|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | | | | | | |