

## Syllabus

### **PHED 104a- Self-Defense**

Instructor: Bryan Lovell

USC Phone: (213) 740-2488

Email: [blovell@usc.edu](mailto:blovell@usc.edu)

### **Course Description:**

This class is self-defense course designed for college students, faculty, and staff. It is a course primarily designed for beginners interested in being exposed to differing philosophies in self-defense. The course covers techniques for both standing and ground fighting. The standings techniques taught in the class are taken primarily from Muay Thai kickboxing; the ground techniques are from Russian/Armenian Sambo. Knife and gun defenses are covered but not strongly emphasized. Academically, the course covers topics of assault, battery, rape, date rape, and home invasion crimes.

### **Course Goals:**

This course's primary goals are to introduce students to the basics of self-defense and to create an interest in self-defense and/or martial arts. Additionally, our goals are to get students to a higher proficiency of self-defense ability and to encourage students to evaluate themselves and their particular morals with regard to using self-defense techniques. That is, how does the use of force in self-defense work (or not work) within students' personal ethical beliefs? We also focus on creating/increasing awareness in our students, both on a personal level and in social situations. This course is often an eye-opener for many who may not have taken the time to think how far they would truly go to protect themselves. Our final goal is to increase the physical fitness levels of the students.

### **Approximate Course Schedule-15 week model:**

- WEEK 1: Introduction to fighting stances
- WEEK 2: Ground fighting basics / standing fighting basics
- WEEK 3: Video day/ guest instructor day
- WEEK 4: Two turns and ground fighting basics / punch blocking and knee strikes
- WEEK 5: Basic ground fighting controls and turns / elbow strikes and punch blocking
- WEEK 6: Escapes from mount and guard / blocking test preparation
- WEEK 7: Ground fighting test preparation / blocking test preparation
- WEEK 8: Skills test
- WEEK 9: Defense against chokes / kicking basics
- WEEK 10: Takedown defense/ front and roundhouse kicking
- WEEK 11: Throwing and falling / basic kicking defense
- WEEK 12: Punching basics and footwork
- WEEK 13: Circuit training week
- WEEK 14: Knife and gun attacks
- WEEK 15: Review/sparring/ etc.

## Requirements:

**Participation:** Classroom participation, **not mere attendance** will constitute **30%** of students' final grades. A class such as this continuously builds on techniques taught in previous classes, and absences will put students behind very quickly. *Participation absences may be ameliorated in any of the following ways:*

- 1) Add one page per absence to the final paper.
- 2) Donate blood to the USC Blood Donor Center. It's located at the Health Sciences Campus, and each pint saves approximately six lives, which is why we will only accept blood donated to this particular center. Call the center to schedule an appointment before you go (323) 442-5432, and bring the instructors back a T- shirt or some other proof that you were there.
- 3) Organize a seminar for the instructors to come and teach a group of students for 1½ hours. We donate our time free of charge. In the past, we have taught for all types of campus groups, including fraternities and sororities, religious organizations, dormitory floors, etc. Seminars must have 12 to 15 voluntary interested attendees.

Even if made up, the number of absences will be taken into consideration when determining the participation portion of the grade. **More than eight unexcused absences will result in a failing grade even if the student intends to make them up. Missing a month of a 3 ½ month self-defense class defeats the purpose of taking it.**

**Skills Test:** The skills test during the semester counts for **(30%)** of the final grade. Techniques covered on the test will be taught and drilled in class; students who attend and practice should have little to worry about.

**Written Paper:** The final portion of the grade **(40%)** will come from a final paper. All physical education classes require some written component. This paper is three pages long for all students; those who have absences may add one page per absence in order to make them up. Topics will be handed out in class, but the papers generally ask students to write about their personal feelings toward self-defense and violence, and how students might use some of the techniques learned over the semester.

## Reading Material:

Students are not required to buy the textbook available at the USC bookstore. Reading materials may be handed out from time to time.

## Attire:

Dress comfortably for class (e.g. sweats, t-shirts, etc.). Dress appropriately: women should wear t-shirts or tank tops over sports bras; men should wear underwear under their shorts. All clothes should be freshly laundered. No shoes are allowed on the mats, except for wrestling shoes that you carry to class, or a second pair of tennis shoes that you put on in the PHED room. Socks are fine but bare feet are not acceptable. No jewelry should be worn during class, fingernails should be kept short, hair tied back, etc.

## Health conditions:

You are strongly advised to make known to your instructor any health conditions that could be exacerbated by exercising. For example, heart conditions, diabetes, joint or spinal injuries and pregnancy should always be discussed with your instructor. Additionally, if you are currently under a doctor's care you should apprise him or her of your participation in this class and find out if you are limited in any ways.

Our program is committed to working with students with disabilities; all students, faculty and staff are welcome to take this class.

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to the instructor as early in the semester as possible. DSP is open Monday-Friday, 8:30 am -5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776.