

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

RECR106 (001) – Krav Maga: Introduction (1)  
1 Credit, Spring 2024 (1/16 – 3/11)  
MW 1:30 – 2:45pm Fairfax RAC

**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 is activity-based.

## **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**

### **Required Texts**

Handouts will be provided to the students by the instructor.

### **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, 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. Absences are only excused with a doctor's note. Phone calls, emails, and texts do not excuse an absence. Doctor's note must be presented immediately upon return to class or scanned and emailed to the instructor before the next class.

- **Course Performance Evaluation Weighting**

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

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

- **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**

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

**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 <https://catalog.gmu.edu/policies/honor-code-system/> ).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- Support for submission of assignments to VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

Mason students now have FREE access to [TimelyCare](#) – a virtual mental health and well-being platform crafted specifically for college students! Revised December 2023  
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With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at [Timelycare.com/gmu](https://timelycare.com/gmu) or [Download the app](#). <https://ulife.gmu.edu/timely-care/>