



# High School Unit



# Martial Arts

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- Single hand grab trouser
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# Cle Elum High



## Physical Education Martial Arts Syllabus

### Contact Information:

Instructor:

Phone number/email address:

**Materials Needed:** Everyone will need a notebook that has college rule paper in it.

### Course Description:

In this unit the students will learn the importance of self-defense and the safety precautions of each self-defense move taught. They will understand that self-defense will only be used for protection in a life-threatening situation. This unit will help the students to become aware of their surroundings and how it may be used for protection.

### Rationale of Unit:

We are incorporating self-defense into our unit plan so you (the students) understand how you can protect yourself out in the real world. Martial Arts can be a very complicated subject but we (teachers) are very confident that all of the self-defense moves we teach can be learned by each and every one of you. In each move you will be performing movements that involve skills, which you have previously acquired. We are excited to teach you a little about Martial Arts because we believe it will be helpful to you now and later in life.

### Student Learning Objectives:

1. Students will know all safety precautions while participating in this martial arts unit.
2. Students will be able to demonstrate all moves shown in class to other classmates.
3. Students will be able to successfully perform all offensive and defensive moves and perform them with classmates.

### Assessment Procedures:

- Skills Tests – 15%
- Participation / Attendance – 50%
- Journals – 5%
- Scenarios – 5%
- Test – 20%
- Teacher Assessments – 5%

### You will be graded on:

- **Participation** – Every day you are expected to participate in moves presented. This includes trying each move with a partner. Being with a partner and talking does not count as participation. You must be active in order to get your 5 points for the day. If you are injured and must sit out from an activity **you must have a note from a parent or guardian**. If you need to sit out for more than three days you need to have a doctors note.



- **Attendance** – You will be graded on whether you come to class or not. If you must miss class because of a school function, appointment, or family emergency you must bring me a note in order to be excused.
- **Assessments**
  - ✓ **Tests** – You will be given a test at the end of the unit on most of the information given in class. We will review this information many times before the test takes place. Also you will be given a study guide for the test the day before. All students will have a better chance at passing the test if you are in class everyday. If you **do** miss a lecture make sure you ask the teacher what it was about.
  - ✓ **Skills Test** – You will be graded at the end of the unit on how well you have learned the skills taught in class. There will be different levels for you to shoot for. You will be given a sheet of paper that will have the requirement on it. Some of these skills will need to be practiced outside of class so you can be proficient at them.
  - ✓ **Journals** – These will be given as homework. For the most part these will be used so I can check your knowledge and opinions on what you think of the move or moves you learned that day. I will let you know everyday what I expect you to do. Sometimes I will ask you to practice the move on your parent(s) or guardian and have then **sign your journal** showing that you have done this. All journals will be handed in on Friday. I will return everyone's journal to them on the following Monday. If you miss a day you must see me to make up your journal entry.
  - ✓ **Scenarios** – Each of you with a partner will come up with your own scenario. After you have your skit down you will perform it in front of the video camera and teacher. I will then make a video and show the whole class everyone's skit. You will be graded on how well you perform your move(s) and if the move fit into the scenario.
  - ✓ **Extra Credit** - I will be assessing you on the skills you learn. I will give extra points to those who are doing the skills as they were taught. Extra credit will be available for all students that attend class that day. This will only occur once in a while so make sure you learn the proper form to every move. Also I will never tell ahead of time when I am going to give out extra credit points until that day.

#### Rules:

- Be respectful
- Follow directions
- Respect equipment
- Be safe
- Have fun
  - 1<sup>st</sup> offence- teacher will remind student of rules.

- 2<sup>nd</sup> offence-Pull student from activity and give student time out.
- 3<sup>rd</sup> offence-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Safety:**

- Moves learned are to be used for protection only
- Practice correct technique but don't injure your partner
- Moves shouldn't be seen outside of class unless in danger or practicing





# Parent Form



Dear Parent/Guardian;

The unit that we will be covering is self-defense. We will go over the importance of self-defense and learn a variety of different moves. Also students will be expected to be safe while practicing all moves. Following in the letter will be a list of activities that will be done in class. Grading criteria and a course description is also included in the letter.

**List of moves that will be in our self-defense unit that will help the students get out of an attacker grip and run away from danger. These moves are trying to get the students out of reach of a stranger that means harm. The moves taught aren't to be used to fight but to defend their life.**

- Eye contact
- Walking
- Strength
- Grab hair
- Shoulder grab
- Wrist grab
- Grabbing Both Wrists
- Center Hug and Twist
- Nose and mouth is covered
- Front choke hold escape
- Rear choke hold escape
- Single hand grab circle
- Single hand grab trouser
- Double hand grab circle
- Floor fighting
- Neck Grab
- Baseball Swing
- Knee to Groin
- Chest Grab
- Hitting shield and using voice
- Gun Point Move

## **Course Description:**

In this unit the students will learn the importance of self-defense. They will learn the safety precautions of each self defense move taught. They will understand that self-defense will only be used in a life-threatening situation throughout life. Students will understand that self-defense if used is for protection. This unit will cause the students to become aware of their surroundings and how it may be used for protection.

## **What your child will be graded on:**

- **Participation** – Every day student's are expected to participate in moves presented. This includes trying each move with a partner. Being with a partner and talking does not count as participation. Students must be active in order to get their 5 points for the day. If the student is injured and must sit out from an activity **the student must have a note from a doctor or a parent or guardian**. If the student can't participate for more than three days in a row the student must get a note from a doctor.

- **Attendance** – Students will be graded on whether they come to class or not. If the student must miss class because of a school function, appointment, or family emergency they must bring me a note in order to be excused.
  
