

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Defensive Tactics  
**Section #** : PHED 1103\_613 **Day: MW Time: 6:00pm-7:20pm**  
**Start Date** : 22 August 2011  
**End Date** : 09 December 2011  
**Modality** : Face-to-Face  
**Credits** : 1

### Instructor Information

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**Name** : Mike Coleman  
**OC Email** : mcoleman@odessa.edu  
**OC Phone #** : 432-296-6004  
**Office** :

### Course Description

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Included Lectures, demonstrations and practice in basic skills and techniques of variety of defensive movements and protection methods. Students will learn vulnerable areas of the human body that will enable students to defend themselves against an attacker. Self-confidence and self-management will be enhanced by class participation. Lab fee required.

**Prerequisites/Co requisites** None

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### Scans

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9,10

## Course Objectives

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Upon completion of this course, students should be able to:

- 1.0 performing a variety of defensive tactics;
  - 2.0 determining the appropriate methods of defense in a personal attack situation;
  - 3.0 attacking vulnerable areas of the body.
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### **CLASS ATTENDANCE POLICY**

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<b><u>DAYS/WEEK</u></b> <b><u>CLASS MEETS</u></b>	<b><u># OF UNEXCUSED</u></b> <b><u>ABSENCES ALLOWED</u></b>	<b><u>LETTER GRADE</u></b> <b><u>DEDUCTION FOR EVERY</u></b>
2	2	3 <sup>rd</sup> absence
3	3	4 <sup>th</sup> absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**
- **ODESSA COLLEGE LINKS**

**PHYSICAL & HEALTH**

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: [http://www.wranglersports.com/fac-serv/community\\_recreation/](http://www.wranglersports.com/fac-serv/community_recreation/)

ODESSA COLLEGE: <http://www.odessa.edu/>

*Insert Here – Any Course Specific Information the Instructor Requires*

Aikibudo comes from an ancient Japanese Budo (way of the warrior) martial art that was originally conceived approximately in 1050 A.D. “Aiki” (pronounced “eye-Key”), as it is known by its practitioners, literally means to combine or harmonize energy.

Aikibudo is deeply rooted in the Japanese Samurai (bushi) warrior arts and incorporates concepts originally found in the Japanese swordsmanship arts commonly called “Kenjutsu”.

Aikibudo does not employ blocks or resist attacks but rather joins with the attacker’s energy of movement and thought, redirecting and transforming this aggressive energy and behavior while maintaining a natural flow of “I” (motion directed energy), until the attacker is defeated. This method results in a devastating smoothness, an almost invisible technique that is a martial way that astonishes most observers accustomed to force against force combat!

Aikibudo is composed of martial techniques that include but are not limited to projecting, pinning, joint controls, pressure point activations, and grappling. Aikibudo is defensive in nature and does not have attacks in its large catalog of techniques.

Each student will acquire the physical techniques and understand the defensive theory of aikibudo in order to naturally respond in a skilled manner consistent with aikibudo in a combat situation.

These skills and theories will be passed on to each student in a traditional dojo (Japanese training hall) setting with an emphasis on developing self-confidence through self-discipline

It is not possible to list what techniques will be taught at each class because each student will learn at a different rate. Attached is a belt ranking system that will be utilized at the Odessa College branch of the Kokorogake Aikibudo Dojo. Each belt level requires the demonstration of different techniques. These techniques are the core subjects of this class and will be introduced as each student progresses in skill level.

All aikibudo techniques and theories will be taught on the mat in the dojo. Attendance is highly encouraged and Odessa College’s general attendance policy will be followed. Most everyone will miss a class on occasion. If you are going to be absent, it is advised that you contact the instructor in advance. Make-up classes can be arranged if needed.

## **COURSE UPDATES**

***The student is responsible for checking the syllabus online for updates may occur as needed.***

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## Required Readings/Materials

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a) You must purchase the following *required* readings/materials: N/A

b) You are encouraged to buy the following *optional* books/materials:

This class will not use a text book. All knowledge will be passed on in the dojo, on the mat. This is the traditional way of teaching aikibudo.

Ideally, aikibudo is practiced in a white traditional uniform, called a dogi. You will not be required to purchase such a uniform, however, if you would like to have one, you may purchase your own from anywhere, or speak to an instructor to purchase one at cost (approximately \$25).

## Course Requirements (Lectures, Assignments and Assessments)

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## Topic Overview:

### Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 2	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 3	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 4	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 5	Demonstration	Presentation & practice of techniques & ukemi	Wednesday

<b>Week 6</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 7</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 8</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 9</b>	Demonstration		Wednesday
<b>Week 10</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 11</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 12</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 13</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 14</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 15</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
<b>Week 16</b>	Demonstration	Presentation & practice of techniques & ukemi	Wednesday

### Grading Policy

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The grading method for this class will incorporate a combination of factors including; attendance, attitude, effort while in class, and a skills demonstration while in a simulated combat exercise call randori (ran-door-e). There will also be a written exam on the basic concepts, dojo vocabulary, and strategies used in aikibudo. All grading will be performed by black belt instructors.

<b>Grade</b>	<b>Points</b>	<b>Percentage %</b>
<b>A</b>	<b>points</b>	(90 -100%)
<b>B</b>	<b>points</b>	(80 - 89%)
<b>C</b>	<b>points</b>	(70-79%)
<b>D</b>	<b>points</b>	(65-69%)
<b>F</b>	<b>or less points</b>	Below 65%

### **Special Needs**

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Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

### **Learning Resource Center (Library)**

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

### **Student E-mail**

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

### **Student Portal**

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

### **Technical Support**

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For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

### **Important School Policies**

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).