

Montgomery County Community College
 ESW 160
 Martial Arts and Self-Defense
 2-1-2

COURSE DESCRIPTION:

This course is designed to acquaint the student with the basic principles of the martial arts and the techniques of self-defense. Emphasis is placed on learning the basic forms and positions of Karate, Judo and Self-Defense. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Discuss the history of martial arts and its influence on Western culture.	Research Project Lecture Written Assignments Written Exams Class Discussions	Exam Research Project
2. Explain the value of martial arts and self-defense and its significance in our present society.	Participation Demonstration Research Project Lecture Written Assignments Written Exams Class Discussions Skills Assessment Case Study	Exam Research Project Case Study
3. Describe the basic philosophy on which martial arts is founded.	Participation Demonstration Research Project Lecture Written Assignments Written Exams Class Discussions Skills Assessment	Exam Research Project

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Demonstrate martial arts and self-defense techniques.	Participation Demonstration Lecture Class Discussions Skills Assessment	Skill Assessment
5. Compare and contrast contributions of the martial arts and self-defense to the mechanics of movement, emotional balance, self-discipline, and concentration.	Participation Demonstration Research Project Lecture Written Assignments Written Exams Class Discussions Skills Assessment	Skill Assessment Exam Research Project

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

A. Judo

1. Origin and History of Judo
2. Current Trends
3. Judo Essentials
 - a. philosophy
 - b. costume
 - c. etiquette
 - d. safety
 - e. terminology
4. Fundamental Skills
5. Rules of Judo
6. Judo Ranks of Attainment

B. Karate

1. Historical Considerations and Cultural Influence
2. Terminology
3. Rules Governing Contests and Bouts
4. Courtesy and Etiquette
5. Stances
6. Offensive Maneuvers
7. Defensive Maneuvers
8. Forms

- C. Self Defense
1. Importance of Self Defense
 2. Considerations for Self Defense
 3. Posture
 4. Vulnerable Areas of the Body
 5. Defensive Strategies
 6. Offensive Strategies
 7. Common Implements as Weapons
 8. Self Defense and the Law
 9. Identifying the Attacker

LEARNING MATERIALS:

No textbook is required. Supplemental information will be provided to the students by the instructor.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn	Date: 8/1998
Revised by: Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009

Revised by: Dr. Anne Livezey	Date: 12/30/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 8/20/2013

Revised by: Dr. Anne Livezey	Date: 1/8/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.