- **Assessments**
  - ✓ **Tests** – You will be given a test at the end of the unit on everyday lecture. We will review this information many times before the test takes place. Also you will be given a study guide for the test the day before. All students will have a better chance at passing the test if you are in class everyday. If you **do** miss a lecture make sure you ask the teacher what it was about.
  - ✓ **Skills Test** – You will be graded at the end of the unit on how well you have learned the skills taught in class. There will be different levels for you to shoot for. You will be given a sheet of paper that will have the requirement on it. Some of these skills will need to be practiced outside of class so you can be proficient at them.
  - ✓ **Journals** – These will be given as homework. For the most part these will be used so I can check your knowledge and opinions on what you think of the move or moves you learned that day. I will let you know everyday what I expect you to do. Sometimes I will ask you to practice the move on your parent(s) or guardian and have then **sign your journal** showing that you have done this. All journals will be handed in on Friday. I will return everyone's journal to them on the following Monday. If you miss a day you must see me to make up your journal entry.
  - ✓ **Scenarios** – Each of you with a partner will come up with your own scenario. After you have your skit down you will perform it in front of the video camera and teacher. I will then make a video and show the whole class everyone's skit. You will be graded on how well you perform your move(s) and if the move fit into the scenario.
  - ✓ **Extra Credit** - I will be assessing you on the skills you learn. I will give extra points to those who are doing the skills as they were taught. This will only occur once in a while so make sure you learn the proper form to every move. Also I will never tell ahead of time when I am going to give out extra credit points until that day.

**Please sign the next sheet and send it back to school with your child!!!**

**Thank you**



Student's Name \_\_\_\_\_ Class period \_\_\_\_\_

We have read and are aware of the rules listed above. We know and understand what is being asked of in the physical education class.

**Student signature** \_\_\_\_\_ Date \_\_\_\_\_

**Parent's Signature** \_\_\_\_\_ Date \_\_\_\_\_

Please list any medical problems I need to be aware of: \_\_\_\_\_

\_\_\_\_\_



## Self-Defense Block Plan

|   |   |   |   |  |
|---|---|---|---|--|
| <p style="text-align: center;"><b>Lesson 1</b></p> <p>Lecture: <b>Introduction</b><br/>           Moves: <i>Eye Contact, Walking, and Strength</i></p>      | <p style="text-align: center;"><b>Lesson 2</b></p> <p>Lecture: <b>Car Safety</b><br/>           Moves: <i>Shoulder grab and Wrist grab</i></p>      | <p style="text-align: center;"><b>Lesson 3</b></p> <p>Lecture: <b>Traveler Tips</b><br/>           Moves: <i>2 techniques on grabbing both wrists</i></p>               | <p style="text-align: center;"><b>Lesson 4</b></p> <p>Lecture: <b>Safety on the Street</b><br/>           Moves: <i>Center Hug and twist, Someone covers mouth and nose</i></p> | <p style="text-align: center;"><b>Lesson 5</b></p> <p>Lecture: <b>Review</b><br/>           Moves: <i>Review</i></p>           |
| <p style="text-align: center;"><b>Lesson 6</b></p> <p>Lecture: <b>Not to be a Victim on the streets</b><br/>           Moves: <i>Front Choke escape</i></p> | <p style="text-align: center;"><b>Lesson 7</b></p> <p>Lecture: <b>Not a victim in a Building</b><br/>           Moves: <i>Rear choke escape</i></p> | <p style="text-align: center;"><b>Lesson 8</b></p> <p>Lecture: <b>Mastering Fear</b><br/>           Moves: <i>Single hand grab circle, Single hand grab trouser</i></p> | <p style="text-align: center;"><b>Lesson 9</b></p> <p>Lecture: <b>Rape Checklist</b><br/>           Moves: <i>Neck grab and Grab hair</i></p>                                   | <p style="text-align: center;"><b>Lesson 10</b></p> <p>Lecture: <b>Review</b><br/>           Moves: <i>Review</i></p>          |
| <p style="text-align: center;"><b>Lesson 11</b></p> <p>Lecture: <b>Body Strengths and Weaknesses</b><br/>           Moves: <i>Baseball Swing</i></p>        | <p style="text-align: center;"><b>Lesson 12</b></p> <p>Lecture: <b>Telephone Answering</b><br/>           Moves: <i>Knee to Groin</i></p>           | <p style="text-align: center;"><b>Lesson 13</b></p> <p>Lecture: <b>Door Answering</b><br/>           Moves: <i>Chest Grab, Hitting Shield and using voice</i></p>       | <p style="text-align: center;"><b>Lesson 14</b></p> <p>Lecture: <b>House and Yard</b><br/>           Moves: <i>Gun Point Move</i></p>   | <p style="text-align: center;"><b>Lesson 15</b></p> <p>Lecture: <b>Review</b><br/>           Moves: <i>Review</i></p>          |
| <p style="text-align: center;"><b>Lesson 16</b></p> <p>Lecture: <b>Carrying Valuables</b><br/>           Moves: <i>Floor fighting</i></p>                   | <p style="text-align: center;"><b>Lesson 17</b></p> <p>Lecture: <b>Theft and Pickpockets</b><br/>           Moves: <i>Stations</i></p>              | <p style="text-align: center;"><b>Lesson 18</b></p> <p>Lecture: <b>Stories</b><br/>           Moves: <i>Scenarios</i></p>   | <p style="text-align: center;"><b>Lesson 19</b></p> <p>Lecture: <b>Review</b><br/>           Moves: <i>Skills Test</i></p>  | <p style="text-align: center;"><b>Lesson 20</b></p> <p>Lecture: <b>Conclusion</b><br/>           Moves: <i>Skills Test</i></p> |

**Physical Education Teacher Education Program  
Central Washington University  
Lesson Plan #1: Self – Defense**

**Objectives**

- 1) Students will be able to recognize that the way they walk may make them a target for attack.
- 2) Students will be able to demonstrate in class where their arms should be to generate the most strength.

**Equipment: (for a class of 30 students)**

- 6-8 small green balls to represent the pathogens
- 2 blue pinnies to represent the white blood cells
- "Stayin' Alive" music by the Bee Gees from Saturday Night Fever Soundtrack

**Protocol**

- Go on the word Go.
- Stop on the whistle
- Bring it in means group in front of the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be asked questions at the end of the lesson so I can check for their understanding on what was taught.

- Which is the best way to position your arm in order to get the most strength: arms straight or bent at the elbow?
  - Bent elbow
- How should you walk to make yourself look confident to others?
  - Shoulders are broad
  - Back is straight
  - Head is up and eye are looking forward
- What were the three safety rules that I said at the beginning of class?
  - Moves shown are to be used only for protection
  - Practice the correct technique but don't injure your partner
  - Remember you must not use these moves outside of class on your friends unless you are being attacked

## Content Development

**Instant Activity:** *Pathogens Tag* (6-8 small green balls to represent the pathogens, 2 blue pinnies to represent the white blood cells, "Stayin' Alive" music by the Bee Gees from Saturday Night Fever Soundtrack) Explain to the students that a pathogen is a disease-causing agent and can make someone feel "sick". When pathogens enter the body we feel sick and the white blood cells help get rid of the pathogens. Choose 2 students to be the white blood cells and they wear a blue jersey or pinny. Choose 2 more students to be the pathogens and they hold a small green ball. The rest of the students are the body systems. When you play the music the pathogens try to tag as many body systems as they can. Have the students use locomotor movements like walk, job, skip, etc. during the tag game. Once tagged, the body system must freeze and wave their hands frantically for the white blood cells. Once the white blood cells give them a high-five (or high-ten) they are free to move again. Stop the music and choose more students to be the pathogens but always keep 2 white blood cells. Students may start to understand that when more pathogens enter the body the more likely they will get sick. When there are more pathogens and less white blood cells the longer it will take for the body system to feel better.

**Set Induction:** Has anyone here ever been frightened while walking alone. What caused the fright? Today we are going to start a new unit on self-defense and we are going to show you some ways that you can protect yourself from dangerous situations. We are going to give you some safety tips and also show you a couple of moves that might help if someone were to attack you.

| MAF/Instructional technique  | Extensions   | Refinements   | Applications |
|--|--|---|--------------|
| <p><b>Informing Task:</b> (Lecture – What exactly is self-defense and why is it helpful to know?)(Some possible answers are in parenthesis)</p> <ul style="list-style-type: none"> <li>• What do you think of when you think about self-defense? What comes to your mind first?               <ul style="list-style-type: none"> <li>• Does anyone know of anyone who has been attacked?</li> <li>• (Don't answer the question if you don't want to) Has anyone here been attacked? What did you do?</li> </ul> </li> <li>✓ Why is self-defense necessary? (protection, saving your life, knowledge on how to stay out of dangerous situations, get away from attacker)</li> <li>✓ What is the attackers motivation? (rape, murder, kidnapping, harassing, scaring, molesting)</li> <li>✓ Who do you think is attacked more males or females? (females) Why? (weaker, sex, easy targets, dress provocatively)               <ul style="list-style-type: none"> <li>▪ 1-4 women will be attacked during their lifetime</li> <li>▪ 1-7 boys will be attacked</li> <li>▪ 1-4 girls will be attacked</li> </ul> </li> <li>• What kinds of places should you stay away from to avoid dangerous situations? (parks, parked cars, vans, shrubbery, dark and deep doorways, short cuts, back yards, groups of males, dark alleys, trail, etc.)</li> <li>• What kinds of places are safer environments? (malls, shopping stores, restaurants, anywhere where there are a lot of people around, and well lit areas?)</li> <li>• What is the difference between the two? (more people around for protection?)</li> <li>• Since today is our first day of self-defense we need to go over a few safety issues:               <ul style="list-style-type: none"> <li>• The moves shown are to be used for protection only</li> <li>• Practice the correct technique but don't injure you partner</li> <li>• Remember you must not use these moves outside of class on your friends unless you are being attacked</li> </ul> </li> </ul> |  |   |              |
| <p><b>Informing Task:</b> (Partners should be the same sex as much as possible but isn't completely necessary) When I say "Go" I would like all of you to get with a partner about the same size as you and find a place in the gym and face one another. I want you to look into their eyes and stare hard. The reason for doing this is so you can practice keeping eye contact. In self-defense you want to keep eye contact with the attacker. Go!!</p>  |  |   |              |
|  | <p>1. This time I want you and your partner to move but always keep them in front of you with your eyes locked on each other. This will make you try really hard to keep</p> | <p>As you are staring into the eyes of your partner see what other things you will notice in your <b>peripheral vision</b>. For example watch their hands and feet and see what they are doing.</p> |              |

|  |  |  |   |
|--|--|--|---|
|  | your focus even when you're moving. Do this a couple of times and then switch roles.   |  |   |
|  | 2. This time one partner raises their hand slowly to see if the other partner notices. As soon as they do they must call out what hand is moving. Do this a couple of times and then switch. | Always keep <b>eye contact</b> .   | As you are practicing try and see how many consecutive movements you can see your partner making. See how many times you are right by calling them out to your partner. |
|  | 3. This time make your movements less obvious and move just a few fingers and possibly your feet. After a few times make sure that you switch roles.   | Let your eyes focus on opponents eyes but be <b>observant</b> in every move they make. |   |

**Informing Task:** One of the things an attacker looks at is a person's walk. If they think a person's walk is lacking confidence they will find it easier to attack you. What body parts make a confident walk? (shoulders, head, eyes, back, and feet) This time we are going to focus on everyone's walk. I want one partner to walk while the other watches. Notice how your partner walks. Notice their shoulders, head, eyes, back, and their feet. All of these body parts can help you read your partner's feelings. Do you think your partner has confidence in their walk?

|  |  |   |  |
|--|--|---|--|
|  |  | This time as you walk make sure your <b>shoulders are broad</b> and <b>back are straight</b> . This helps you stand taller. |  |
|  |  | Make sure you <b>stick out your chest</b> . This makes your back straighter and caused you to keep your head up.            |  |
|  | 1. I want you and your partner to find a line in the gym. I want you to try and walk on that line while your other partner watches. Then switch roles. (Notice what it looks like if you put one foot directly in front of the other!) | Make sure your <b>head is up</b> and your <b>eyes are looking ahead</b> .   |  |
|  | 2. Now I want you to walk keeping your feet shoulder width apart instead of walking in a straight line. Partners watch this and then switch roles. (Compare the difference between the line and having your feet shoulder width apart) |   |  |

**Informing Task:** (Lecture on walking)

- Which style of walking made the person look more confident? Why? (When feet were shoulder width apart because they look less like a victim and in more control of their actions)
- Which style of walking made the person look more athletic and in control? (When feet were shoulder width apart)

**Informing Task:** When I say, "Go" I want you to have the same partner and I want you to find a space in the gym and face each other. One partner is going to have their arms straight out in front of them palms up. The other partner is going to have their elbows bent at their sides. Then they are going to push down on their partner's palms with their thumbs (thumbs are pointed down). The students with their arms straight are trying to keep their arms up as long as possible. The students that are pushing with their thumbs are trying to push down their partner's hands. "Go"

|   |  |  |   |
|---|--|--|---|
| <ul style="list-style-type: none"><li>• Make sure you switch roles with your partner.</li></ul> | 1. Now I want the partner with their arms straight to bend their elbows and put them at their sides with palms up. Now try the same thing as before. | Maintain <b>eye contact</b> the whole times. | Try and see how long you can hold your arms out straight. |
|---|--|--|---|

**Closure/Assessment:** Please raise your hand to answer:

- Which way was easier: arms straight or bent at the elbow?
- How should you walk to make yourself look confident to others?
- What were the three safety rules that introduced to you at the beginning of class?

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #2: Self – Defense**

**Objectives**

- 1) Students will be able to demonstrate eye contact while performing their self-defense moves.
- 2) Students will be able to demonstrate what to do if they get free from an attackers grip.
- 3) Students will be able to recognize what to do if their car breaks down on the side of the road.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- Pinnies for taggers

**Protocol:**

- Go on the word Go.
- Stop on the whistle
- Bring it in means group in front of the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- What were the three things that you need to be able to do while maintaining your car?
  - How to gas up
  - Fill oil
  - Change a tire
- What should you do if your car breaks down?
  - Hood up
  - Flashers on
  - Don't set out on foot
  - Get id from non-uniform officers
  - Only open your window to eye level
  - Send others for state patrol, sheriff, city police
  - Don't accept rides from anyone you don't know
- If you escape the attackers grip what should you do?
  - Run away
- What is one thing we must remember to do with our attacker at all times?
  - Keep eye contact

## Content Development

**Instant Activity:** *Tunnel Tag* (Cones for general space boundaries, pinnies for taggers) Have students find their own self space and designate 2-3 students as taggers (have them wear pinnies). On the teachers signal all students are to move in general space trying to avoid being tagged by the taggers. When students are tagged they are to freeze immediately and stand with their feet wide apart. To get unfrozen "free" taggers must crawl through the student's legs. The student **MUST** crawl through the legs from the front. **No one is allowed to go through starting from behind the tagged person.** After the student gets completely through their legs and begins to move again they are eligible to be tagged again. Switch taggers frequently.

**Set Induction:** How many people here drive a vehicle? How many of you have ever felt scared while in a car? Today we are going to learn how to make your car a safe place to be. Also we are going to learn the first self-defense moves of our unit. We will learn how to escape if someone grabs our wrists and how to escape if someone puts a hand on our shoulder.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – Car Safety)(Answers are in parenthesis)

- When sitting in a car what should you do to keep safe from attackers? (Keep doors locked at all times, windows up)
- Why is it important to stay on well-lit, well-traveled roads? (others could possibly help if in trouble)
- What are a few basic maintenances you need to know how to do when driving a car? (how to gas up, fill oil, and change a tire)
- If you do run into trouble and your car breaks down what should you do?
  - ✓ Hood up
  - ✓ Flashers on
  - ✓ Don't set out on foot
  - ✓ Get id from non-uniform officers
  - ✓ Only open your window to eye level (further down the person could hit or grab you)
  - ✓ Send others for state patrol, sheriff, city police
  - ✓ Don't accept rides from anyone you don't know
  
- When locking valuables in trunk realize that everyone else knows what you just did and will break in after you leave
- Where should you park your car? (well lit areas)
- When you return to your car what should you do?
  - ✓ Be aware of you surroundings
  - ✓ Make sure you are aware of what is under your car
  - ✓ Look in the back seat of your car
  - ✓ Have keys ready
  - ✓ Get in start and lock your doors all at once
  
- Does anyone know what jar jacking is? (If someone wants to steal your car let them / if you are in the car get out on the other side through the other door

**Informing Task: (Shoulder Grab)** If someone comes up and grabs your shoulder what should you do? If the opponent is facing you and reaches out with their right arm and hand and grabs your left shoulder you would:

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away



Once you have escaped their grip turn and run away. Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |  |   |   |
|---|--|---|---|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining the move to the class</li> </ul> | <p>1. Make sure you try doing this with both hands.</p>  | <p>Remember to keep good <b>eye contact</b> with opponent.</p>  |   |
|   | <p>2. I want the partner who is the attacker to try and hold on to your partners shoulder tight.</p> | <p>Make sure when you push off their hand it is a <b>quick motion</b></p>   | <p>See how many times you are successful in getting your partners hand off your shoulder.</p> |
|   | <p>3. Now I want you to do it with both hands at the same time.</p>                                  | <p>I want to see everyone <b>run away</b> because this is the point of self-defense is to get away from the attacker.</p> |   |

**Informing Task: (Wrist Grab)** Now I'm going to show you how you would escape if someone grabbed your wrist. You always want to look for the weakest part of the attacker. On a grip, what do you think would be the weakest part? Your thumb is the weakest part of your grip. If the attacker is facing you and grabs your right wrist with their left hand you want to:

- 1) Take your arm and pull it across your body toward your heart (Remember to keep your elbow bent)
- 2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.
- 3) Run away

Now with your partner I want you to try it.

|  |   |   |   |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to class</li> </ul>  | <p>1. Now try it with your left hand.</p>   | <p>Remember to keep <b>eye contact</b> with partner</p>                   |   |
| <ul style="list-style-type: none"> <li>Make sure you and your partner switch roles</li> </ul>  |   | <p>As you are taking your arm out of their grip be <b>quick</b></p>       |   |
| <ul style="list-style-type: none"> <li>When you think you have it down let one of the teachers know and we will come and watch to see if your technique is correct.</li> </ul> | <p>2. Keep practicing! Once you have been check off you can get with another group of two and switch partner and do it again.</p> | <p>Make sure once you are loose that you practice <b>running away</b></p> | <p>See if you can prevent your partner from escaping your grasp</p> |

**Closure/Assessment:** Raise your hand to answer the questions:

- What were the three things that you need to be able to do while maintaining your car?
- What should you do if your car breaks down?
- If you escape the attackers grip what should you do?
- What is one thing we must remember to do with our attacker at all times?

(Created by Dawnita LiaBraaten, CWU PETE Program, Winter 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson #3: Self – Defense**

**Objectives:**

- 1) The students will be able to tell others how to travel safely.
- 2) The students will be able to do demonstrate two different techniques on breaking a wrist grab.

