

Introduction to Self Defense

Course Description

Introduction to Self-Defense is a class for an adult audience that introduces and reviews concepts and techniques regarding the fundamental understandings for self defense. The class covers basic techniques and applications for self-defense based upon real-life scenarios including the workplace, social gatherings, and other everyday encounters.

Given the complex implications of this topic, this class will also discuss topic such as priorities, legality, and pertinent mindset for successful self-defense.

Specific topics covered include but are not limited to:

- Prioritization and de-escalations
- Threat level assessments
- Mindsets of successful survivors
- Effective guarding and damage mitigation
- Tactical awareness
- Legal considerations
- Tactical reversals

Prerequisites & Course Policies

This class is an introductory class intended for audiences over the legal age of 18. This class will also involve active participation in the form of light physical activities.

Instructor Information

Kyle Mach (email: kylem@machtechcorp.net)

- JYMAC Martial Arts instructor (since 2010)
- Refuse To Be A Victim (RTBAV) Certified Instructor

Darwin Mach, Guest Lecturer (E-mail: a@dmach.net)

- JYMAC Martial Arts Instructor (2008-2012)
- NRA Certified Instructor
 - Certified Refuse To Be A Victim, Certified Pistol
- Maryland Certified Qualified Handgun Instructor
- Utah Concealed Firearms Certified Instructor
- Massad Ayoob Group - MAG 40 Graduate (2014)

Outline and General Schedule

Class meets on the specified date in the Julius West Middle School cafeteria (on the stage) at 10:10 AM.

The curtains may be closed, but just come on in!

<u>Class #</u>	<u>Topics</u>
FEB 10	----- COURSE REGISTRATION -----
FEB 17	Course Overview, Successful Mindsets and Anatomy of Self Defense Situations
FEB 24	Geometry, Perception, Tactical Pointers
MAR 03	General Coordination & Damage Mitigation
MAR 10	----- NO CLASS -----
MAR 17	Escapes & Recoveries
MAR 24	Standing Coordination & Close Strikes
MAR 31	Dynamic Coordination & Combinations
APR 07	Tactical Zoning and Movements
APR 14	Gaining & Maintaining Tactical Advantage
APR 21	----- NO CLASS: SPRING BREAK -----
APR 28	Legal Overview on Use of Force
MAY 05	Comprehensive Drills
MAY 12	Final Exam, Awareness of Advanced Topics & Continued Training
MAY 19	Make-Up Day & Open Discussion Forum

Attendance will be taken at each class to help each individual succeed - please do not be late. Certain classes set the foundation for the course and cover material critical to student success in real world scenarios.

Performance Requirements (Required for Certificate of Completion)

Successful completion of this course will require students to attend all classes and pass the final exam with a score of at least 80% in order to receive a certificate of completion. Students who miss a class must make-up missed material on the make-up day or during another course offering.