



PHYS ED 1 Basic Self-Defense (0.5 units)

Instructor: Dr. Russell Ahn
<https://pe.berkeley.edu/faculty/dr-russell-ahn>
or www.ucmap.org
Location: TBA
Time: Tu/Th 12-1pm
Prerequisites: N/A
Grade: Letter grade or P/NP
Office: 145RSF (Martial Arts Room)

Office hour: by appointment only
Phone (510) 388-6397
Email: ahnc@berkeley.edu
Required Text: None
Recommended Text: *Yongmudo "A Korean Martial Art" English Version* by UC Martial Arts Program

Course Description

Basic self-defense class is designed for students who wish to learn various self-defense techniques, including kicking, falling, punching, throwing, and other self-defense techniques from various styles of martial arts (Taekwondo, Judo, Yongmudo, Kumdo & Hapkido). Students will also foster physical fitness training, mental discipline, martial arts philosophy and culture.

Objectives

The goal of this class is to help students improve coordination, balance, endurance, agility, flexibility and overall fitness. Moreover, the class will guide students to learn various self-defense skills, build self-confidence, self-discipline, concentration/focus, coping strategies and it will help students to keep balance in life and is a great method of stress release for busy college lifestyle.

- Learn and train Asian Martial Arts-based self-defense skills.
- Learn up-to-date knowledge and various combination techniques of self-defense.
- Develop physical and mental health as well as overall wellness.
- Develop positive personal character which will contribute to students' academic lifestyle.

Overview of course

- I. **Implementation**
 - a. Learn brief concept of self-defense and background of techniques.
 - b. Learn proper callisthenic exercises.
 - c. Acknowledge personal safety and hygiene.
 - d. Motivate self-training with fun and satisfaction.
 - e. Introduce various Asian martial arts self-defense drills and techniques
 - f. Improve general health and fitness through self-defense drills and practices.
- II. **Facility and Equipment**
 - a. Open and safe area with martial arts equipment.
 - b. Students will have 10 ft. between each other for social distancing due to COVID 19.
 - c. Students must disinfect their personal training area and equipment before and after class.

- d. Participants are required to wear breathable masks and comfortable warmups.
- e. **As far as in-person training is concerned, we still need to get the health guidelines on COVID 19 and approvals from both the university and the city of Berkeley. I hope I can provide you with more information soon.**

III. Instruction Methods

Lecture, demonstration, repetition, teaching aids, peer group activities.

All classes begin with warm-up exercises, a review of previous instruction, and introduction to new techniques.

Remote instructions via zoom:

Due to COVID 19, remote instructions (via zoom) will be given unless we have final approval from the city of Berkeley and the university for in-person instructions. **All recorded instructions, syllabus and announcements will be through B-courses** so please double check with your B-courses.

Guidelines for those who take classes asynchronously and a make-up for real-time class

- ✚ **Be sure to take the recorded classes within the week** they are uploaded if you were taking the class asynchronously or making up missing classes.
- ✚ **Submit your self-recorded video weekly** but no later than Sunday at noon each week via email at ahnc@berkeley.edu.
- ✚ Your **self-recorded video should contain warm-up exercises and repetition (5 to 10 times) of techniques** that were covered in the class.
- ✚ Each self-recorded video length should be **at least 15 minutes for each 1-hour instruction and 25 minutes for each 2-hour instruction**.
- ✚ **Your class evaluation will be done through class time and the final exam must be submitted by self-recorded video clips** at the end of the semester.

Flex instructions:

When in-person courses may happen, there will be a google sign-up sheet at least a week prior to the in-person class. You will be notified about a place (outdoor) to meet and equipment for the class. **If you experience any COVID symptoms, do not attend in person class**, and let me know immediately if this occurs. Moreover, students must be cleared by showing a green badge from Tang Center. All in-person classes will be also streamed via zoom and they will be recorded for those who take it as asynchronously.

Example:



IV. Methods of Evaluation & Assessment

- Evaluation is based on participation, progress of learning skills, and presentation at the tests.
- Attendance and participation are a large portion of the final grade in the course, and absences and tardiness will have a negative effect on the final grade.
- Each class attendance is worth 2 points towards the final grade. It is recommended that students plan ahead and only use absences for illnesses or other unexpected events that may occur during the semester.
- Students must limit absences to less than 5 throughout the semester and more than 6 absences will result in the failure of the course.
- For those who are taking **2-hour instructions (8-week courses)**, **do not miss more than 3**

- classes* since each class worth 2 hours of instruction.
- Make-up classes are available but no more than 5 make-ups throughout the semester.
 - Students must receive approval from the instructor for make-up classes.

***Evaluation is based on following distributions**

Class attendance & participation	50%
Final (14th week)	50%

Accommodation and Scheduling Conflicts

The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program. Please contact DSP for more information at: <https://dsp.berkeley.edu>, (510) 642-0518 or visit 260 Cesar Chavez Student Center.

*Please feel free to contact the instructor directly for any accommodation needed or scheduling conflicts.

Honor Code

Students must abide by the University's Honor Code: "As a member of the UC Berkeley community, I act with honesty, integrity and respect for others".

V. Official Policies of the University of California at Berkeley

All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/code-of-conduct>.

Statement of Accommodation. The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at dsp@berkeley.edu.

Accommodation of Religious Creed. The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

Academic Integrity. "You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

Scheduling Conflicts. Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

VI. Safety and Emergency Preparedness.

The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See <http://emergency.berkeley.edu/contacts.shtml>).

- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
- WarnMe/Nixle emergency alerts <https://warnme.berkeley.edu>
- Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
- Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
- Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/>

Tentative Course Schedule

Week 1. Orientation

Week 2. Intro, balance and strengthening

Week 3. Basic stances & steps

Week 4. Striking & kicking techniques

Week 5. Basic blocking techniques

Week 6. Basic falling techniques

Week 7. Basic blocking & striking combination

Week 8. Midpoint review

Week 9. Throwing techniques

Week 10. Self-defense joint-lock techniques I

Week 11. Self-defense joint-lock techniques II

Week 12. Combination drills I

Week 13. Combination drills II & review

Week 14. Final Exam