**Equipment: (for a class of 30 students)**

- 2 balls to throw and catch (e.g., tennis, foam, etc.)
- 3 foam taggers (for students to tag with)

**Protocol:**

- Go on the word Go.
- Stop on the whistle
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- After you escape someone's grip what should you do?
  - Run away
- When being attacked you need to keep what with the stranger?
  - Eye contact
- Should you answer your hotel door when someone knocks?
  - Not unless you verify who it is
- If you see any suspicious activity in a hotel what should you do?
  - Report this to the management

## Content Development

**Instant Activity: Throw and Catch Tag** (2 balls to throw and catch (e.g., tennis, foam, etc.), 3 foam taggers (for students to tag with) This tag game works best in a large outside area as it is very active. This is a tag game with 2 or 3 taggers and 2 players with a tennis ball (may vary the size of the ball, depending on the age group). When a player is tagged they are frozen and may only be unfrozen by a player with the ball completing a pass to them. The player receiving the pass must now pass to someone else who is frozen to unfreeze them. You can play so that the players with the ball cannot be frozen (younger grades) or they can be frozen (older grades). If you play where you can freeze the ball people, they can pass the ball to someone to avoid being frozen with the ball or simply drop it on the ground and anyone can pick it up. If both balls are frozen at the same time you pick new taggers and play again. Change taggers often

**Set Induction:** How safe are you when you travel? If someone comes up to your hotel and knocks, do you open the door or look through the peephole first? Today we are going to learn about safe ways to travel. Also we are going to learn 2 different techniques on grabbing both wrists and one more technique on grabbing one wrist.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – Traveler Safety Tips) Make sure the students get involved in the lecture or they will not remember the information given.

- Don't answer the door in a hotel or motel room without verifying who it is.
  - If a person claims to be an employee, call the front desk and ask if someone from their staff is supposed to have access to your room and for what purpose
  - When returning to your room late in the evening, use the main entrance of the hotel. Be observant and look around before entering parking lots.
- How many locking devices are on a motel door? What are they?
  - 3 (dead bolt, chair lock, lock on the door knob)
- Close the door securely whenever you are in your room and use all of the locking devices provided.
- Don't needlessly display guest room keys in public or careless leave them on restaurant tables, at the swimming pool, or other places where they can easily be stolen.
- Do not draw attention to yourself by displaying large amounts of cash or expensive jewelry.
- Don't invite strangers into your room.
- Place all valuables in the hotel or motel's safe deposit box.
- Do not leave valuables in your vehicle.
- Check to see that any sliding glass doors, windows, and any connecting room doors are locked.
- If you see any suspicious activity, please report your observations to the management.

**Informing Task: (1<sup>st</sup> tech. Both wrists)** What do you do if someone grabs both of your wrists?

- 1) Push out on the strangers hands (The reason why you push out first is so the attacker thinks your trying to get away and will try and push your hands together, which will help you to escape)
- 2) Then quickly bring your hands in
- 3) As you bring your hands in cross your forearms toward your chest (like you are giving yourself a hug)
- 4) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |  |   |  |
|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. I want the attackers to really try and hang on.</li> </ol> | Remember it is like giving <b>yourself a hug.</b>       |  |
| <ul style="list-style-type: none"> <li>▪ After 5 times switch with your partner</li> </ul>                      |  | Remember to keep good <b>eye contact</b> with opponent. |  |

|  |  |   |  |
|--|--|---|--|
|  |  | Remember once you escape you need to practice <b>running away</b> .   |  |
|  |  | As you are crossing your arms <b>step back</b> so when the strangers grip is released you are farther away from them. |  |

**Informing Task: (2<sup>nd</sup> tech. Both wrists)** Another technique that you can do if someone grabs both of your wrists is this:

- 1) With both hands you are going to twist your wrists and hands clockwise (palms will be down leading with your pinkies)
- 2) As you **go over the top of the strangers arms** your hands will turn so your palms are pointing toward the sky
- 3) Then you are going to push down **hard** with the back of your hands on strangers grip toward your legs. Your palms will be facing the sky. It is sort of like your doing the saying, "I don't care".
- 4) Run away

Now with your partner I want you to practice this move.

|   |  |   |   |
|---|--|---|---|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> |  | Go <b>slow</b> at first so you can get the correct technique. |   |
| <ul style="list-style-type: none"> <li>• Switch roles after you have done it 6 times.</li> </ul>                | 1. This time speed it up and try to keep your partner from escaping. | Remember that it is like the saying, " <b>I don't care</b> "  |   |
|   |  | Keep <b>eye contact</b> at all times                          | See how quick you can make your partner lose their grip on your wrists. |
|   |  | Remember you need to practice <b>running away</b> .           |   |

**Informing Task: (Review – Shoulder Grab)** If someone comes up and grabs your shoulder what should you do? If the opponent is facing you and reaches out with their right arm and hand and grabs your left shoulder you would:

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away

Once you have escaped their grip turn and run away. Now with your partner find a place in the gym and practice this move on each other.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining the move to the class</li> </ul> | 1. Make sure you try doing this with both hands.  | Remember to keep good <b>eye contact</b> with opponent.            |  |
|   | 2. I want the partner who is the attacker to try and hold on to your partners shoulder tight. | Make sure when you push off their hand it is a <b>quick motion</b> | See how many times you are successful in getting your partners hand off your shoulder. |
|   | 3. Now I want you to do it with both hands at the   | I want to see everyone <b>run away</b> because this is the         |  |

|  |  |  |  |
|--|--|--|--|
|  | same time.   | point of self-defense is to get away from the attacker.            |  |
| <p><b>Informing Task: (Review – Wrist Grab)</b> Now I'm going to show you how you would escape if someone grabbed your wrist. You always want to look for the weakest part of the attacker. On a grip, what do you think would be the weakest part? Your thumb is the weakest part of your grip. If the attacker is facing you and grabs your right wrist with their left hand you want to:</p> <ol style="list-style-type: none"> <li>1) Take your arm and pull it across your body toward your heart (Remember to keep your elbow bent)</li> <li>2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.</li> <li>3) Run away</li> </ol> <p>Now with your partner I want you to try it.</p> |  |  |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to class</li> </ul>  | 1. Now try it with your left hand.   | Remember to keep <b>eye contact</b> with partner                   |  |
| <ul style="list-style-type: none"> <li>▪ Make sure you and your partner switch roles</li> </ul>  |  | As you are taking your arm out of their grip be <b>quick</b>       |  |
| <ul style="list-style-type: none"> <li>▪ When you think you have it down let one of the teachers know and we will come and watch to see if your technique is correct.</li> </ul>   | 2. Keep practicing! Once you have been check off you can get with another group of two and switch partner and do it again. | Make sure once you are loose that you practice <b>running away</b> | See if you can prevent your partner from escaping your grasp |
| <p><b>Closure/Assessment:</b> Please raise your hand to answer the following questions:</p> <ul style="list-style-type: none"> <li>• After you escape someone's grip what should you do?</li> <li>• When being attacked you need to keep what with the stranger?</li> <li>• Should you answer your hotel door when someone knocks?</li> <li>• If you see any suspicious activity what should you do?</li> </ul>  |  |  |  |

