

5. Name and apply self-defense techniques.

- 5. Straight kick
- 6. Roundhouse kick

- E. Defense against
- 1. Knife
 - 2. Club
 - 3. Grab
 - 4. Throws
 - 5. Submission holds

VII. MATERIALS AND EQUIPMENT

- 1. Punching mitts
- 2. Kicking pads
- 3. Practice knives
- 4. Sparring equipments
 - a. Vest
 - b. Headgear
 - c. Gloves
 - d. Kicks

VIII. TEXTS AND REFERENCES:

- 1. Handouts

IX. METHOD OF INSTRUCTION

- 1. Lab
- 2. Demonstration
- 3. Application
- 4. Audio/Visual aids

X. METHOD OF EVALUATION

Final grades will be computed from total points to letter grades as follows:

Midterm Test -----	40%
Final Test -----	40%
Attendance and Participation -----	20%
 Total -----	 100%

Transmutation of percent to letter-grade is as follows:

90 – 100%	A
80 – 89%	B
70 – 79%	C
65 – 69%	D
0 – 64%	F

**Palau Community College
CJ 200 Self-Defense I
Course Learning Outcomes**

During the course experience, the course learning outcomes (CLOs) will be assessed through the use of signature assignments. A rating scale will be used to determine the students' proficiency level of each CLO using specifically aligned assignments. The numerical ratings of 4, 3, 2 and 1 are not intended to represent the traditional school grading system of A, B, C, D and F. The descriptions associated with each of the numbers focus on the level of student performance for each of the course learning outcomes listed below.

- Rating Scale:**
- 4 – Exceeds Expectations
 - 3 – Meets Expectations
 - 2 – Developing
 - 1 – Below Expectations

CLO 1: At the completion of the course, students will be able to explain and demonstrate the difference between the “yin” and “yang” in self-defense.

Numerical Value	
4	<ol style="list-style-type: none"> 1. Explain the concepts of “yin” and “yang”. 2. Explain the difference between “yin” and “yang” in self-defense. 3. Demonstrate defensive strikes. 4. Demonstrate offensive strikes. <ul style="list-style-type: none"> ▪ Complete all 4 tasks with 90% or above accuracy.
3	<ul style="list-style-type: none"> ▪ Complete all 4 tasks with 70%-89% accuracy.
2	<ul style="list-style-type: none"> ▪ Complete all 4 tasks with 65%-69% accuracy.
1	<ul style="list-style-type: none"> ▪ Complete all 4 tasks with 64% or below accuracy.

CLO 2: At the completion of the course, students will be able to demonstrate basic punching and kicking techniques.

Numerical Value	
4	<ol style="list-style-type: none"> 1. Demonstrate forward punch. 2. Demonstrate back punch. 3. Demonstrate reverse punch 4. Demonstrate high-, middle- and low-level punch 5. Demonstrate front leg front kick. 6. Demonstrate back leg back kick. 7. Demonstrate front leg side kick. 8. Demonstrate back leg side kick. <ul style="list-style-type: none"> ▪ Complete all 8 tasks with 90% or above accuracy.
3	<ul style="list-style-type: none"> ▪ Complete all 8 tasks with 70%-89% accuracy.

2	▪ Complete all 8 tasks with 65%-69% accuracy.
1	▪ Complete all 8 tasks with 64% or below accuracy.

CLO 3: At the completion of the course, students will be able to demonstrate basic grabbing and throwing techniques.

Numerical Value	
4	<ol style="list-style-type: none"> 1. Demonstrate different wrist throws. 2. Demonstrate different hip throws. 3. Demonstrate different leg and foot sweeps. <ul style="list-style-type: none"> ▪ Complete all 3 tasks with 90% or above accuracy.
3	▪ Complete all 3 tasks with 70%-89% accuracy.
2	▪ Complete all 3 tasks with 65%-69% accuracy.
1	▪ Complete all 3 tasks with 64% or below accuracy.

CLO 4: At the completion of the course, students will be able to demonstrate different striking techniques.

Numerical Value	
4	<ol style="list-style-type: none"> 1. Demonstrate defense against downward vertical strike. 2. Demonstrate defense against downward diagonal strike. 3. Demonstrate defense against horizontal strike. 4. Demonstrate defense against straight punch. 5. Demonstrate defense against straight kick. 6. Demonstrate defense against roundhouse kick <ul style="list-style-type: none"> ▪ Complete all 6 tasks with 90% and above accuracy.
3	▪ Complete all 6 tasks with 70%-89% accuracy.
2	▪ Complete all 6 tasks with 65%-69% accuracy.
1	▪ Complete all 6 tasks with 64% or below accuracy.

CLO 5: At the completion of the course, students will be able to demonstrate self-defense techniques.

Numerical Value	
4	<ol style="list-style-type: none"> 1. Demonstrate defense against a knife. 2. Demonstrate defense against a club 3. Demonstrate defense against a grab. 4. Demonstrate defense against a throw. 5. Demonstrate defense against a submission hold. <ul style="list-style-type: none"> ▪ Complete all 5 tasks with 90% and above accuracy.
3	▪ Complete all 5 tasks with 70%-89% accuracy.
2	▪ Complete all 5 tasks with 65%-69% accuracy.
1	▪ Complete all 5 tasks with 64% or below accuracy.

TASK LISTING SHEET

CJ200 SELF-DEFENSE I
Course No. & Title

Credits: 0 1 48
Lec. Lab Total Lab Hrs.

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| 1. OBJECTIVE # 1 | 8 hours |
| a. How to apply the “yin” and “yang” in self-defense | |
| b. Know when to be defensive and to be offensive | |
| c. Know when to strike and not strike an opponent | |
| d. Apply the concept of “yin” and “yang” effectively | |
| 2. OBJECTIVE # 2 | 12 hours |
| a. Front punch techniques | |
| b. Back punch techniques | |
| c. Front leg front-kick | |
| d. Back leg back-kick | |
| e. Front leg side-kick | |
| f. Back leg side-kick | |
| 3. OBJECTIVE # 3 | 12 hours |
| a. Wrist throws | |
| b. Hip throws | |
| c. Foot sweeps | |
| d. Leg sweeps | |
| 4. OBJECTIVE # 4 | 16 hours |
| a. Defending a straight knife attack | |
| b. Defending a club | |
| c. Defending a gun in a close range situation | |
| d. Defending a rear attack | |
| e. Defending a single grab attack | |
| f. Foot movements in self-defense | |
| g. Ground self-defense | |