

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish : SAMOBRONA
Name in English : SELF-DEFENCE
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW032052
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contradictions to take active part in physical education activities.
2. Ability to perform basic elements of sport's acrobatics such as forward and back roll.

SUBJECT OBJECTIVES

- C1: Acquiring defence systems against single, unarmed enemy.
 C2: Getting familiar with defence techniques against armed with dangerous implement enemy.
 C3: Increasing motor characteristics and general physical agility of students.

SUBJECT EDUCATIONAL EFFECTS

relating to knowledge:

PEK_W01: A student has knowledge of safety rules while performing exercises with particular emphasis on exercises with co-exercising.

PEK_W02: A student has theoretical knowledge how to behave in cases when there is a danger from an enemy.

relating to skills:

PEK_U01: A student has practical ability to defeat an attacking enemy by performing various forms of throws, locks and strangles.

PEK_U02: A student can overpower an enemy to the ground through applying appropriate holdings.

PEK_U03: A student can properly respond to a threat of an enemy with a knife.

relating to social competences:

PEK_K01: A student is aware of lifelong physical activity for physical and mental health.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organizational classes. Criteria for justifying absences, doing and crediting, health and safety rules on self-defence classes in particular exercises with a co-exercising. Discussion on duties of changing room's attendant.	1
Cl. 2	Learning back fall. Defence in a ground fight by putting a lock on knee joint using legs.	1
Cl. 3	Learning back fall continuation. Defence against a kick by picking up opponents' leg.	2
Cl. 4	Learning side fall. Morote-gari throws. Defence against an above hit by putting lever by tights – garis.	2
Cl. 5-15	Learning the ukemis as above. Different forms of defence against torso hold from behind: by picking up opponent's legs and knocking her/him over to the back by performing tani-otoshi throw. Learning o-goshi throw. Learning forward fall. Learning harai-goshi throw. Defence against a hit from below by putting a lock on elbow joint. Defence against grip from forward by putting a lock on elbow joint and by doing an o-soto-gari throw. Learning seoi-nage throw. Learning an ude-hishigi-juji-gatame lock and its' variations. Learning throws: tai-otoshi, u-uchi-gari, ko-uchi-gari and their variations with hips' throws. Learning basic holds and hamaka-jime chocks. Learning behavior in dangerous moments when an enemy is armed with a knife. Training of standing fight and ground stand.	14
Total hours		30

TEACHING TOOLS USED

N1. Practical exercises.
 N2. Trainer's demonstration.
 N3. Student's demonstration.
 N4. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01	Oral answer.
F2	PEK_U03	Demonstration, attendance.
C: Attendance, activity and attitude in class including arithmetic mean derived from F1 and F2		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Pawluk J.: *Judo mistrzów*. Sport i Turystyka, Warszawa, 1981.
 [2] Skut B.: *Judo w samoobronie*. Sport i Turystyka, Warszawa, 1972.

SECONDARY LITERATURE:

- [1] Kondratowicz K.: *Chwyty obronne: samoobrona dla wszystkich*. Ministerstwo Obrony Narodowej, 1977.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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