(Created by Dawnita LiaBraaten, CWU PETE Program, Winter 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #4: Self – Defense**

**Objectives**

- 1) Students will understand what common sense is in street safety.
- 2) Students will know what to do if something looks suspicious on the streets.

**Equipment: (for a class of 30 students)**

- Cones (2 cones for each group of 2 or 4)
- Frisbees (1 for each player)
- Large outdoor playing area

**Protocol:**

- Go on the word Go.
- Stop on the whistle
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- What is the most important thing to use when on the streets?
  - ✓ Use common sense
- If something looks suspicious what should you do?
  - ✓ Be willing to cross the street or go into a store or business

## Content Development

**Instant Activity: Frisbee Horseshoes** – (Cones (2 cones for each group of 2 or 4), Frisbees (1 for each player), Large outdoor playing area) This activity is similar to the game of horseshoes. The student throwing the frisbee closest to the cone gets 2 points, if a student hits the cone they receive 5 points. You can set the scoring points to fit your needs. The instructor can step off any distance they choose (I typically put them between 10 - 50 yards apart. Depends on the age and frisbee throwing ability of the group.) The game can be played one-on-one or in pairs (two-on-two). Set as many playing areas up on the field as needed. Then place the students in pairs (I have large classes so I place them in groups of four-two teams of two) and assign them a playing area consisting of two cones marked at the instructors predetermined distance. This is a great way for the teacher to assess how well students are doing at throwing a frisbee.

**Set Induction:** How many of you have walked alone on the streets. Have any of you felt scared? Why or why not? Today we are going to be learning about safety on the streets. We are going to give you information so that if you are walking alone on the streets you know what safety precautions to take. Also we are going to be learning two new moves in self-defense. The first will be how to escape if someone comes up behind you and grabs you and also if someone covers your nose and mouth.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – safety on the streets)

- What is common sense?
  - Knowledge you have acquired earlier in life
- What would be some common sense you would use in street safety?
  - Plan your route to avoid lonely areas, parks, parking lots and garages and alleyways; stick to well lit areas
  - Carry minimal possessions; overloading yourself interferes with your vision and makes you appear more vulnerable
  - Get into the habit of paying close attention to your surroundings, avoid “automatic pilot”
  - Walk with a purpose, project an assertive or businesslike image
  - Look ahead and anticipate potentially dangerous situations
  - If you see trouble, do you have a plan? Would you be willing to cross the street, duck into a store or business that’s open
  - If a car follows you or beckons you while you are walking, do not approach the car; instead quickly walk the other direction
  - Watch your body space; don’t let people get too close, even if they appear to have a reason, like asking for the time or change, etc.
  - Consider low profile shoes and clothing, especially when walking, waiting for the bus, etc.

**Informing Task: (Center Hug and twist)** What do you do if someone comes up behind you and grabs you around your middle? Remember that if your arms are stuck in the attackers arms there are still many ways you can use them.

- ✓ For starters you can reach back and pinch the tops of their quads
- ✓ Always remember to pinch and twist.
- ✓ Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other. Please don’t pinch your partner but practice put your hands on their legs.

|   |   |  |   |
|---|---|--|---|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul>       | 1. Now I want you to figure out where there might be other places that would make the stranger let go of you. | Remember that if <b>your arms are stuck</b> you still can do a lot of damage to attacker | See how many different ways you could make your attacker suffer so they will let go of you. |
| <ul style="list-style-type: none"> <li>▪ After you have tried it 5 times you can switch with your partner.</li> </ul> | 2. I want you to get with another group of students and share you ideas with                                  | Remember that once they let go of you <b>run for safety</b>                              |   |

|  |   |   |  |
|--|---|---|--|
|  | them.   |   |  |
| <p><b>Informing Task: (Covers mouth and nose)</b> What would you do if someone came behind you and covered you nose and mouth?</p> <ul style="list-style-type: none"> <li>✓ Take both hands and grab their wrist</li> <li>✓ Pull strait down (pull just enough so you can bite their hand)</li> <li>✓ Run away</li> </ul> <p>Please don't bite your partner but practice the technique. Go ahead and try this with your partner.</p>   |   |   |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul>  | 1. After you have done it 5 times switch with your partner. | <b>Don't pull their hand away</b> because that is where the attackers strength is.                                    |  |
|  |   | <b>Pull strait down</b>   |  |
| <p><b>Informing Task: (Review – 1<sup>st</sup> tech. Both wrists)</b> What do you do if someone grabs both of your wrists?</p> <ol style="list-style-type: none"> <li>1) Push out on the strangers hands (The reason why you push out first is so the attacker thinks your trying to get away and will try and push your hands together, which will help you to escape)</li> <li>2) Then quickly bring your hands in</li> <li>3) As you bring your hands in cross your forearms toward your chest (like you are giving yourself a hug)</li> <li>4) Run away</li> </ol> <p>Now with your partner find a place in the gym and practice this move on each other.</p>  |   |   |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul>  | 1. I want the attackers to really try and hang on.          | Remember it is like giving <b>yourself a hug</b> .  |  |
| <ul style="list-style-type: none"> <li>▪ After 5 times switch with your partner</li> </ul>   |   | Remember to keep good <b>eye contact</b> with opponent.   |  |
|  |   | Remember once you escape you need to practice <b>running away</b> .   |  |
|  |   | As you are crossing your arms <b>step back</b> so when the strangers grip is released you are farther away from them. |  |
| <p><b>Informing Task: (Review – 2<sup>nd</sup> tech. Both wrists)</b> Another technique that you can do if someone grabs both of your wrists is this:</p> <ol style="list-style-type: none"> <li>1) With both hands you are going to twist your wrists and hands clockwise (palms will be down leading with your pinkies)</li> <li>2) As you <b>go over the top of the strangers arms</b> your hands will turn so your palms are pointing toward the sky</li> <li>3) Then you are going to push down <b>hard</b> with the back of your hands on strangers grip toward your legs. Your palms will be facing the sky. It is sort of like your doing the saying, "I don't care".</li> <li>4) Run away</li> </ol> <p>Now with your partner I want you to practice this move.</p> |   |   |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to</li> </ul>  |   | Go <b>slow</b> at first so you can get the correct technique.   |  |



