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
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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.

NAGE NO KATA - FORMS OF THROWING

TACHI - WAZA - FROM A STANDING POSITION

A. TE - WAZA - HAND TECHNIQUES 1. Uki-Otoshi 2. Seoi-Nage 3. Kata-Ouruma	Shoulder Throw							
B. KOSHI - WAZA - HIP OR LOIN TECHNIQUES 1. Uki-Goshi Floating Loin 2. Harai-Goshi								
C. ASHI - WAZA - LEG OR FOOT TECHNIQUE 1. Okuri-Ashi-Barai								
SUTEMI WAZA SACRIF	FICE TECHNIQUES							
A. MA - SUTEMI - WAZA - BACK SACRIFICE 1. Tomoe-Nage 2. Yoko-Guruma 3. Uki-Waza	Side Wheel Floating Throw							
5 Strikes 5 Kicks Rotate the Neck Forward and Backward Trunk Bending Side to Side Trunk Bending Stretch Judo Push-Ups Deep Knee Bend Squat Stretching Thigh Squat Lossen the Toes Touch Toes Opposite Hands Pull in 3 Ways TANDOKU R SHADOW TE PRACTICE OF THROWING FOR Right and Ashi Harai Ouchi Gari Osoto Gari Kouchi Gari Hane Goshi Harai Goshi Morote Seoinage Uchimata Taiotoshi	Bicycle Pump Backfalls from Sitting Position Backfalls from Squat Position Backfalls from Standing Position Siderolls Side Falls from Squat Position Duck Walk Chugari Right and Left Backward Defense Crawl Forward Clenched Fists Pull Crawl RENSHU HROWS RM WITHOUT A PARTNER Left Foot Sweep Major Inner Reaping Minor Inner Reaping Spring Hip Throw Sweeping Hip Throw Two Hand Shoulder Throw Inner Thigh Throw							
Date RECORD OF A	IDADANCE							

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

CYCLE I (Continued)

Date										
Inst.					LESSON 4					
REMARKS					a. Warmup drills. b. Review of lesson 2. c. Training Film. d. Continuation of Karate. (1) Attacker at the rear position. (a) Elbow to groin. (b) Stamp to arch. (c) Heel to crotch. (2) Attacker at the ground, six-o'clock position. (a) Straight kick to stomach. (b) Side kick to ribs and stomach. (3) Attacker on the back. (a) Knee drop to ribs. (b) Stamp to ribs, temples, and groin. e. Randori.					
inale										
Inst.	REN	1ARKS			 LESSON 5 a. Warmup drills. b. Review of lessons 3 & 4. c. Continuation of Karate. (1) Attacker on the stomach. Heel blow to back of neck, middle of the spinal column, and small of back. (2) Maneuver for position for attack and control. Arm-drag progressed for rear-takedown. Followup blows. d. Avoiding blows and thrusts. (1) Right hand blow. (2) Kick. (3) Boxer. (4) Club. (5) Six directions of movement using parries, counter hand or foot blows, and scoop throw. e. Mixed fighting using karate and judo movements in standing and ground positions. 					
hate	REN	IARKS			LESSON 6 a. Warmup drills. b. Review and repeat lessons 1, 2, 3, 4, and 5. c. Mixed fighting using karate and judo movements in standing and ground positions. d. Test.					

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	A FIGGON 1
Inst.	LESSON 1 a. Orientation lecture.
REMARKS	b. Warmup drills. c. Review of Cycle I. d. Introduction to chokes.
Date Inst. REMARKS	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, scothrow). d. Break-a-ways. e. Randori.
Date	LESSON 3
Inst. REMARKS	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.
Date	LESSON 4
Inst.	a. Warmup drills,
REMARKS	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.
Date	LESSON 5
Inst.	a. Warmup drills.
REMARKS	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.
Date Inst. REMARKS	LESSON 6 a. Warmup drills. b. Review of lesson 4. c. Test. d. Training film. e. Randori. f. Special attention to weaker areas.

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.

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Date Inst.				LESSON 1.				
REMARKS				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.				
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Date				LESSON 2				
Inst.				a. Warmup drills.				
	REN	JARKS		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.				
Daté				LESSON 3				
Inst.				a. Warmup drills.				
	REN	IARKS		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.				
Date				LESSON 4				
lnst.		14020		a. Warmup drills.				
	RE:N	IARKS		b. Review of lesson 3. c. Mid-term test.				
				d. Training film.				
				e. Mixed randori-style karate, knife, and club fighting.				
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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.
- 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.

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Date				I POCONI I
Inst.				
				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.
Date Inst.	RE	MARKS	3	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.
Date Inst. REMARKS			3	LESSON 3 a. Warmup drills. b. Review of lesson 1. c. Repeat lesson 1. d. Randori standing and ground.
Date Inst. REMARKS				LESSON 4 a. Warmup drills. b. Review of lesson 2. c. Repeat lesson 2. d. Randori standing and ground. e. Test.

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		LESSON 1					
Inst.		a. Orientation lecture.					
	REMARKS	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 kinte and club.					
		(i) Beleine against plate, the shorpar					
Date							
Inst.		LESSON 2 a. Warmup drills.					
	REMARKS	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.					
Date							
		LESSON 3					
Inst.		a. Warmup drills.					
	REMARKS	b. Review.					
		C. Kalldott.					
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Date		LESSON 4					
Inst.		a. Warmup drills.					
	REMARKS	b. Review.					
		c. Random.					
	-						
 Date		LESSON 5					
Inst.		a. Warmup drills.					
11126*	DEMARKS	b. Review.					
	REMARKS	c. Randori.					
Data	T	LESSON 6					
Date		a. Final test.					
Inst.	REMARKS						