

FACULTY OF HEALTH SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

Course: HH/PKIN 0409 KRAV MAGA PRACTICAL SELF-DEFENCE

Term: Fall (PKIN 0409 A) – Winter (PKIN 0409 M/N)

Prerequisite / Co-requisite: None

Course Instructor

Dr. Olivier BIROT, Associate Professor
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Time, Location, Individual equipment

Fall 2014	(PKIN 0409)	T/R	10:30-11:30	016 Tait – Studio 2
Winter 2015	(PKIN 0409) N	M/W	10:30-11:30	016 Tait – Studio 2
Winter 2015	(PKIN 0409) M	M/W	11:30-12:30	016 Tait – Studio 2

Individual equipment

- Comfortable sportswear (mandatory).
- Barefoot or clean indoor shoes with no marking white sole (mandatory).
- Towel/water (recommended).
- Groin protector (e.g. as used for hockey) is strongly recommended for male students.
- Mouthpiece is optional.

Important note:

- **For hygienic reason, students showing up with outside clothing will not be accepted in class.**
- **For safety reason, no watch, no jewellery (ring, bracelet, necklace) will be tolerated in class.**

Expanded Course Description

Krav Maga is a very practical self-defence system developed to protect civilians from street violence. Krav Maga uses the natural reactions of the human body to provide various defensive techniques against many kinds of attacks. Krav Maga is very easy to learn, very practical, and extremely efficient. Krav Maga trains the students under very realistic conditions and teaches how to prevent or face different kinds of assault.

Organization of the Course

All classes include a warm-up, the presentation of a problematic situation and how to solve it using Krav Maga technique or attitude, the practice of the technique, various drills including defending against various unarmed and armed attacks: punches, kicks, grabs, holds, push, groundwork, and multiple attackers.

Course Learning Objectives

This PKIN helps the students to develop self-confidence, awareness, and to work in teams. Krav Maga techniques are directly based on the natural reactions of the human body, which makes of it an interesting and exciting topic for kinesiology students.

Course Text / Readings

None

Evaluation

The final grade for this PKIN will be based on the following items weighted as indicated:

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| - Participation and engagement | 60% |
| - Final practical testing of self-defence skills | 40% |

Note that “Participation and engagement” also takes into consideration the regular attendance to classes. Only four absences without any documentation are allowed. Note that students are expected to be in class on time. Once the class is started the studio door is closed and no late acceptance is tolerated. Late students are considered as absent.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York’s Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation