



4. Demonstrate gun retention techniques.

D. Gun retention techniques

- 1. Holstered firearm
- 2. Unholstered firearm

5. Demonstrate disarming techniques.

E. Disarming techniques

- 1. Firearm

#### VI. MATERIALS AND EQUIPMENT

- 1. Practice knives
- 2. Practice guns
- 3. Practice clubs
- 4. Practice batons

#### VII. TEXTS:

- 1. Handouts

#### VIII. METHOD OF INSTRUCTION

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

#### IX. 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 201 Self-Defense II**  
**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 demonstrate counterattack moves.

Numerical Value	
4	<ol style="list-style-type: none"> <li>1. Demonstrate counterattack against multiple strikes.</li> <li>2. Demonstrate counterattack against combination strikes.</li> <li>3. Counterattack against throws.</li> <li>4. Defending attacks against a third person.</li> </ol> <ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with good angling, proper distancing, solid form and smooth movement.</li> </ul>
3	<ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with good angling and proper distancing, solid form and choppy movements.</li> </ul>
2	<ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with good angling and proper distancing, incorrect form and choppy movements.</li> </ul>
1	<ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with incorrect angling, improper distancing, and incorrect form and movements.</li> </ul>

CLO 2: At the completion of the course, students will be able to demonstrate defensive maneuvers.

Numerical Value	
4	<ol style="list-style-type: none"> <li>1. Defense against chokes.</li> <li>2. Defense against holds.</li> <li>3. Defense against knife attacks using batons.</li> <li>4. Defense against club attacks using batons.</li> </ol> <ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with good angling, proper distancing, solid form and smooth movement.</li> </ul>
3	<ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with good angling and proper distancing, solid form and choppy movements.</li> </ul>
2	<ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with good angling and proper distancing, incorrect form and choppy movements.</li> </ul>
1	<ul style="list-style-type: none"> <li>▪ Complete all 4 tasks with incorrect angling, improper distancing, and incorrect form and</li> </ul>

movements.

CLO 3: At the completion of the course, students will be able to demonstrate defensive maneuvers against multiple attackers.

Numerical Value	
4	<ol style="list-style-type: none"><li>1. Demonstrate defenses against two attackers.</li><li>2. Demonstrate defenses against three attackers.</li></ol> <ul style="list-style-type: none"><li>▪ Complete all 2 tasks with good angling, proper distancing, solid form and smooth movement.</li></ul>
3	<ul style="list-style-type: none"><li>▪ Complete all 2 tasks with good angling and proper distancing, solid form and choppy movements.</li></ul>
2	<ul style="list-style-type: none"><li>▪ Complete all 2 tasks with good angling and proper distancing, incorrect form and choppy movements.</li></ul>
1	<ul style="list-style-type: none"><li>▪ Complete all 2 tasks with incorrect angling, improper distancing, and incorrect form and movements.</li></ul>

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

Numerical Value	
4	<ol style="list-style-type: none"><li>1. Demonstrate retention of holstered firearm.</li><li>2. Demonstrate retention of unholstered firearm</li></ol> <ul style="list-style-type: none"><li>▪ Complete all 2 tasks with good angling, proper distancing, solid form and smooth movement.</li></ul>
3	<ul style="list-style-type: none"><li>▪ Complete all 2 tasks with good angling and proper distancing, solid form and choppy movements.</li></ul>
2	<ul style="list-style-type: none"><li>▪ Complete all 2 tasks with good angling and proper distancing, incorrect form and choppy movements.</li></ul>
1	<ul style="list-style-type: none"><li>▪ Complete all 2 tasks with incorrect angling, improper distancing, and incorrect form and movements.</li></ul>

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

Numerical Value	
4	<ol style="list-style-type: none"><li>1. Demonstrate firearm disarming techniques.</li></ol> <ul style="list-style-type: none"><li>▪ Complete tasks with good angling, proper distancing, solid form and smooth movement.</li></ul>
3	<ul style="list-style-type: none"><li>▪ Complete tasks with good angling and proper distancing, solid form and choppy movements.</li></ul>
2	<ul style="list-style-type: none"><li>▪ Complete tasks with good angling and proper distancing, incorrect form and choppy movements.</li></ul>
1	<ul style="list-style-type: none"><li>▪ Complete tasks with incorrect angling, improper distancing, and incorrect form and movements.</li></ul>

**TASK LISTING SHEET**

CJ201 SELF-DEFENSE II  
Course No. & Title

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

TASK

OBJECTIVE #1 Demonstrate counterattack moves ..... 12 Hours

1. Counterattack against high level punch
2. Counterattack against middle level punch
3. Counterattack against low level punch
4. Counterattack against upper cut punch
5. Counterattack against round punch
6. Counterattack against front kick
7. Counterattack against roundhouse kick
8. Counterattack against side kick
9. Counterattack against hip throws
10. Counterattack against wrist throws

OBJECTIVE #2 Demonstrate defensive maneuvers ..... 15 Hours

1. Defense against frontal chokes
2. Defense against rear chokes
3. Defense against wrist holds
4. Defense against bear hugs
5. Defense against Turtle holds
6. Defense against frontal knife attack
7. Defense against horizontal knife attack
8. Defense against vertical knife attack
9. Defense against diagonal knife attack
10. Defense against horizontal club strike attack
11. Defense against vertical club strike attack
12. Defense against diagonal club strike attack

OBJECTIVE #3 Demonstrate defensive maneuvers against multiple attackers.....9 Hours

1. Dynamics And Strategies Of Defenses Against Multiple Attackers
2. Defense against two attackers
3. Defense against three or more attackers

OBJECTIVE #4 Demonstrate gun retention techniques ..... 6 Hours

1. Principles of grappling with a gun
2. Holstered gun retention techniques
3. Unholstered gun retention techniques

OBJECTIVE #5 Demonstrate disarming techniques ..... 6 Hours

1. Disarming an attacker armed with a knife
2. Disarming an attacker armed with a club
3. Defense against gun hold-ups
4. Disarming an attacker armed other types of weapons