

College of Charleston
PEAC 120-03 & -04 Introduction to Brazilian Jiu-jitsu for Women's Self-Defense

Fall 2016 2 Semester Hours

Location: TR, Silcox Center, 2nd Floor Gym

Instructors: Pat McGuigan and John Venable

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Office Hours: before and after class and by appointment.

Prerequisites: None

Grading: A, A-, B+, B, B-, C+, C, C-, D+, D, D- and F.

Course Description: This course is designed to cover a variety of topics not otherwise offered in the basic physical education activity program. Popular activities representing both traditional and non-traditional activities will be offered on a random basis according to interest shown in the activity.

Brazilian Jiu-jitsu Description:

Jiu-jitsu is a ground-fighting martial art of proven effectiveness as a method of weaponless self-defense. Brazilian jiu-jitsu was innovated to allow a smaller, weaker person to defeat a larger, stronger opponent by using techniques of leverage, momentum, and physics.

Suggested References:

- *Gracie Jiu-Jitsu* by Grandmaster Helio Gracie, 2005.
- *Jiu-Jitsu Magazine*.
- Video: YouTube Helio Gracie Documentary with subtitles (captions "on")
- Campus Crime Statistics: <http://studentaffairs.cofc.edu/annual-security/2012-annual-security-and-fire-report.pdf>
- CofC Gender Violence Awareness and Prevention Network: gva.cofc.edu

Course Objectives: As a graduate of this class, you will:

- Appreciate the history and invention of this martial art (jiu-jitsu's evolution from judo, use of the tap, founder Helio Gracie, MMA, etc.)
- Learn dozens of techniques and the proper vocabulary for describing them.
- Master defensive techniques to escape holds, chokes, tackles, and mounted positions as well as offensive techniques such as guillotine chokes, armbars, and wristlocks.
- Learn how to practice and spar in a fun safe way.
- Learn how to extend your jiu-jitsu education on your own, if desired, after the class ends.

Student Learning Outcomes: As a graduate of this class, you will:

1. be able to identify at least 4 key figures in this martial art. Students will watch documentaries and this outcome will be assessed on the written exams.
2. be able use the proper vocabulary associated with techniques and key positions in the hierarchy of positions. This will be assessed with written exams and journal assignments.
3. be able to demonstrate over 40 techniques, both offensive and defensive. This will be assessed on the practical exams during which an instructor will simulate a real attack against the student who must correctly demonstrate each technique.
4. be able to practice with partners in a fun and safe manner. This will be assessed in daily partner drills.
5. understand what resources are available for you to continue your jiu-jitsu journey. This will be assessed with several questions on the final exam as well as informally with an exit conversation with an instructor.

Our Teaching Philosophy: In the short term, jiu-jitsu will improve your awareness, discipline, and confidence. In the long term, jiu-jitsu is ultimately a way of life. Along the way, jiu-jitsu is good fun exercise as well. Thus, our goal is for you to have fun (and, of course, be safe) while learning this martial art. Each class will be broken into 3 parts: warm-up, drills, and new techniques.

Description of Projects:

Written Exams – There will be two written exams: one at midterm and one cumulative final exam. The exams will cover techniques, history, philosophies, and principles of Brazilian jiu-jitsu.

Practical Exams – There will be two practical exams: one at midterm and one cumulative final exam. A practical exam tests a student’s ability to do the techniques in a live setting with an instructor acting as the attacker. Prior to each practical exam, students will be explained how each exam will be graded and will be encouraged to film the instructors demonstrating and narrating the entire practical exam to use as a study guide. Personalized individual feedback will be given to each student immediately after the practical exam. The Technique Card handed out on Day 1 and copied on p. 3 of this syllabus shows the order in which the techniques will be taught. Techniques on Side 1 of the card will be tested on the practical midterm exam. Techniques on both sides of the card will be tested on the practical final exam.

Journal - Students will keep a journal throughout the semester. The journal should contain notes on each technique learned and can be used as a way to brush up on techniques long after the class has finished, for example, to prepare for a study abroad semester. The journal should also contain observations that a student makes about his or her progress and the possible impact of jiu-jitsu on other classes or interactions. In addition, the journal should be used as a place to list key vocabulary for jiu-jitsu. See the Vocabulary List at the end of this syllabus. We recommend that you write in your journal immediately after each class.

Attendance and Participation: Techniques are best learned in pairs with one person playing the attacker and the other, the defender. Thus, your attendance affects not only you, but also your classmates. Attend every class and participate actively. *Your final grade will drop a letter grade for every 2 classes you miss.* No distinction is made between excused and unexcused absences.

Criteria for Evaluation:

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|---------------------------------------|-----|
| • Attendance and Active Participation | 20% |
| • Being a Good Partner | 20% |
| • Journal | 10% |
| • Written Midterm | 10% |

• Practical Midterm	15%
• Written Final	10%
• Practical Final	15%

Total	100%

Grading Scale:

A = 93-100%	B- = 80-82%	D+ = 70-71%
A- = 90-92%	C+ = 78-79%	D = 68-69%
B+ = 88-89%	C = 74-77%	D- = 66-67%
B = 83%-87%	C- = 72-73%	F = < 66%

Bonus Points: Opportunities for bonus points may be announced during the semester.

Make-up Tests: No make-ups will be given. Skills are assessed periodically during 2-day periods. If a student is absent both days no skill make-ups will be granted.

Texting: All cellular devices must be turned off prior to class. Texting in class or checking one's phone will result in a 20% per occurrence reduction in one's Participation grade.

Proper Attire: gi pants and shirt with shoulders/sleeves and *no jewelry*

Hygiene: Jiu-jitsu is practiced in very close contact. Respect your classmates—wear clean clothes and smell good.

Safety: While executing techniques, you will be in close contact with your classmates. Thus, both your and your classmates' safety is a priority. One great advantage of jiu-jitsu is that it can be practiced at full speed and strength right up until the moment of submission. The "tap" enables this. With the tap, one student signals another that the move was effective and should be stopped. Continue past the moment of the tap and someone could get injured. Because this martial art focuses on joint manipulations, it is important to learn to (1) tap quickly and (2) to respect others' taps.

Student Responsibilities regarding Equipment: Jiu-jitsu contains many ground techniques and is practiced on mats. Each class the mats must be setup and used, then cleaned and returned to storage.

Honor System: Students must do their own work. Please see the 2014- 2015 Student Handbook (Academic Honor System) for a description of the College's Honor System, which is fully supported in this class. Students can find the complete Honor Code and all related processes in the *Student Handbook* at <http://www.cofc.edu/generaldocuments/handbook.pdf>

Disability Policy: This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education "solely by reason of a handicap." Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the [Center of Disability Services](#), (843) 953-1431 so that such accommodation may be arranged.

Technique Card:

MAROON BELT—SIDE 1

Distance control, standing	Ankle Sweeps
stop (vocal) and move	feet seatbelt
inside control	butterfly-knees out
combat base: push/pull	superman
block and move	Front Attack Defenses
frame and move	punch protect-clinch-pushoff/hip toss
Wrist Releases with superslap	front bear hug—arms in
3 low: 1 on 1, 2 on 1, 2 on 2	front bear hug—arms out
3 high: 1 on 2, 2 on 1, 2 on 2	standing hair grab to armbar
2 hitchhikers: inverted, cross	front choke—lizard neck, duck under
Guillotine—standing	front choke—step back
Guillotine—guard pull	front choke—hip toss to armbar
Standard Guard Get-up	wall pin choke
Distance control, ground	
break fall	
distance control: fore, back, circle	
base getup, push, pull	

MAROON BELT SIDE 2

Rear Attack Defenses	Trap and Roll Mount Escapes
rear 2-hand grab to wristlock	standard
rear naked choke—standing erect	hair grab
rear naked choke—pulling back	wrist pin
rear bear hug—arms in	punch block
rear bear hug—arms out	Elbow Escapes
Guard Get-ups	standard
super lock to standard	heel drag
heavy chest to standard	Weapon Defenses from Guard
choke	kimura—weapon at hip
wrist pin	armbar—weapon at throat
punch block to standard	Crazy Horse to Rear Naked Choke
Guard Submissions	
double armbar from 2-hand choke	
choked from guard to Triangle	
hair grab defense—armbar	
guillotine choke from stage 1	
kimura	

Vocabulary List

mount	grapevine	superslap	headlock
side mount	tap	armbar	bullyproof
closed guard	c-clamp	wristlock	breakfall
open guard	monkey grip	kimura	punch protection-standing
guard pass	base	rear naked choke	distance control-ground
half guard	base getup	safe clinch	distance control—standing
take the back	trap and roll	hip toss	guillotine
feet seatbelt	shrimp	wrist release	kneebar
over-under seatbelt	scoot	sweep	triangle
hooks in	frame	elbow escape	

Tentative Schedule

- Week 1 – Introduction, Class Requirements, Safety, Tap Out
- Week 2 - Distance Control I, Guillotine, Standard Guard Get-Up
- Week 3 - Wrist Releases with Super Slap
- Week 4 - Distance Control II
- Week 5 - Ankle Sweeps; Front Attack Defenses
- Week 6 – Rear Attack Defenses; Midterm Review
- Week 7 – Midterm Practical
- Week 8 - Standing Punch Protection
- Week 9 - Guard Get-Ups
- Week 10 - Guard Submissions
- Week 11 - Trap and Roll Mount Escapes
- Week 12 - Elbow Escapes
- Week 13 - Weapon Defense from Guard
- Week 14 – Crazy Horse; Final Practical Review
- Week 15 – Final Practical