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| **Faculty Information** | **Name** | SungWon Son |
| **E-mail** | myson32@hanyang.ac.kr |
| **Home University** | Hanyang University |
| **Department** | Sports Science |
| **Homepage** | https://copas.hanyang.ac.kr/front/department/physical/introduce |
| **Course Information** | **Class No.** | TBA | **Course Code** | ISS1209 | **Credits** | 2 |
| **Course Name** | Jiu-Jitsu and Self-Defense |
| **Lecture Schedule** | Mon-Fri / 15:30~19:00 |
| **Course Description** | Understanding Jiu-Jitsu and Studying Self-Defense |
| **Course Objective** | Self-Defense and Case Studies |
| **Prerequisite** | A healthy, average student |
| **Materials/Textbooks** | X |
| **Evaluation** | **Attendance** | 30% | **Quiz** | % |
| **Assignment** | % | **Mid-term Exam** | % |
| **Presentation** | % | **Final Exam** | 40% |
| **Group Project** | % | **Participation** | 10% |
| **Etc.** | **Evaluation Item** | **Ratio** |
| Jiu-Jitsu Understanding | 10% |
| Technology, movement, participation | 10% |
| **Daily** **Lecture Plan** | **Day 1** | Orientation, Jiu-Jitsu and Self-Defense Concepts |
| **Day 2** | Balitudo Self-Defense |
| **Day 3**  | Jiu-Jitsu Basic Movement |
| **Day 4** | Striking basic skill, one two, low kick |
| **Day 5** | Wrestling & Self-Defense |
| **Day 6** | MMA Physical Training |
| **Day 7** | Cage Wrestling Concept |
| **Day 8** | Jiu-Jitsu Concepts and Techniques |
| **Day 9** | final examination |