

Self-Defense Combatives

Learning Goals

1. Demonstrate correct techniques of Self Defense Combinations.
2. Demonstrate knowledge of Personal Safety and Avoidance Techniques.
3. Participate in Combatives.
4. Identify appropriate and inappropriate risks involved in self-defense.

Name _____

Date _____

Period _____

1. Name and describe 2 self-defense combinations.

Name of combination	Technique of combination

2. Cite 3 examples of Personal Safety and/or Avoidance techniques.

*

*

*

3. Describe your favorite combative activity. What was the underlying purpose of combatives?

* Favorite combative -

* Purpose of combatives-

4. Identify each risk as appropriate (A) or inappropriate (I).

Practice technique at a level that looks like a fight scene. (timing, distance, power and focus)	Think you are invincible because you have taken self-defense then put yourself in unsafe situations.
Committing to personal safety strategies despite peer pressure.	Step outside your comfort zone to protect yourself. (yell loudly in front of others)
Using self-defense techniques as horse-play.	Injure your partner when practicing self-defense combinations.

Name _____
Period _____ Due Date _____

We are pleased to inform you that your son/daughter will be participating in a 3 week SELF-DEFENSE/COMBATIVES course. Our goal is to make students more aware of their surroundings, more cautious in their actions and responsible for their own safety.

The objectives of this unit are to:

- to teach students to recognize and avoid dangerous situations
- to increase awareness of safety precautions
- to practice self-defense techniques such as strikes and escapes
- to increase body awareness through combative movements

Our concern, as middle school teachers, is the information and techniques taught in class might be used as “play” on campus. We value the importance and seriousness of the curriculum and we are looking for your support. Please discuss appropriate behavior with this learned information. All school rules will be in effect and inappropriate behaviors will be referred to our Administration. **Please initial the following requests:**



_____ We have discussed the importance of appropriate behavior on campus during and after the Self-Defense/Combatives Unit.

_____ I (the parent) understand the self-defense techniques are to be used during class and in appropriate situations to defend against an attacker.

_____ I (the student) understand the self-defense techniques are to be used during class and in appropriate situations to defend against an attacker and not be used as play during school.

student signature

parent signature

date

THIS FORM MUST BE SIGNED AND RETURNED TO THE PHYSICAL EDUCATION TEACHER BEFORE THE STUDENT IS PERMITTED TO ENGAGE IN THE UNIT.

PSYCHOLOGICAL ASPECTS OF SELF-DEFENSE

1. **Be willing to act!** Your chance for success is determined by your attitude. If attacked, fight back. If someone has to be hurt, let it be the attacker.
2. **Don't be an easy victim. Shout! Resist! Fight!** If you are scared, yell loudly. Statistics tell us that 60% of assault cases victims have escaped serious harm by screaming. Only scream, however, at certain times. Yelling will not be effective when being choked or when there is a knife to your throat.
3. **Use the element of surprise!** As soon as you shout and fight back, the element of surprise is on your side. Your attacker does not expect effective resistance, or he would not have chosen you.
4. **Develop self-confidence.** Believe in your ability to use these simple self-defense techniques. Practice until your reaction is automatic. The techniques do work, and they can work for you.
5. **Don't panic.** If you can't keep your fear under control, you can't control the situation.
6. **Bluff.** Make an effort to show your attacker that you are determined, not afraid. Concentrate on winning. Sometimes pretending to go along with the attacker until you can see an opening is another course of action.
7. **Escape.** Your first inclination may be to run, but only run if you know you can reach help. If you are alone in an isolated area, run only after you have made sure the attacker is unable to pursue you.
8. **Keep it simple.** Stick to those techniques you have practiced or those you can use quickly and easily.
9. **Don't hesitate.** Once you are forced to defend yourself, use everything available to you. Shout, kick, strike, throw something and/ or bite. If you are forced to start an offense, finish it!
10. **Know yourself.** In an attack situation, there should only be one stranger. Know yourself and your capabilities. Be prepared to use everything you know, and if that is not enough, improvise. Always remember. There are no rules in self-defense.
11. **Don't be nice.** Don't expect to win without hurting your attacker. Don't be a "gentle" fighter. An attacker is not a gentleman or lady.
12. **Visualize.** Mentally practice what you would do in a variety of situations.

