

P.E 227

Basic Self-Defense

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Welcome to P.E 227, my name is Armando Sanchez. I have been a practitioner of martial arts for over 20 years. I have been teaching this course for the last 7 years and I strive to bring you a fun and enjoyable experience while developing ways to make learning easy and fun. Although safety is our number one concern, keep in mind that this is a physical class and there will be some light contact. There is no room for show boating or attitude. We are all here to learn and to have a great experience. Any student that purposely endangers other students will be asked to leave and not allowed to return. Following directions is golden in my class. There will be some techniques that will be a little demanding physically; any student with a disability must inform me of the injury or disability within the first week of class.

We are all here to learn. This class is your class and will be tailored to the students. It works a lot better when we support each other and encourage one another. Think of this class as a team, and teams work together.

Proper attire:

Here is a list of suitable attire for class

Shorts: Must not flare and must come down to mid-thigh; Spandex shorts are OK.

T-shirts: Must be form fitting and no V-necks. Also they should not be see-through. I will allow some tank tops but they must be heavy material and have the larger straps.

Sports bra: Not mandatory but I recommend them.

Rash Guards: any rash guard or X-gear is good but not mandatory.

Sweatpants: Any sweatpants are fine but you should not be able to step on them.

Leggings: I will allow leggings but they must not be see-through; if they are, I will ask you to go change, so please make sure they are the heavy material PLEASE.

Also, please have something to keep your hair out of your face.

Things not to wear to class

Jewelry: All rings, earrings, watches and necklaces must be removed before class.

Shoes and socks: There no shoes on the mats and when we start class you must remove your socks.

Makeup: Please try to wear as little makeup as possible.

PJ`s: no PJ`s in class (that is just something that does not fly with me)

Cell phones: All cell phones must be set to vibrate, any phone going off in class and you will be asked to leave for the day.

Things you will need in class

Mouth Piece: You can pick one up at any sporting goods store. I suggest getting a good one.

Cups: For men I suggest a cup but it`s is not mandatory.

Sports tape: In case you need to have anything wrapped I can wrap them for you but you must provide the sports tape.

Grading

This is a sixteen week course; unlike most other classes grading on how well you know the material is a little hard to do. I expect everyone to try their best, but I understand we all can't be great at everything. A small percentage will be on your participation in class and I will determine that on an individual basis. Attendance will be a huge part of your grade. Given that we only meet twice a week for an hour or so, being in class is important and missing class can result in your grade going down. Here is how it works.

At the start, everybody has an A. You are allowed two absences before your grade is affected. ON your third absence your grade will go down one letter grade. So ON your third absence you

now have a B in class. Every absence from your third will result in your grade going down one letter, so ON your fourth absence your grade would be a C, and so on.

Final exam

There is a final exam in this class. The exam will only affect your grade if you have anything lower than an A. Everyone is required to participate in the final exam, with only certain exceptions where a paper can be written instead.