

## JiuJitsu for Self-Defence\*

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Class time	Afternoon

**\*This is a 2-credit course (total 30 class hours)**

### Course Description:

This course is designed to instruct students on the basics of self-defence using well-established jiuJitsu skills. During this course, students will learn to use leverage and techniques to defend themselves against larger opponents and will develop the necessary reflexes to quickly respond to potentially dangerous situations enabling them to escape to safety.

### Materials/Text:

Participants should wear gym clothes such as a rash guard and shorts.

### Requirements:

No prior experience is necessary.

### Schedule:

Each lesson is held for 2 hours for a total of 30 hours.

- Lesson 1: Basic Positions and their Roles
- Lesson 2: Grip Breaks
- Lesson 3: Ground Escapes
- Lesson 4: Front Choke Escapes
- Lesson 5: Super Slap and Punch Block
- Lesson 6: Guard Series Chokes
- Lesson 7: Guard Series Arm Attacks
- Lesson 8: Guard Series Sweeps
- Lesson 9: Mount Escapes Elbow and Shrimp
- Lesson 10: Arm Chokes
- Lesson 11: Rear Attack Defence
- Lesson 12: Drag Defences (Hair and arm drags)
- Lesson 13: Weapons Defences
- Lesson 14: Final test
- Lesson 15: Open mat sparring

### Assignments:

There are no assignments outside of class time. The key to this course is for students to practice these techniques under the supervision of their instructor to ensure the safe execution of learned skills.

### Evaluation:

Students will be assessed based on their demonstrated knowledge of learned techniques, class participation, and attendance. New techniques will be tested at the end of every class, and a final exam will be held on the last day to assess overall knowledge and skills.

A+	A	B+	B	C+	C	D+	D	F
95 – 100	90 – 94.99	85 – 89.99	80 – 84.99	75 – 79.99	70 – 74.99	65 – 69.99	60 – 64.99	0 – 59.99