“COMMON SENSE SELF-DEFENSE”

Part 1



Can you answer “YES” to the following questions? If you can, you are using COMMON SENSE SELF-DEFENSE”.

WHEN WALKING DO YOU:

- _____ 1. Walk confidently and quickly? Know where you are going. Look confidently at those you pass and make eye contact.
- _____ 2. Avoid walking alone at night? (It’s not wise to walk at night with a friend either.)
- _____ 3. Walk in well lit areas, near a curb and away from bushes when you must walk at night?
- _____ 4. Avoid walking in deserted areas anytime? Always try to be around other people.
- _____ 5. Walk with at least one friend, whenever possible?
- _____ 6. Pay attention to your surroundings?
- _____ 7. Tell your parents when to expect you home? Do they know your route?
- _____ 8. Carry a police whistle to use if you need help?
- _____ 9. Walk facing the traffic?
- _____ 10. Carry a cell phone or change to make a phone call?
- _____ 11. Avoid getting close to a car in which someone is asking directions?

12. AVOID HITCH-HIKING?



“COMMON SENSE SELF-DEFENSE”

Part 2

Can you answer “YES” to the following questions? If you can, you are using COMMON SENSE SELF-DEFENSE”.

AT HOME DO YOU:

- _____ 1. Know your neighbors well?
- _____ 2. Have emergency phone numbers on speed dial or close to the phone?
- _____ 3. Have a peep hole viewer on your door?
- _____ 4. Have dead bolt locks on all of your doors? Do you have additional locks on sliding glass doors and windows?
- _____ 5. Avoid opening the door to anyone you doubt or don't know? (day or night)
- _____ 6. Avoid being in the home alone with repairmen?
- _____ 7. Avoid letting a caller know you are home alone?
- _____ 8. At night, leave the lights on in more than one room?
- _____ 9. At night, turn on outside lights?
- _____ 10. At night, close curtains so people can't see into the home?
- _____ 11. Have a trusted neighbor you can call for help?



“COMMON SENSE SELF-DEFENSE”

Part 3

Can you answer “YES” to the following questions? If you can, you are using COMMON SENSE SELF-DEFENSE”.

ON THE PHONE DO YOU:

- _____ 1. Avoid letting callers know you are home alone? Say, “My Dad is busy, may I take a message.”
- _____ 2. Discourage obscene phone calls by not “playing the game”.
- A. Blow a shrill whistle into the phone
 - B. Say, “Operator, this is the call I want traced”.
 - C. Hang up.
 - D. Contact Police and have the number changed, if it persists.
- _____ 3. Avoid giving personal information to strangers on the phone?
- _____ 4. Avoid answering with “Jones Residence” when you are baby-sitting? Don’t tell people you are baby-sitting!

IF SOMEONE IS FOLLOWING YOU, YOU SHOULD;

1. Turn around to face your problem!
2. Say forcefully, and loudly, “Stop following me!”
3. Draw attention! Scream (FIRE) and cause a scene! If he is armed, you may need to cooperate.
4. Run to the nearest public place.
5. Ask other people for help.
6. If you are being followed by someone in a car, turn around and walk the other way.
7. If you are in a car and being followed, DO NOT DRIVE HOME! Drive to the nearest public place and call the police.
8. Try not to react to a “flasher”. Leave quickly and call the police.

Self Defense Student Notes

Name _____
Period _____

<p style="text-align: center;"><u>Avoidance Tips</u></p> <p>1. <i>Avoidance is your BEST self defense!</i></p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p>	<p style="text-align: center;"><u>Body Language</u></p> <p>1. Passive-</p> <p>2. Aggressive-</p> <p>3. Assertive-</p>
<p style="text-align: center;"><u>Blocking Combination</u></p> <p>1. Outer Form Block</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;"><u>Give and Take</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. Punch</p>

Defend Against a Wrist Grab

1. Stomp
2. _____
3. _____
4. _____
5. _____
6. _____
7. Take Down
8. Scan
9. Get Away

Shoulder Grab from Behind

1. Raise Hand/Arms
2. _____
3. _____
4. _____
5. Take Down
6. Scan
7. Get Away

Defend Against a Strike

1. _____
2. _____
3. _____
4. _____
5. Take Down
6. Scan
7. Get Away

Rear Bear Hug

1. _____
2. _____
3. _____
4. _____
5. Take Down
6. Scan
7. Get Away

