

October 2009-Self Defense

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 The Quiet Storm: Interview w/ victims, abusers	29 Video: Healthy Relationships. Foundation for a happy, productive life. What do you want out of a spouse?? Friends?	30 Sexual Violence Awareness & It's Health Effects. Rape exams, and other steps to take in the event of an assault. Karine Z, RN S.A.N.E	1 Awareness: How Do I Know if I'm in danger? Tips to minimize the risk of assault H.O. Assertiveness Assign: Assertiveness exercise	2 Awareness: Day 2 Due: Reaction Paper #2	3
4	5 Video: Campus Rape, Under the Influence. -Ways to reduce risk on campus. Assign: 5 things you'll do to reduce your risk at college	6 Video: The Rape Drug, A New Menace DRD's: GHB/GBL Rohypnol EHOH Ecstasy... Due: 5 things	7 Video: Rape: An Act of Hate	8 Quiz 1: ALL LECTURE MATERIAL TO DATE!	9 NO SCHOOL	10
11	12 P.T.-Physical Training 1 lap Push ups Crunches Get prepared to get strong DD 4:30-7:00P conferences	13 Power Stance, body language, power walk. Evasive side steps. Demo, practice, solo, triangle milling DD 4:30-7:00P conferences	14 No school-daytime parent-teacher conferences	15 No school-MEA	16 No school-MEA	17
18	19 Intro-The Adrenaline Dump. 3 Modes of response: 1. Passive 2. Aggressive 3. Assertive Scenarios of each DD Due: Evas SS practice	20 Body Targets & Striking Techniques 1. Palm heel strike 2. Knife hand strike 3. Flat fist 4. Eye strikes 5. Groin Strikes 6. Elbow strikes DD	21 Strike Techniques 6. Kicks: front/reverse snap, side, round 7. Knee DD	22 Striking Practice 1. Stationary 2. Moving (Red Man) DD Due: Punch/kick practice	23 Video+Quiz: Oprah-Self Defense tactics. Take thorough notes. Due: Quiz at end of hour. Sub	24
25	26 Mid-term exam. Based on textbook.	27 Block & Strikes 1. Rising/Overhead block & strike 2. Drop block 3. Side-side DD	28 "In the Cage"- Knock or be knocked out of the circle. Use all options, punches, PHS, eye strikes, kicks, knees, elbows... NO SUCH THING AS A FAIR FIGHT! DD	29 SKILL TEST I Blocks, strikes, ESS DD	30 Frontal Attacks- Choke Holds: 1. w/o wall 2. w/ wall 3. Plucking technique DD	31