

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

**RECR 108- DL1 - Self Defense: Introduction**  
**1 Credit, Spring 2021**  
**January 25- March 13**  
**T/R, 9:00am - 10:15am, Distance Learning**

**Faculty Name:** Dr. Chun Jae Park  
**Office hours:** As Needed  
**Office location:** Zoom  
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**Prerequisites/ Corequisites: None**

Course Fee: A self- defense appliance (\$10) is optional

**University Catalog Course Description**

Teaches beginner level of self-defense such as defensive techniques to be used against an attacker along with escapes and submissions from a variety of different attacks. Requires participation in basic skills with particular attention to safety.

**Course Overview**

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor. All communication will be through GMU e-mail.
  - Long sweat pants or any martial arts uniform pants are recommended; however, shorts may also be worn. Students may wear a short or long sleeved t-shirt.
  - Students will NOT wear shoes, tank tops, dresses, jeans or “cut offs” of any kind. All jewelry MUST be removed before class and stored properly.
  - Consistent attendance is necessary to develop minimum acceptable performance.
- Note: The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as part of the class.
- Students are required to have a working camera that is on for the entire class.

**Course Delivery Method**

This course will be delivered online (76% or more) using a synchronous format via

Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to Zoom or the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on 1/25 8 am .

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

## Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

## Expectations

**Course Week:** Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes- Tu and Thu 9-10:15 am.

### Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week. In addition, students must log-in for all scheduled online synchronous meetings.

**Participation:**

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

**Technical Competence:**

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

**Technical Issues:**

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

**Workload:**

Please be aware that this course is not self-paced. Students are expected to meet specific deadlines and due dates listed in the Class Schedule section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

**Instructor Support:**

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

**Netiquette:**

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. Be positive in your approach with others and diplomatic in selecting your words. Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

**Accommodations:**

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

**Learner Outcomes or Objectives**

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

1. Understand the social and psychological factors related to assaults and violation.
2. Draw the vulnerable spots of the human body on paper and explain them how they

- can be affected by striking.
3. Demonstrate the following techniques:
    - a. Three defensive and offensive stances
    - b. Application of kicks and punches (Counterattacks)
    - c. Escapes from grip and hold
    - d. Escapes from the back
    - e. Three chokes and three arm locks
    - f. Beginner level of rolling and falling techniques

## **Professional Standards N/A**

### **Required Text:**

Handouts to be given as necessary

### **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/or Examinations**

- Lab Exercises (15%)
- Quizzes (15%) – Three pop quizzes covering material taught in class
- Midterm Exam (20%) – Written (5%) and practical (15%)
- Final Exam (50%) – Written (10%) and practical (40%)

### **MID-TERM AND FINAL EXAM:**

- Written exams are short answers. The Mid-term exam will be given as “take home” exams. They will be handed out from the instructor, or e-mailed as attachments. The Mid-Term will be handed in on a date to be determined, which will be at the approximate middle point of the semester. Students will have several days to obtain and take the exam. The final written exam will be administered in class hour and will be cumulative. On the consideration that these exams would be given in-class on a specific class day, they will only be accepted on the date specified. No early hand-ins, mailings, or proxy hand-ins will be allowed.

### **Practical Exams**

- Practical exams will be physical demonstration of skills taught in classes. The practical will be administered using Zoom.
  - The Final Exam will be administered as a demonstration on the last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. Since outside class assignments are allowed, and are based per hour on the number of credits / weekly class meetings, the taking of this

test outside of class requires no more time than would be allotted for outside work. It also avails the students more class time dedicated to learning self-defense skills. In the case of the final, it also allows for individual skills evaluation and grading in-class.

### Grading

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

### Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

### Class Schedule

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Jan	26	Introduction; discuss about class rules, safety issues, and social and psychological factors related to the all kinds of assaults.	
TH	Jan	28	Fundamental striking techniques	
T	Feb	2	Defensive Standing Positions and offensive Positions.	
TH	Feb	4	Application of kicks and punches with kicking paddle.	
T	Feb	9	Escaping from assaults with weapon	
TH	Feb	11	Counterattack toward vulnerable points.	
T	Feb	16	Escaping the Mount	
TH	Feb	18	Striking techniques/Mid- term exam	
T	Feb	23	Counterattack toward vulnerable points.	
TH	Feb	25	Submissions from Guard	
T	Mar	2	Submissions from Cross Body and mount	
T	Mar	4	Striking techniques	Written Exam due
TH	Mar	9	Final	

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

## GMU Policies and Resources for Students

### 1. GMU Policies and Resources for students

#### *Policies*

1. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
2. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
3. 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.
4. 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 <https://ds.gmu.edu>).
5. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

1. Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.