

Common Course Outline
PEIA 120
Introduction to Self-Defense
1 Credit

Community College of Baltimore County

Description

PEIA 120 – Introduction to Self-Defense is a brief primer for students about physical self-defense techniques including blocks, strikes, kicks, as well as commonsense safety precautions. Students build awareness and self-confidence to diffuse potentially violent situations without resorting to physical techniques.

1 Credit

Overall Course Objectives

Upon completion of this course students will be able to:

1. discuss the principles of self-defense;
2. demonstrate the use of natural weapons;
3. demonstrate the use of natural targets;
4. discuss the biomechanics of self-defense;
5. list critical factors in balance;
6. demonstrate how to deliver power; and
7. explain common sense precautions.

Major Topics

- I. Avoidance
- II. Natural weapons and natural targets
- III. Escapes
- IV. Grabs
- V. Kicking and Striking

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

Other Course Information

This is a physically active course in which the 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