

Certificate Course in Self Defence for Women

An Overview

Self Defence Courses deal with the act of protecting oneself, one's property or someone else against physical harm. Self-defence plays an important part in women's lives. Self-Protection is an ability that any woman can learn on a regular basis or wherever the situation requires, to make her own and others' lives safer.

Self Defence Courses require minimum eligibility. Prior knowledge is not necessary for Self Defence Courses. Self Defence Courses does not include uniforms, foreign terminology, standard rituals or formalities. It is only realistic and basic methods with life-saving capacity that demand minimum effort.


Course Outline and Syllabus

Course Description:

Self-defense course designed for Girls' Students of the college. It is a course primarily designed for beginners interested in being exposed to differing philosophies in self-defense. The course covers techniques for both standing and ground fighting. The standings techniques taught in the class are taken primarily from mixed Martial Arts and the ground techniques are from Armed and Police forces. Knife and weapon defenses are covered but not strongly emphasized. Academically, the course covers topics of assault, battery, rape, date rape, and home invasion crimes.

Course Goals:

This course's primary goals are to expose students to the basics of self-defense and to help students develop an interest in self-defense and/or martial arts. Additionally, our goals are to get students to a higher proficiency of self-defense ability and to encourage students to evaluate themselves and their particular morals with regard to using self-defense techniques. That is, how does the use of force in self-defense work (or not work) within students' personal ethical beliefs. Our final goal is to increase the physical fitness levels of the students.


Principal
Lakhimpur Deemed to be College
North Lakhimpur (Assam)

Course Schedule 15-week model (30 Hours):

- WEEK 1: Introduction to fighting stances
- WEEK 2: Ground fighting basics / standing fighting basics
- WEEK 3: Video Day/ guest instructor day
- WEEK 4: Two turns and ground fighting basics / punch blocking and knee strikes
- WEEK 5: Basic ground fighting controls and turns / elbow strikes and punch blocking
- WEEK 6: Escapes from mount and guard / blocking test preparation
- WEEK 7: Ground fighting test preparation / blocking test preparation
- WEEK 8: Skills test
- WEEK 9: Defense against chokes / kicking basics
- WEEK 10: Takedown defense/ front and roundhouse kicking
- WEEK 11: Throwing and falling / basic kicking defense
- WEEK 12: Punching basics and footwork
- WEEK 13: Circuit training week
- WEEK 14: Knife/ Weapon attacks
- WEEK 15: Review/sparring/ etc.

Requirements:

Participation: Classroom participation, not mere attendance will constitute 30% of students' final grades. A class such as this continuously builds on techniques taught in previous classes, and absences will put students behind very quickly.

Skills Test: The skills test during the practical classes counts for 30% of the final grade. Techniques covered on the test will be taught and drilled in class; students who attend and practice should have little to worry about.

Written Paper : The final portion of the grade 40% will come from a final paper. All physical education classes require some written component. This paper is three pages long for all students; those who have absences may add one page per absence in order to make them up. Topics will be handed out in class, but the papers generally ask students to write about their

personal feelings toward self-defense and violence, and how students might use some of the techniques learned over the course.

MINIMUM PASS GRADE:

A candidate will have to score minimum C grade in the examination to get the pass certificate.

Grading system for examination is as follows:

Range of marks in %	Letter Grade	Category	Grade Point
90- 100	O	Outstanding	10
80 - 89	A+	Very Good	9
70 -79	A	Good	8
60- 69	B+	Above Average	7
50 - 59	B	Average	6
40 -49	C	Simple Pass	5

AWARD OF CERTIFICATE:


Each successful candidate will be awarded a certificate after having passed the examination.

Reading Material:

Reading materials may be handed out from time to time.

Attire:

Dress comfortably for class (e.g. sweats, t-shirts, etc.). Dress appropriately: women should wear t-shirts or tank tops over sports bras. All clothes should be freshly laundered. No shoes are allowed on the mats, except for wrestling shoes that you carry to class. Socks are fine but bare feet are not acceptable. No jewelry should be worn during class, fingernails should be kept short, hair tied back, etc.


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