1. COURSE DESCRIPTION
In this course the students learn through practice ways to defend themselves from physical aggressions. At the end of the course students should know concepts and principles that could allow them to defend themselves from certain specific given situations. These concepts and principles are learned by techniques, which are internalized by constant repetition.

2. OBJECTIVES
   a. GENERAL
      To be able to defend themselves in a given situation (physically)

   b. SPECIFIC
      To use natural body weapons.
      To defend themselves from holds, grabs, strikes, weapon threats, multiple attackers.
      To use natural body weapons against vital targets of the human anatomy.
### 3. COURSE CONTENT OUTLINE

<table>
<thead>
<tr>
<th>DATES &amp; SESSIONS</th>
<th>SPECIFIC COMPETENCIES</th>
<th>CONTENTS</th>
<th>NON CONTACT HOURS</th>
<th>ASSESSMENT</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Repeat movements</td>
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<td>Session 2</td>
<td>Move different parts of the body at will</td>
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<tr>
<td>Session 3</td>
<td>Coordinate different parts of the body</td>
<td>Warm up exercises Zone control theory Vital parts of human anatomy (primary and secondary) Techniques: Economy of motion concept Zone of sanctuary concept Physics applied to self defense, impact, pressure, energy transmission on collision Self-defense techniques Attack strategies Reach strategies Shoulder grabs (i.e. obscure wing, obscure sword) Wrist grabs One-hand wrist grabs Two-hand wrist grabs (front and behind) Pushes, two-hand, one-hand push Lapel grabs, one hand, two hand Hair grabs, Bear hug from the front and from the back Hammer lock grab PUNCHES Round house punch left and right Straight punches, left and right Front kick techniques Round house kick Side kick Club attacks, downward and roundhouse Knife, straight thrust, downward thrust, roundhouse thrust Knife threats, Gun threats, to face, to chest, to lower back and back of head MULTIPLE ATTACKERS Fighting Techniques Jab punch, stray right punch, circular punch</td>
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<td>PRACTICE</td>
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<td>Session 4</td>
<td>Increased level of concentration, memory</td>
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<td>Session 5</td>
<td>Balance, poise</td>
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<td>Session 6</td>
<td>Follow a sequence</td>
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<td>Session 7</td>
<td>Techniques for self defense against a series of attacks</td>
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4. METHODOLOGY
Practical course, pair work, individual demos, technique lines.

5. ASSESSMENT
Students are observed by instructor in every class and will give feedback to student that way student can improve his/her techniques.

One final exam consists of performing a certain number of techniques with different attackers. In order to pass the exam, students must have practiced the techniques on their own until they are able to perform each technique applying the concepts learned in class and techniques must be performed with aggressiveness and total self confidence, control, and concentration.

6. BIBLIOGRAPHY
6.1 REQUIRED
Infinite insights into KENPO by Ed Parker, Vol 1 and 2

6.2 COMPLEMENTARY
Encyclopedia of KENPO by Parker

6.3 HANDOUTS
VIDEOS MADE AVAILABLE BY INSTRUCTOR

6.4 WEBLIOGRAPHY:
TBA

7. FACULTY INFORMATION

NAME: Giancarlo Loffredo

ACADEMIC CREDENTIALS--UNDERGRAD:
3rd Degree black belt in Kenpo Karate
Member of International Kenpo Karate Association
Member of Federación Hispanoamericana de Kosho Ryu Kenpo
Certified Pistol Instructor of National Rifle Association

GRADUATE:
E - mail: tacticaldefense@gmail.com

Prepared by: Giancarlo Loffredo Date: December 2007
Reviewed by: Monica Reynoso, Dean Date: December 2007