USC Dornsife
Physical Education Program

PHED 104a: Self-Defense
Units: 1
Monday-Thursday 10 to 1
PED 201

Instructor:CARL COLLINS
Office: PED 201
Office Hours:1-1:30pm
Contact Info:ccollins@usc.edu

Course Description

Basic instruction of self-defense for beginners; strategies for standing and ground fighting situations with and without weapons. This course is primarily designed for beginners interested in being exposed to different philosophies in self-defense.

Course Objectives

This course's primary goals are: 1) to expose students to the basics of self-defense; 2) to bring students to a higher proficiency of self-defense ability; 3) foster an encouraging environment that develops and/or strengthens one's self-esteem; 4) to encourage students to evaluate themselves and their particular morals with regard to using self-defense techniques; and 5) to increase the physical fitness levels of the students.

Physical Education Program Objectives

You can find our program's general learning objectives athttp://dornsife.usc.edu/phed/learning-objectives.

Etiquette

Please bow when you enter and leave PED 201. Being on time is important so that you can warm up, review and practice techniques, all of which should reduce or eliminate injuries. To reduce or eliminate the risk of spreading any skin virus or bacteria, make sure you bathe regularly.

Attire

Dress comfortably and appropriately: long- or short-sleeved shirts plus shorts or sweat pants over appropriate undergarments. All clothes should be freshly laundered. No shoes are allowed on the mats, except for wrestling or mat-friendly shoes that you carry to class and are worn only in the self-defense room. No jewelry is to be worn during class, fingernails are to 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 the doctor of your participation in this class and find out if you are limited in any ways.

Important Dates

http://classes.usc.edu/term-20161/calendar/

Academic Conduct

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards*https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, http://policy.usc.edu/scientific-misconduct/.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity*http://equity.usc.edu/ or to the *Department of Public Safety*http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* http://www.usc.edu/student-affairs/cwm/ provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* http://dornsife.usc.edu/ali, which sponsors courses and workshops specifically for international graduate students.

The Office of Disability Services and Programs
http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.htmlprovides certification for students with disabilities and helps arrange the relevant accommodations.

If an officially declared emergency makes travel to campus infeasible, USC Emergency Information http://emergency.usc.eduwill provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

Grading Breakdown

Assignment	Points	% of Grade
Test 1	50	12.5
Test 2	50	12.5
Test 3	50	12.5
Test 4	50	12.5
Final Test & Paper	100	25
Participation	100	25
TOTAL	**400**	**100**

Grading Scale

400 plus = A+	372 – 399 = A	360 – 371 = A-
359 – 348 = B+	332 – 347 = B	320 – 331 = B-
308 – 319 = C+	307 – 292 = C	280 – 291 = C-
268 – 279 = D+	252 – 267 = D	240 – 251 = D-

Participation

Classroom participation, not mere attendance, will constitute 25% of a student's final grade. Arriving late, leaving early, and overall effort will affect the participation portion of the grade. A class such as this continuously builds on techniques taught in previous classes, and absences will put students behind very quickly. This not only can hurt you, but it can hurt your classmates. In cases of absence, you will be held accountable for all work missed. More than 8 absences cannot pass this course

Course Schedule: A Weekly Breakdown

	Day 1	Day 2
Week 1	Spatial Awareness; test rationality	Using techniques from SPEER System, Red Zone System, Judo, and Sambo, you will learn strategies to safely close the distance between yourself and the attacker so you can take the fight to the ground to control and subdue the attacker.
Week 2	Using techniques from Muay Thai, Jeet Kune Do, and Boxing, you will learn various techniqies for stand-up fighting: such as foot work, throwing jabs, crosses, hooks, upper cuts, throwing elbows and knees. And then leaning various kicks such as push kick and roundhouse kick.	
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9	**TEST 1**	**TEST 2**
Week 10	Gun defense	Knife defense
Week 11	Learn how to safely block punches and counter-strike. Learn various chokes.	Learn how to escape when the attacker is pinning you to the ground
Week 12		
Week 13		
Week 14		
Week 15	**TEST 3**	**TEST 4**
Week 16	No classes; Final Test and Paper(1) are due	n/a

(1) Final paper will relate to your achievement of the course objectives. Specific details will be discussed in class.