

**COURSE OUTLINE**  
**SELF-DEFENSIVE PROFICIENCY COURSE**

SUBJECT	CYCLE	LESSONS
FUNDAMENTALS AND PRINCIPLES OF ATTACK AND DEFENSE	I	6
CHOKES AND DEFENSE AGAINST REAR AND FRONTAL BODY ATTACKS	II	6
DEFENSE AGAINST KNIFE AND CLUB	III	4
DEFENSE AGAINST PISTOL AND SHOTGUN OR RIFLE	IV	4
THROWING, COUNTERS, COMBINATIONS, AND CONTROL MANEUVERS	V	5
SELF-DEFENSIVE PROFICIENCY TEST	V	1

SELF-DEFENSIVE PROFICIENCY TEST

1. OBJECTIVE. To test your knowledge and ability to demonstrate fundamental self-defense principles and techniques. You must be able to perform these as if your life were dependant upon their use.
2. REFERENCE. SDP-156, and parts of Kodokan Judo system for judging contests.
3. TESTING AIDS.
  - a. Self-defensive facilities.
  - b. Dummy weapons (pistols, knives, clubs, mannequin).
  - c. Regulation judo uniform.
  - d. Personal course plan.
4. METHOD OF TESTING. Physical participation and written examinations.
5. OUTLINE.
  - a. Regulation self-defense test.
  - b. Each student will attain a minimum score of 70%. If less than 70% satisfactory ratings are attained, the lessons will be repeated and the individual will be re-tested. Instruction and retesting will continue until the standards are attained.
  - c. Any student who wishes to advance to a Kodokan Judo Degree (Belt Rank) must attain a minimum score of 80%. If less than 80% satisfactory ratings are attained, the lessons will be repeated and the individual will be re-tested. Instruction and retesting will continue until the standards are attained.
  - d. Individual test results and any required participation will be entered not only on the personal course form 156, but also a record will be made available to the Japan Black Belt Association upon the request of an authorized representative.



**CYCLE I**  
**FUNDAMENTALS AND PRINCIPLES OF ATTACK AND DEFENSE.**  
**(Time: 6 Lessons)**

1. OBJECTIVE. At the completion of these lessons you will have the knowledge and demonstrative use of the fundamentals and principles of attack and defense.
2. REFERENCES. Defensive measures (Judo), Training Film 2-103, part IV, reels F, G, and E; Kodokan Judo, and multiple Judo and Karate from our reference library.
3. TRAINING AIDS.
  - a. Self-defensive facilities.
  - b. Regulation judo uniforms.
  - c. Training charts on sensitive striking points, vulnerable areas, and Kodokan judo charts.
  - d. Training films.
  - e. Striking equipment.
4. METHODS OF PRESENTATION.
  - a. Lecture.
  - b. Demonstration.
  - c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Discussion of Principles. d. The technique of off-balancing. e. On-Guard positions. (1) Standing (2) Ground fighting f. Dodging the adversary's attack. g. Randori
Inst.					
REMARKS					

Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Lecture. d. Karate delivery of blows to vulnerable areas. (1) Frontal position. (a) Straight kick to stomach or groin. (b) Side kick to stomach, groin, and outside of knee. (c) Edge of hand to side of neck. (d) Knuckle to throat.
Inst.					
REMARKS					

Date					LESSON 3 a. Repeat lesson 2. b. Introduce lesson 4.
Inst.					
REMARKS					



**CYCLE II**  
**CHOKES AND DEFENSE AGAINST REAR AND FRONTAL BODY ATTACK.**  
**(Time: 6 Lessons)**

1. OBJECTIVE. At the completion of these lessons you will have knowledge and demonstrative use of offensive chokes and defense against rear and frontal body attacks.
2. REFERENCES. Defensive measures (Judo), Training Film 1-2986, part IV, reels A and B; part III, reels G and F. Combination Judo & Karate from our reference library.
3. TRAINING AIDS.
  - a. Self-defensive facilities.
  - b. Regulation judo uniforms.
  - c. Training charts on rear and frontal body attacks.
  - d. Training films.
4. METHODS OF PRESENTATION.
  - a. Lecture.
  - b. Demonstration.
  - c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Review of Cycle I. d. Introduction to chokes.
Inst.					
REMARKS					
Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Chokes. (1) Offensive rear, front and ground cross-collar (rear forearm). (2) Defense, front cross-collar (prevention of pressure, followup, knee blow to groin, scoop throw). d. Break-a-ways. e. Randori.
Inst.					
REMARKS					
Date					LESSON 3 a. Warmup drills. b. Review of lesson 2. c. Lecture. d. Chokes. (1) Rushing, Sidestep -- sidekick or hand blow to open vulnerable areas. (2) Leg tackle. Elbow blow to back of neck. e. Break-a-ways. f. Randori.
Inst.					
REMARKS					
Date					LESSON 4 a. Warmup drills. b. Review of lesson 3. c. Defense against rear body attack (blow, scoop throw counter only). (1) Rear strangle. Block, elbow blow to grain, and rechoke. (2) Rear body lock under the arms. Stamp to arch, followup with scoop throw. (3) Full nelson. Block, stamp, scoop throw with followup by falling to ground. d. Randori.
Inst.					
REMARKS					
Date					LESSON 5 a. Warmup drills. b. Review of lesson 4. c. Lecture. d. Continuation of lesson 4. (1) Side headlock. Block, stamp arch, fist blow to groin, and scoop throw. (2) Review of weaker techniques. (3) Questions and answers. e. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 6 a. Warmup drills. b. Review of lesson 4. c. Test. d. Training film. e. Randori. f. Special attention to weaker areas.
Inst.					
REMARKS					

**CYCLE III**  
**DEFENSE AGAINST KNIFE AND CLUB.**  
**(Time: 4 Lessons)**

1. OBJECTIVE. At the completion of these lessons, you will have the knowledge of and the ability to demonstrate the defense against a knife or club.
2. TRAINING AIDS.
  - a. Self-defense facilities.
  - b. Regulation judo uniform.
  - c. Training charts on knife and club defense.
  - d. Dummy knives, clubs, and long sticks.
  - e. Training film 1-203, part VI, reel D.
3. METHODS OF PRESENTATION.
  - a. Lecture.
  - b. Demonstration.
  - c. Participation.

