

**Iowa State University**  
**Department of Health and Human Performance**  
**EX SP 237 Fundamentals of Self-Defense**  
<ycpak@iastate.edu>

- INSTRUCTOR** Yong Chin Pak Graduate of Yongin University, Korea  
241 Forker **8th Degree Black Belt Taekwondo**  
294-5966 **6th Degree Black Belt Judo**  
Office Hours: M-F 4-5:30pm **8<sup>th</sup> Degree Black belt Hapkido**
- TEXTBOOK** Yong Chin Pak, *Guide to Self Defense*. Available at UBS and the Campus Book Store.
- CLASS TIME** Monday and Wednesday, 11am
- All classes meet in the martial arts room, 202E Forker, unless announced differently.
  - This class will report no later than 5 minutes after the hour dressed and ready for roll call.
  - It is an excellent idea to come as early as possible to warm up and to acquire a little extra practice and warm-up time when possible.
  - Classes will dismiss 15 minutes before the hour; therefore, there are only 35 minutes of activity. Please be prompt so that as much as possible can be accomplished.
- EQUIPMENT** Standard Taekwondo uniform; all sizes \$35; a uniform is easily re-sold for about \$15 less than purchase price if kept clean and in good condition.
- SAFETY** This class involves heavy physical contact, strict adherence to these safety rules is necessary.
- No rings, watches, earrings, or other hard objects allowed.
  - No shoes of any type are allowed on the mat. If you are going to use socks, please don't wear the socks for everyday use, and please don't walk from the locker room to the Martial arts room in your socks (or bare feet).
  - Hygiene is important so launder your equipment and your body frequently.

**This class does include heavy physical contact. If you will need any special accommodations, please talk to me immediately. If you are uncomfortable at any time, please do not hesitate to discuss this with me or with one of the class TAs.**

What is self-defense? This is a question I want you to ask yourself before and after the semester that we will be taking to learn Self-Defense. Before oral conformation and physical techniques come into play, your body conditioning needs to be good so that you have confidence. Self-Defense is a set of competitive personal combat skills, which provide the great opportunity to feel the exhilaration and satisfaction of controlling one's own body while completing complex techniques. The intent of this course is to provide an opportunity to learn the basic skills and theories that are necessary to acquire confidence, discipline and respect in maintaining body control so that you can defend yourself with a degree of satisfaction in line with your goals. These goals may be as simple as developing an appreciation of Hapkido for its ascetic value or as a form of self-defense.

The Martial Arts encompass the coordination of power (body) and will (mind). Through the unity of the mind and the body, the martial artist employs the basic techniques of blocking, punching, kicking, and throwing. Martial Arts-based Self-Defense differs fundamentally from other forms of self-defense. Martial Arts-based Self-Defense follows the principle of free-flowing energy and power. First, through a movement of non-resistance, the opponent's attack is diverted. The Self-Defense practitioner moves away from the center of the

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attack and begins a method of circular resistance. The practitioner avoids the use of straight, jerky motions which do not allow for the immediate re-direction of motion. Instead, they employ continuous circular motion to carry out their self-defense. Through the alteration of their axis, the practitioner is able to change their momentum and execute kicks, punches and throws in a continuous flow of motion and energy. The attacker helplessly loses in the flowing power of the self-defense technique. Much as a flowing river penetrates and surrounds its obstructions, the Self-Defense practitioner uses well-practiced technique and an understanding of the five basic tenets (**Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit**) which contribute to a development of responsibility and citizenship.

I hope that you will never have the opportunity to use your self-defense skills outside of this classroom. However, in order to prepare you to defend yourself in any situation, you will need to take this class and the techniques that you are learning seriously and work hard. There will be times that you feel uncomfortable, when you will need to draw on your **perseverance** and **indomitable spirit** to keep yourself going. If you do not learn self-defense with a little bit of discomfort, you will not be able to use your skills in a real situation in which you will need to defend yourself. You must come to class with an open mind, ready to learn, and in a state of alertness at all times. You will need to use **courtesy** and **integrity** in your interactions with your partner—do not go easy on her/him because they are smaller than you or think that you can not move them because they are larger than you; instead, think about what you would do in a real self-defense situation and make sure that you act accordingly. And finally, because we are learning about self-defense and sometimes your adrenaline levels will be raised, you will need to draw on your **self-control** to make sure that you do not hurt yourself or your partner.

*More information about the philosophy behind Self-Defense can be found in your Guide to Self Defense text*

## CLASS CONTENT

### I. Courtesies of self-defense Respect

1. Toward Instructor
2. Toward Partner/Opponent

### II. Knowledge and execution of proper warm-up techniques

### III. Proper execution of basic positions

- A. Breathing
- B. Breaking Balance
- C. Falls
- D. Throwing
- E. Techniques

### IV. Recognizable pronunciation and meaning of the basic Self-Defense skills covered in this class plus associated terms such as: Dobok, Dojang, Sabunim, Cha-ri-et, Kyongnye, Ki Nok Ki, etc.

### V. Knowledge of the history, theories, and philosophies of Self-Defense and Self-Defense instruction.

### VI. Proper knowledge, explanation, and execution of:

- A. Breathing Exercises (Ki Nok Ki)

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- B. Falling Techniques
- C. Throwing Techniques
- D. Hand Techniques and Stances
  - 1. Single Hand Techniques
  - 2. Double Hand Techniques
  - 3. Cross Hand Techniques
  - 4. Side Attacks
  - 5. Pushing Attacks
  - 6. Pulling Attacks

VII. GRADING: Because of the nature of self-defense, most of the grades must be based on a subjective evaluation of knowledge and skill competency.

- A. Grading is Satisfactory/Fail.
- B. Grade components (subject to adjustment)
  - 1. Midterm skills test\* 25%
  - 2. Final skills test\* 25%
  - 3. Final Written Test\* 25%
  - 4. Attendance\*\* 25%

\* These are judged on the basis of competency needed to acquire promotion in rank

\*\*It is imperative that one's attendance be very good. Because of the nature of the sport and the speed with which we must cover the skills there is no time to spend with those who have been absent. Each student would logically have to get his "teaching" from a student on their own time. This may not provide very good instruction.

Through dedication and by paying attention in class, the Self-Defense practitioner can develop and hone the following characteristics:

**Courtesy**  
**Integrity**  
**Perseverance**  
**Self-Control**  
**Indomitable Spirit**

**Continuity**  
**Consistency**  
**Commitment**  
**Cooperation**  
**Citizenship**

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**Weekly Schedule**

<b>1</b>	Organization and orientation Self-defense	<b>2</b>	Horse seat position punching Front stance Punching with a Step Down Block High Block Turn around (180 degrees) Breathing (Ki Nok Ki) Falling Throwing
<b>3</b>	Sul Ki, hand attacks Stances	<b>4</b>	Snap Side Kick Self-Respect
<b>5</b>	Weapons (Night Stick, Bong Sool)	<b>6</b>	Double Hand Attacks
<b>7</b>	Cross Hand Attacks	<b>8</b>	Choking (Front and Back)
<b>9</b>	Real Attacks (pushing, pulling)	<b>10</b>	Midterm Skills Test
<b>11</b>	Holding (front, side, back)	<b>12</b>	Controlling your Temper
<b>13</b>	Side Attacks	<b>14</b>	Self-Discipline Board Breaking
<b>15</b>	Final Exam	<b>16</b>	Optional Class