|  |  |  |   |
|--|--|--|---|
| the class  |  |  |   |
| <ul style="list-style-type: none"> <li>Switch roles after you have done it 6 times.</li> </ul> | 1. This time speed it up and try to keep your partner from escaping. | Remember that it is like the saying, <b>"I don't care"</b> |   |
|  |  | Keep <b>eye contact</b> at all times                       | See how quick you can make your partner lose their grip on your wrists. |
|  |  | Remember you need to practice <b>running away</b> .        |   |

**Informing Task: (Review – Shoulder Grab)** If someone comes up and grabs your shoulder what should you do? If the opponent is facing you and reaches out with their right arm and hand and grabs your left shoulder you would:

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away

Once you have escaped their grip turn and run away. Now with your partner find a place in the gym and practice this move on each other.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining the move to the class</li> </ul> | 1. Make sure you try doing this with both hands.  | Remember to keep good <b>eye contact</b> with opponent.  |  |
|   | 2. I want the partner who is the attacker to try and hold on to your partners shoulder tight. | Make sure when you push off their hand it is a <b>quick motion</b>   | See how many times you are successful in getting your partners hand off your shoulder. |
|   | 3. Now I want you to do it with both hands at the same time.                                  | I want to see everyone <b>run away</b> because this is the point of self-defense is to get away from the attacker. |  |

**Informing Task: (Review – Wrist Grab)** Now I'm going to show you how you would escape if someone grabbed your wrist. You always want to look for the weakest part of the attacker. On a grip, what do you think would be the weakest part? Your thumb is the weakest part of your grip. If the attacker is facing you and grabs your right wrist with their left hand you want to:

- 1) Take your arm and pull it across your body toward your heart (Remember to keep your elbow bent)
- 2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.
- 3) Run away

Now with your partner I want you to try it.

|  |   |  |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to class</li> </ul>                  | 1. Now try it with your left hand.  | Remember to keep <b>eye contact</b> with partner                   |  |
| <ul style="list-style-type: none"> <li>Make sure you and your partner switch roles</li> </ul>                              |   | As you are taking your arm out of their grip be <b>quick</b>       |  |
| <ul style="list-style-type: none"> <li>When you think you have it down let one of the teachers know and we will</li> </ul> | 2. Keep practicing! Once you have been check off you can get with another | Make sure once you are loose that you practice <b>running away</b> | See if you can prevent your partner from escaping your grasp |

|  |  |  |  |
|--|--|--|--|
| come and watch to see if your technique is correct.  | group of two and switch partner and do it again. |  |  |
| <b>Closure/Assessment:</b> Please raise your hand to answer the following questions:<br><br>1) What is the most important thing to use when on the streets?<br>2) If something looks suspicious what should you do?<br>3) Which self-defense move uses the saying, "I don't care"? |  |  |  |

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teaching Education Program**  
**Central Washington University**  
**Lesson Plan # 5: Self – Defense**

**Objectives (Specific, Behavioral, Assessable)**

- 1) Students will be able to recognize that the way they walk may make them a target for attack.
- 2) Students will be able to demonstrate where their arms should be to generate the most strength.
- 3) Students will be able to demonstrate eye contact while performing their self-defense moves.
- 4) Students will be able to demonstrate what to do if they get free from an attackers grip.
- 5) Students will be able to recognize what to do if their car breaks down on the side of the road.
- 6) Students will be able to tell others how to travel safely.
- 7) Students will be able to do demonstrate two different techniques on breaking a wrist grab.
- 8) Students will understand what common sense is in street safety.
- 9) Students will know what to do if something looks suspicious on the streets.

**Equipment: (for a class of 30 students)**

- Beach balls, foam balls, supermarket balls or any ball that is appropriate for students of this age to volley successfully

**Protocol:**

- Go on the word “Go”
- Stop on the whistle
- Bring it in means group around the teacher

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal’s office, have student write down his/her actions and have parents sign.

**Assessment:** Today the students will be assessed by different questions. As they are practicing their moves the teacher will walk around and check for understanding. Teacher will assess students by **watching them perform** each move that was taught throughout the week. The teacher will mark off the students by using the chart that is at the end of the lesson.

- What is the most important thing to do once you are out of the attackers grip?
  - Run away
- Which move makes you turn your hands clockwise to have attacker let go of you?
  - 2 tech. Both wrists
- Which move is your favorite so far?
- How many think they still need a little more practice on these moves?
- Who thinks they are pretty confident about escaping?

## Content Development

**Instant Activity: Keep It Up** – (Beach balls, foam balls, supermarket balls or any ball that is appropriate for students of this age to volley successfully) Have students form into groups of three/four. The groups then need to choose a ball they would like to volley between them. After they find a good safe playing space in the activity area they are to have one student start the activity either by volleying or tossing the ball to another group member. From then on their task is to try to **keep the ball in the air**. They must use either bumping or setting skills that they have previously practiced in class. Students can hit the ball twice in a row if they want. If the ball hits the floor they start again.