Date					LESSON 1. a. Orientation lecture. b. Warmup drills. c. Review of Cycle I. d. How your opponent will use the knife and defense against same. (1) Explanation: (a) Grasp, stance, and footwork. (b) Knife cuts, slashes to vulnerable areas (rear and frontal positions). (c) Safety ranges. (d) Stick defense (long and short). (e) Obscuring knife attacker's vision and blows. e. Randori.
Inst.					
REMARKS					
Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Defense against: horizontal slash to the face and chest. (1) Outside or inside slip to slash, sidekick blow to vulnerable area. (2) Roll away, straight heel kick to vulnerable area. d. Randori.
Inst.					
REMARKS					
Date					LESSON 3 a. Warmup drills. b. Review of lesson 2. c. Defense against: Upward thrust to the midsection. (1) Sidestep, inside cuff-hand, knee blow to vulnerable area. (2) Outside cuff-sidekick to vulnerable area. d. Mixed randori-style karate, knife, and club fighting.
Inst.					
REMARKS					
Date					LESSON 4 a. Warmup drills. b. Review of lesson 3. c. Mid-term test. d. Training film. e. Mixed randori-style karate, knife, and club fighting.
Inst.					
REMARKS					

**CYCLE IV**  
**DEFENSE AGAINST PISTOL AND SHOTGUN OR RIFLE.**  
**(Time: 4 Lessons)**

1. OBJECTIVE. At the completion of these lessons, you will have a knowledge of and the ability to demonstrate the defense against pistol and shotgun or rifle.
2. REFERENCES. Combative Measure (Judo) Training Film 2-328, part II, reel F., Judo handbook, section D, pp. 198-206.
3. TRAINING AIDS.
  - a. Self-defense facilities.
  - b. Regulation judo uniform.
  - c. Training charts on use and defense against gun or rifle. Pistols and rifles.
4. METHODS OF PRESENTATION.
  - a. Lecture.
  - b. Demonstration.
  - c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Review of Cycle II. d. Explanation: (a) Caution and approach. (b) Shakedown. Arms high overhead, spread-eagle, kneeling, and wall search. e. Pistol disarming. (a) Safety range, line of fire, psychological timing. (b) Pistol or rifle pointed outside center line of stomach. f. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Pistol disarming. (a) Pistol or rifle pointed inside center line of stomach. (b) Pistol or rifle pointed against back. d. Break-falls. e. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 3 a. Warmup drills. b. Review of lesson 1. c. Repeat lesson 1. d. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 4 a. Warmup drills. b. Review of lesson 2. c. Repeat lesson 2. d. Randori -- standing and ground. e. Test.
Inst.					
REMARKS					

**CYCLE V**  
**THROWING, COUNTERS, COMBINATIONS, AND MANEUVERS FOR CONTROL.**  
**(Time: 6 Lessons)**

1. OBJECTIVE. At the completion of these lessons, you will have a knowledge of and the ability to demonstrate throwing, counters, combinations, and maneuvers for control.
2. REFERENCES. Self-defense measures (Judo) Training Film 1-4981, part III, reels D, E, C, J, K, L, M, and O; part II, reels, A, B, and C; Part V, reel B, Kodokan Judo, and 'The Sport of Judo.
3. TRAINING AIDS. a. Self-defense facilities.  
b. Regulation judo uniform.  
c. Training charts on throwing, counters, combinations, and maneuvers for control.
4. METHODS OF PRESENTATION. a. Lecture.  
b. Demonstration.  
c. Participation.

Date					<b>LESSON 1</b> a. Orientation lecture. b. Warmup drills. c. Review. (1) Fundamentals and principles of attack and defense. (2) Chokes and defense against rear and frontal body attack. (3) Defense against knife and club. (4) Defense against pistol, rifle, and shotgun.
Inst.					
REMARKS					
Date					<b>LESSON 2</b> a. Warmup drills. b. Review of lesson 1. c. Throwing, counters, combinations, and maneuvers for control. (1) Arm-drag progressed into rear forearm choke. (2) Counter to rear forearm choke. Shoulder back throw. (3) Hip throw. Against front body attack. (4) Lateral drop. Against the low grappler's position. (b) Wing-locking. (a) Against rear forearm choke. (b) Against rear body locks (over arms, under arms). d. General randori (falling, throwing to include leg, hip, shoulder, back, and falling-to-the-side throwing techniques). Counters to ground hold-downs and chokes.
Inst.					
REMARKS					
Date					<b>LESSON 3</b> a. Warmup drills. b. Review. c. Randori.
Inst.					
REMARKS					
Date					<b>LESSON 4</b> a. Warmup drills. b. Review. c. Randori.
Inst.					
REMARKS					
Date					<b>LESSON 5</b> a. Warmup drills. b. Review. c. Randori.
Inst.					
REMARKS					
Date					<b>LESSON 6</b> a. Final test.
Inst.					
REMARKS					