

Secondary School Self Defense: A Practical and Appropriate 4-Week Unit  
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Self Defense is a system of mental preparation and defensive tactics that develops poise and confidence in a person so that he or she can handle a threatening situation effectively and with minimal confrontation. The presented lessons are designed to teach simple effective means of prevention or escape techniques. They are designed to be practical and appropriate for a co-ed physical education class with an average class size of 40 with a 50-60 minute class period.

When planning the unit and individual lesson plans the main concern must be safety. The physical skills and releases are effective and, therefore, during instruction students can be injured. It is advisable to adhere to strict safety precautions.

**General Objectives: Four Week Unit**

The student will be able to:

1. Display the necessary confidence and poise to cope and react effectively to a potentially dangerous situation.
2. Define one's limitations involved in self-defense.
3. Identify security precautions at home and away from home.
4. Identify the legal aspects of personal defense.
5. Identify the medical and legal procedures related to victims of sexual and violent assault.
6. Demonstrate the physical skills required in handling an attacker with minimal confrontation.
7. Demonstrate overall improvement in physical fitness including strength, endurance, flexibility, and coordination.

**Course Content: Four Week Unit**

*Cognitive Knowledge:*

The student will be able to identify and apply the following information to a variety of situations.

1. Self-defense terminology
2. Safety precautions
3. Preventive measures for personal self defense
4. Principles of avoidance and techniques of deception
5. Psychology of potential attacker and the preventive measures to avoid harm
6. Assertiveness development
7. Facts concerning sexual assault including date rape and family abuse
8. Legal aspects of self defense

*Physical Skills:*

The student will be able to demonstrate the following skills in a variety of situations.

1. Hand and arm strikes
2. Foot strikes
3. Stances and footwork
4. Basic ground defenses
5. Holds and releases
6. Verbal confrontations

Sample Course Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Active knowledge sharing 3 factors for crime to occur Defensive stance Effective knee kick	Review drills Knee kicks Front kicks Vital Targets	Review drills Front kick Side kick Front and reverse punch Horse stance drills	Review drills Note Taking Activity Palm heel strike	Review drills Vital targets Anatomical chart
Week 2	Review drills Back fist Paper drill Elbow strikes Wrist releases	Myths and facts of rape What do you do is you are sexually assaulted	Review Drills Ki-ai Ability to say "No" Assertiveness Back kick	Stages of rape Preventive measures	Review drills Self Defense scenarios
Week 3	Review drills Combination of skills Paper drills or bag drills	Acquaintance rape Gender Stereotyping	Review drills Full nelson	Review drills Rear and front bear hug	Review drills De-escalation
Week 4	Review drills Head hold release	Review drills Front and rear choke release	Self defense scenarios	Self defense scenarios	Jigsaw "You be the Judge" Legal issues