

COURSE OUTLINE

Physical Education 217 Introduction to Brazilian Jiu-Jitsu (Previously Self Defense Techniques)

Catalog Statement

PE 217 instructs students in the basics of the martial art of Brazilian Jiu-Jitsu. Instruction focuses on nogi, ground-based techniques including guard positions, mount positions, escapes, sweeps and submissions. Application focuses on development of fundamental techniques, conditioning and body control as well as the philosophical principles of the “gentle art” of self-defense, and maintaining a mutual respect and consideration between training partners.

Total Lecture Units: 0.0

Total Laboratory Units: 1.0

Total Course Units: 1.0

Total Lecture Hours: 0.0

Total Laboratory Hours: 48.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Prerequisite: None

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- perform moderate daily physical activities;
- demonstrate awareness of personal physical limitations;
- demonstrate and maintain a positive attitude in a group environment.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- recognize the language of Brazilian Jiu-Jitsu as it pertains to the history, skills, and strategies taught;
- evaluate and analyze concepts and methods of Brazilian Jiu-Jitsu training;
- differentiate between the different techniques and tactics of Brazilian Jiu-Jitsu;
- communicate effectively in writing, speaking, or signing related defense training information;
- demonstrate understanding of the relationship of personal physical and mental health in applying Brazilian Jiu-Jitsu options or responses;
- create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
- demonstrate understanding of the relationship between the philosophical principles and the physical or combative strategies of Brazilian Jiu-jitsu.

Course Content

Total Faculty Contact Hours = 48.0

Introduction and Overview of Brazilian Jiu-Jitsu (2 hours)

- Brazilian Jiu-Jitsu as a martial art and self-defense technique
- History of Jiu-Jitsu and Brazilian Jiu-Jitsu
- Philosophy of Jiu-Jitsu
- Key concepts of the martial art and the importance of patience and understanding

Introduction to Basic Fundamentals and Techniques (20 hours)

- Guard
- Guard defense techniques
- Head and wrist control
- Hip motion
- Basic submissions from guard
- Basic guard reversals
- Side control
- Body positioning
- Mount control
- Basic mount and side control submissions
- Basic Judo throws
- Understanding and utilizing leverage

Warm Up, Conditioning, and Strength Exercise Routines (10 hours)

- Stretching exercises
- Flexibility exercises
- Cardio-respiratory exercises

Practice and Performance of Jiu-Jitsu Techniques (16 hours)

- Application of non-violent principles
- Application of defensive moves and techniques
- Application of offensive attacks and counter-attacks

Methods of Instruction

The following methods of instruction may be used in this course:

- demonstration;
- skill-repetitions;
- multi-media;
- online.

Out of Class Assignments

The following out of class assignments may be used in this course:

- self-evaluation (e.g. written evaluation of personal knowledge related to Brazilian Jiu-Jitsu);
- written analysis (e.g. written analysis of the physical and emotional benefits of Brazilian Jiu-Jitsu techniques).

Methods of Evaluation

The following methods of evaluation may be used in this course:

- practical examination;
- written midterm examination;
- written final examination;
- critique (e.g. peer-peer or instructor-student critique of forms).

Textbooks

Bravo, Eddie, and Erich Krauss,. *Jiu-Jitsu Unleashed*. New York, McGraw-Hill, 2006. Print.
10th Grade Textbook Reading Level. ISBN: 978-0071448116

This is considered a seminal text on nogi Brazillian Jiu-Jitsu, and is the most recent edition.

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- demonstrate knowledge of Brazilian Jiu-Jitsu techniques for self-defense when under attack;
- demonstrate basic fundamental Brazilian Jiu-Jitsu skills using body positioning and submission techniques.