

KINC 10 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KINC 10 Title: PERS SAFETY/SELF DEFENSE

Full Title: Personal Safety & Self Defense

Last Reviewed: 2/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0.50	17.5	Lecture Scheduled	8.75
Minimum	1.50	Lab Scheduled	2.50	6	Lab Scheduled	43.75
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 39.38

Total Student Learning Hours: 91.88

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: KCOMB 10

Catalog Description:

Students will learn about personal safety and assault prevention with an emphasis on physical and psychological aspects of personal defense. Students will be taught basic physical defensive tactics and techniques

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will learn about personal safety and assault prevention with an emphasis on physical and psychological aspects of personal defense. Students will be taught basic physical defensive tactics and techniques (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate increased self-defense awareness and ability based on a solid understanding of crime prevention, personal defense techniques, and physical conditioning.

Objectives:

At the conclusion of this course, the student should be able to:

1. Describe personal safety in relation to current topics in crime study.
2. Analyze personal and property safety concepts and techniques.
3. Demonstrate personal defense techniques and skills.
4. Perform body conditioning exercises for personal defense techniques.

Topics and Scope:

- I. The Need for Personal Defense
 - A. Crime as it concerns personal defense
 - B. Crime classifications
 - C. Crime against property
 - D. Frequency of property crimes
 - E. Crimes against the person
 - F. Frequency of personal crimes
- II. Current Problems in Crime Study
 - A. Crime statistics and their accuracy
 - B. Factors that influence crime
 - C. Current trends in combating crimes
 - D. Law enforcement education
 - E. Legislation
 - F. Firearms
 - G. California self-defense Laws
 - H. Citizens arrest (California Penal Codes)

III. Property Safety

- A. Devices
- B. Locks
- C. Alarms
- D. Keys
- E. Precautions
- F. Key Care
- G. Burglar procedures
- H. Counter measures to take against the burglar
- I. Measures to take for a brief absence and before retiring
- J. Measures to take for an extended absence

IV. Personal Safety

- A. Phone use precautions
- B. Identification
- C. Taking calls
- D. Calling for help
- E. Travel precautions
- F. General precautions
- G. Car travel precautions
- H. Car trouble on the road
- I. Public transportation precautions
- J. Recreation precautions
- K. Beaches and parks
- L. Movies
- M. Bowling alleys
- N. Bars
- O. Public buildings
- P. Stadium events such as concerts and sporting events
- Q. Elevators
- R. Stores
- S. Restrooms
- T. Private parties
- U. Lovers' lanes
- V. Child safety precautions
- W. Child molesters
- X. Safety rules for children
- Y. Babysitting

V. Weapons and Techniques of Personal Safety

- A. Weapons defined
- B. The right of self-defense
- C. Firearms
- D. Illegal weapons
- E. Legal hand weapons
- F. Weapon skills

VI. Vulnerable Targets of the Human Body

- A. Hand weapon skills
- B. Personal weapons skills

VII. Body Conditioning for Personal Defense Techniques

- A. Flexibility exercises
- B. Strength exercises
- C. Rolls and falls
- D. Forward rolls

- E. Backward roll
- F. Shoulder roll
- G. Side fall
- H. Side drop
- I. Front fall

VIII. Personal Defense Techniques

- A. The four basic principles of personal defense
- B. Defensive tactics and counters
- C. Wrist and arm grabs
- D. Body holds
- E. Strangles grabs
- F. Arm locks
- G. Kicks and strikes
- H. Using different body parts

All topics are covered in the lecture and lab portions of the course.

Assignment:

1. Personal practice plan
2. Assessment of experience and personal growth
3. Reflective journal(s) (1-3)
4. Skill performance exam(s) (1-2)
5. Exam(s) and/or quiz(zes) (1-2)

All assignments are covered in the lecture and lab portions of the course.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Personal practice plan; assessment of experience and growth; reflective journal(s)

Writing
5 - 10%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skills performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Exam(s) and/or quiz(zes)

Exams
15 - 35%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Christensen, Loren W. Fighting the Pain Resistant Attacker. Santa Fe, NM: Turtle Press. 2016 (classic).

Miller, Sergeant Rory. Meditations on Violence. Boston, Mass. USA: YMAA Publication Center. 2008 (classic).

Instructor prepared materials

Web-Based Texts:

Miller, Sergeant Rory. Facing Violence. Wolfeboro, N.H., USA: YMAA Publication Center (Video: <https://ymaa.com/publishing/streaming-video/facing-violence-streaming>)