

Virginia Western Community College

PED 129

Self Defense

Prerequisites

None

Course Description

Examines history, techniques, and movements associated with self-defense. Introduces the skills and methods of self- defense emphasizing mental and physical discipline. (VCCS MCR Description)

This course examines history, techniques, and movements associated with self-defense. It introduces the skills and methods of self-defense emphasizing mental and physical discipline. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

No required textbook

Other Required Materials:

The Gift of Fear. Gavin DeBecker. (required reading)

Course Outcomes

At the completion of this course, the student should be able to:

- Recognize dangerous situations
- Demonstrate a variety of self-defense techniques
- List weak points on an attacker
- Identify skills to use to avoid danger
- Protect themselves

Topical Description

1	History of Self Defense
2	Techniques of Self Defense
3	Development of Skills and Methods of Self-Defense emphasizing Mental and Physical Discipline
4	Discussion of Required Reading: "The Gift of Fear"
5	Health Benefits of Self -Defense

Note to Instructors

1. Instructor should require students to demonstrate skill proficiency