollege.edu and can be checked by signing onto MyMC and clicking E-Mail in the upper right corner.** Please contact the [IThelpdesk@montgomerycollege.edu](mailto:IThelpdesk@montgomerycollege.edu) or at 240-567-7222 if you have any problems.



## CLASS SCHEDULE

| Topics to be covered  | Reading for Class   | Assignment Due                                     |
|---|---|--|
| Administrative Paperwork<br>Safety Precautions and Expectations<br>Introduction of Instructor(s)<br>R.A.D. Objective<br>Statistical Problem<br>Self Defense and the Law<br>Basic Principles of Defense<br>Stances <ul style="list-style-type: none"> <li>• Communication Stance</li> <li>• Defensive Stance</li> <li>• Movement</li> </ul>  |   |  |
| Awareness<br>Statistical Problem<br>Decision to Resist<br>The “Risks” of Personal Safety<br>Warm Up and Stretch<br>Review Stances/Movement<br>New Techniques <ul style="list-style-type: none"> <li>• Redirection Block</li> <li>• Balance Displacement</li> </ul> Cool Down and Debrief  | <b>R.A.D Basic Manual<br/>           Pages 1 - 12, 33-42</b><br><br><b><i>Weisinger, 1-33</i></b> | <b>Web Research<br/>           Paper #1</b>        |
| Media & Gender<br>Recognition<br>Risk Reduction Strategies<br>Defensive Philosophy<br>Warm Up and Stretch<br>Review of Techniques<br>New Techniques <ul style="list-style-type: none"> <li>▪ High Blocks</li> <li>▪ Middle Blocks</li> </ul> Dynamic Impact Drills<br>Cool Down and Debrief   | <b>R.A.D Basic Manual<br/>           Pages 33-45</b><br><br><b><i>Weisinger, 35-49</i></b>        | <b><i>Reaction<br/>           Paper #1</i></b>     |
| Self Defense and the Law<br>Basic Principles of Defense<br>Weapons and Targets of the Body<br>Principles of Striking<br>Offensive and Defensive Postures<br>Warm Up and Stretch<br>Review of Techniques<br>New Techniques <ul style="list-style-type: none"> <li>▪ Finger Jabs (Offside/Dominant Side)</li> <li>▪ Palm Strike (Offside/Dominant Side)</li> <li>▪ Striking with Fist</li> <li>▪ Forearm to Head</li> <li>▪ Forearm to Torso</li> </ul> Cool Down and Debrief | <b>R.A.D Basic Manual<br/>           Pages 46 – 52</b><br><br><b><i>Weisinger, 51-69</i></b>      | <b><i>Web Research<br/>           Paper #2</i></b> |
| Men’s Health and Self Defense   | <b>R.A.D Basic Manual<br/>           Pages 46 – 66</b><br><br><b><i>Weisinger, 70-86</i></b>      | <b><i>Reaction<br/>           Paper #2</i></b>     |
| Avoidance<br>Alcohol, Drugs, and Self Defense<br>Warm Up and Stretch<br>Review of Techniques<br>New Techniques <ul style="list-style-type: none"> <li>• Head Butt</li> <li>• Knee Strike</li> </ul> Cool Down and Debrief   | <b>R.A.D Basic Manual<br/>           Pages 53 – 66</b>  | <b><i>Web Research<br/>           Paper #3</i></b> |



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|---|---|--|
| <b>Mid Term Exam</b>  | <b>R.A.D Basic Manual<br/>Pages 46 – 66</b><br><br><b>Weisinger, 87-103</b> | <b>Complete Online<br/>Library Tutorials</b> |
| Reduction/Men and Violence Prevention<br>Dating & Self Defense<br>Warm Up and Stretch<br>Review of Techniques<br>New Techniques <ul style="list-style-type: none"> <li>• Head Butt</li> <li>• Knee Strike</li> </ul> Cool Down and Debrief  | <b>Weisinger, 118-128</b>   | <b>Reaction<br/>Paper #3</b>                 |
| Warm Up and Stretch<br>Review of Techniques New Techniques <ul style="list-style-type: none"> <li>• Straight Kick</li> <li>• Shin Kick</li> <li>• Side Stomp Kick</li> </ul> Cool Down and Debrief  | <b>Weisinger, 128-137</b>   | <b>Web Research<br/>Paper #4</b>             |
| Working Through Anger<br>Developing a Defensive Mindset<br>Maintaining the Defensive Edge<br>Lifetime Practice Policy<br>Warm Up and Stretch<br>Review of Techniques<br>New Techniques <ul style="list-style-type: none"> <li>• Ground Defense</li> <li>• Getting to Feet</li> </ul> Dynamic Impact Drills<br>Cool Down and Debrief | <b>Weisinger, 138-156</b>   | <b>Reaction<br/>Paper #4</b>                 |
| Communication Styles<br>Aggressive versus Assertive<br>Challenging Sexism<br>Relationships & Self Defense   | <b>Weisinger, 157-178</b>   | <b>Reaction<br/>Paper #5</b>                 |
| Warm Up and Stretch<br>Review of Techniques<br>New Techniques <ul style="list-style-type: none"> <li>• Weapons Defense Options</li> </ul> Dynamic Impact Drills<br>Cool Down and Debrief  |   | <b>Reaction<br/>Paper #6</b>                 |
| Warm Up and Stretch<br>Review of Techniques<br>Dynamic Impact Drills<br>Cool Down and Debrief   |   | <b>Reaction<br/>Paper #7</b>                 |

|   |  |                              |
|---|--|------------------------------|
| Warm Up and Stretch<br><b>Simulation Exercises/Drills</b>   |  | <b>Reaction<br/>Paper #8</b> |
| <b>Exam Week<br/>Proficiency Exams,<br/>2:45PM – 4:45PM</b> |  |                              |

**Note: Skills will be taught as close to the above dates as the classes' skill progression allows.**

## Course Extra Credit

### Course Evaluations (5 extra credit points)

Course evaluations are an important tool for helping faculty and administrators improve teaching, course content, and student learning. This semester's course evaluations will be conducted online using the college's Blackboard system. Students will be provided a link to access the electronic course evaluation in Blackboard, click on the link provided in the evaluation during the last two weeks of class.

The student's name is not attached to any feedback submitted through Blackboard and is provided to instructors with the entire classes' feedback a month after the conclusion of the class.

Once the evaluation is completed, students can print the Blackboard screen which indicates they have submitted the evaluation. ***Students will receive 5 bonus points towards their final class point total, if the professor receives a print out of the Blackboard screen before the conclusion of the class final exam period. This print out must have the students name and verification that the class evaluation has been completed.***

*This document is subject to revision throughout the semester (College closures and cancelled classes may require syllabus revisions)*