

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 106 (001) - Krav Maga: Introduction (1)
1 Credit, Spring 2017
MW 1:30pm - 2:45pm (08/31 – 10/18) / RAC (Cage Gym) - Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the principles and practice of Krav Maga, an Israeli system of self-protection. Involves knowledge of threat response, skill training in self-protection, and mental preparation for defensive tactics. Prepares students in appropriate protective action in situations of threat or attack.

Course Overview

While primarily physical in nature, this class will also include lectures including “safety in training”, “principles of Krav Maga techniques”, and “threat response options” among others. Students will practice striking and self-defense techniques in response to specific threats and attacks. Classes begin with a warm-up and stretching. Warm-ups include functional games and drills relevant to the session and which help to create understanding and preparation for our Krav Maga techniques and learning material, enhance specific mental capabilities, and improve physical skills such as reaction time. In an average class, after warm-ups and stretching, students practice their striking skills paying particular attention to the correct application of striking surfaces to vulnerable targets. Following this, we will review and learn new self-defense techniques and participate in drills and scenario training. These techniques and drills prepare the student to take the appropriate actions in a situation if s/he had to protect themselves or the individuals around them from an aggressive threat or attack.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate basic body mechanics in striking with the hands, feet, elbows, and knees.
2. Exhibit proper control and safety when training with other students.
3. State the eight general principles for Krav Maga techniques.
4. Explain the five threat response options and apply them in improvisational scenario training.
5. Demonstrate the ability to utilize common objects in self-defense situations.
6. Demonstrate the ability to perform striking and self-defense techniques under the following undesirable conditions:
 - a. Stress
 - b. Fatigue
 - c. Environmental constraints
7. Demonstrate self-defense techniques against a variety of common attacks:
 - a. Punches & kicks
 - b. Chokes & similar grabs
 - c. Bear hugs & similar holds
 - d. Threats and attacks with a knife
 - e. Attacks with a blunt object

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:

N/A

Required Texts

Handouts will be provided to the students by the instructor at the first class.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

• Assignments and Examinations

The “practical” exams at the midterm and near the end of the class will involve each student demonstrating defense strategies using skills that were addressed in class such as releases vs. grabs, defending vs. attacks on the ground, demonstration of basic strikes, and releases from bear hugs. Skill demonstrations will be done individually and/or in partnership. They can also be done while students practice during class. Skills testing will be by instructor discretion.

Written exams, both midterm and final, will be multiple choice, true/false, and short answer.

The final will be cumulative

• **Other Requirements**

Attendance/Participation: 75 points possible depending on the calendar. 5 points will be given each day with a deduction of 1 point for each five minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend each class session, are on time and participate as scheduled, you'll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade.

• **Course Performance Evaluation Weighting**

This course will be graded on a point system, with a total of 100 possible points.

Requirements	Points
Attendance and Participation	75
Midterm (practical/written)	10 (5/5)
Final Exam (practical/written)	15 (10/5)
TOTAL	100

• **Grading Policies**

A+ = 97 – 100	B+ = 88 – 89	C+ = 78 – 79	D= 60 – 69
A = 94 – 96	B = 84 – 87	C = 74 – 77	F= 0 – 59
A- = 90 - 93	B- = 80 – 83	C- = 70 – 73	

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

Course Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
M/W	Week 1	Introduction to Krav Maga, Safety in Training, Basic Striking, Defenses & Releases vs. chokes	General Principles of Krav Maga Techniques
M/W	Week 2	Basic Striking & Releases vs. chokes (cont.), Releases from headlocks, Defenses vs. punches	

M/W	Week 3		Basic Striking (cont.), Defenses vs. knife threats and attacks	Threat Response Options
M/W	Week 4		Mid-term Exam, Defending yourself on the ground	Skills Hierarchy
M/W	Week 5		Defenses and releases vs. bear hugs and similar holds	
M/W	Week 6		Defenses vs. blunt objects, use of common objects for self-defense	Using Common Objects in Self Defense
M/W	Week 7		Review of weeks 1-6, Final Exam	
M/W	Week 8		Review, additional techniques TBD	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be

silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

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Assessment Rubric(s)

N/A