

# **Common Course Outline**

**PEIA 125**

**Self-Defense II**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PEIA 125 – Self-Defense II** is a course in which students focus on more advanced principles and practical aspects of personal safety. Students engage in methods and tactics of practical self-defense including alternatives for situational defense strategies. Students perform rigorous conditioning exercises and develop skills in perception, escape, compromise, avoidance, and blocking and striking.

**2 Credits**

**Prerequisites:** PEIA 124

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. identify the language of defense training as it pertains to the history, skills, and strategies taught;
2. analyze advanced concepts and methods of defense training;
3. establish realistic goals based on personal levels of fitness and individual abilities;
4. communicate effectively in relation to self-defense training information;
5. describe the relationship of personal, physical, and mental health in applying defensive options or responses;
6. create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
7. analyze concepts and methods of defense training;
8. differentiate styles and tactics of self-defense; and
9. explain the relationship between the philosophical principles and the physical/combatative strategies of the Martial Arts.

### **Major Topics**

- I. Advanced in-depth history of major self-defense systems and styles
- II. Analysis of advanced self-defense tactics and methods
- III. Examination of individual abilities and preferences for advanced self-defense
- IV. Development of the advanced skills and tactics for personal self-defense
- V. Evaluation of personal advanced self-defense skills and preferences
- VI. Conditioning exercises to complement advanced self-defense training

### **Course Requirements**

Grading will be determined by the individual faculty member but will include the following:

**Grading/exams**

1. A minimum of two written exams
2. A minimum of two practical exams
3. A minimum of one paper (1,000 word minimum)

Written Assignments: Students are required to use appropriate academic resources.

**Other Course Information**

This is a physically active course in which physical techniques are learned by doing. Active participation is mandatory to achieve success in this course. In order to actively participate all students must be dressed in workout clothes and gym shoes, no jewelry for safety.

Date Revised: 03/05/2019