**Set Induction:** Who can tell me what you would do if someone comes up and grabs your wrists? Who can tell me what you would do if someone came up and covered your nose and mouth with their hand? Who can tell me how you would get someone's hand off your shoulder? Today we are going to review all the moves we have learned so far. We are going to start off with the first move we learned and try and get through to the last move we learned yesterday.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – Review)

- What kinds of places should you stay away from to avoid dangerous situations? (parks, parked cars, vans, shrubbery, dark and deep doorways, short cuts, back yards, groups of males, dark alleys, trail, etc.)
- What kinds of places are safer environments? (malls, shopping stores, restaurants, anywhere where there are a lot of people around, and well lit areas?)
- Why is self-defense necessary? (protection, saving your life, knowledge on how to stay out of dangerous situations, get away from attacker)
  
- If you do run into trouble and your car breaks down what should you do?
  - ✓ Hood up
  - ✓ Flashers on
  - ✓ Don't set out on foot
  - ✓ Get ID from non-uniform officers
  - ✓ Only open your window to eye level (further down the person could hit or grab you)
  - ✓ Send others for state patrol, sheriff, city police
  - ✓ Don't accept rides from anyone you don't know
  
- When you return to your car what should you do?
  - ✓ Be aware of you surroundings
  - ✓ Make sure you are aware of what is under your car
  - ✓ Look in the back seat of your car
  - ✓ Have keys ready
  - ✓ Get in, start and lock your doors all at once when you get in
- Should you always open your hotel door for anyone who knocks?
- If someone does knock and claims that they work at the hotel what should you do?
- When traveling on the streets what are some of the things that will make you safe?

**Informing Task: (Review – Center Hug)** What do you do if someone comes up behind you and grabs you around your middle? Remember that if your arms are stuck in the attackers arms there are still many ways you can use them.

- 1) For starters you can reach back and pinch the tops of their quads
- 2) Always remember to pinch and twist
- 3) Once you are out of their hold run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |   |
|---|---|---|---|
| Please don't pinch your partner but practice put your hands on their legs.  |   |   |   |
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul>   | 1. Now I want you to figure out where there might be other places that would make the stranger let go of you. | Remember that if <b>your arms are stuck</b> you still can do a lot of damage to attacker                              | See how many different ways you could make your attacker suffer so they will let go of you. |
| <ul style="list-style-type: none"> <li>After you have tried it 5 times you can switch with your partner.</li> </ul>   | 2. I want you to get with another group of students and share you ideas with them.                            | Remember that once they let go of you <b>run for safety</b>   |   |
| <b>Informing Task: (Review – Covers mouth and nose)</b> What would you do if someone came behind you and covered you nose and mouth? <ol style="list-style-type: none"> <li>Take both hands and grab their wrist</li> <li>Pull strait down (pull just enough so you can bite their hand)</li> <li>Once attacker lets go run away</li> </ol>   |   |   |   |
| Please don't bite your partner but practice the technique. Go ahead and try this with your partner.   |   |   |   |
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul>   | 1. After you have done it 5 times switch with your partner.   | <b>Don't pull their hand away</b> because that is where the attackers strength is.                                    |   |
|   |   | <b>Pull strait down</b>   |   |
| <b>Informing Task: (Review – 1<sup>st</sup> tech. Both wrists)</b> What do you do if someone grabs both of your wrists? <ol style="list-style-type: none"> <li>Push out on the strangers hands (The reason why you push out first is so the attacker thinks your trying to get away and will try and push your hands together, which will help you to escape)</li> <li>Then quickly bring your hands in</li> <li>As you bring your hands in cross your forearms toward your chest (like you are giving yourself a hug)</li> <li>Run away</li> </ol> |   |   |   |
| Now with your partner find a place in the gym and practice this move on each other.   |   |   |   |
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul>   | 1. I want the attackers to really try and hang on.  | Remember it is like giving <b>yourself a hug.</b>   |   |
| <ul style="list-style-type: none"> <li>After 5 times switch with your partner</li> </ul>  |   | Remember to keep good <b>eye contact</b> with opponnet.   |   |
|   |   | Remember once you escape you need to practice <b>running away.</b>  |   |
|   |   | As you are crossing your arms <b>step back</b> so when the strangers grip is released you are farther away from them. |   |
| <b>Informing Task: (Review – 2<sup>nd</sup> tech. Both wrists)</b> Another technique that you can do if someone grabs both of your wrists is this:  |   |   |   |

- 1) With both hands you are going to twist your wrists and hands clockwise (palms will be down leading with your pinkies)
- 2) As you **go over the top of the strangers arms** your hands will turn so your palms are pointing toward the sky
- 3) Then you are going to push down **hard** with the back of your hands on strangers grip toward your legs. Your palms will be facing the sky. It is sort of like your doing the saying, "I don't care".
- 4) Run away

Now with your partner I want you to practice this move.

|   |  |   |   |
|---|--|---|---|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> |  | Go <b>slow</b> at first so you can get the correct technique. |   |
| <ul style="list-style-type: none"> <li>• Switch roles after you have done it 6 times.</li> </ul>                | 1. This time speed it up and try to keep your partner from escaping. | Remember that it is like the saying, " <b>I don't care</b> "  |   |
|   |  | Keep <b>eye contact</b> at all times                          | See how quick you can make your partner lose their grip on your wrists. |
|   |  | Remember you need to practice <b>running away</b> .           |   |

**Informing Task: (Review – Shoulder Grab)** If someone comes up and grabs your shoulder what should you do? If the opponent is facing you and reaches out with their right arm and hand and grabs your left shoulder you would:

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away

Once you have escaped their grip turn and run away. Now with your partner find a place in the gym and practice this move on each other.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining the move to the class</li> </ul> | 1. Make sure you try doing this with both hands.  | Remember to keep good <b>eye contact</b> with opponent.  |  |
|   | 2. I want the partner who is the attacker to try and hold on to your partners shoulder tight. | Make sure when you push off their hand it is a <b>quick motion</b>   | See how many times you are successful in getting your partners hand off your shoulder. |
|   | 3. Now I want you to do it with both hands at the same time.                                  | I want to see everyone <b>run away</b> because this is the point of self-defense is to get away from the attacker. |  |

**Informing Task: (Review – Wrist Grab)** Now I'm going to show you how you would escape if someone grabbed your wrist. You always want to look for the weakest part of the attacker. On a grip, what do you think would be the weakest part? Your thumb is the weakest part of your grip. If the attacker is facing you and grabs your right wrist with their left hand you want to:

- 1) Take your arm and pull it across your body toward your heart (Remember to keep your elbow bent)
- 2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.
- 3) Run away

|  |  |  |  |
|--|--|--|--|
| Now with your partner I want you to try it.  |  |  |  |
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to class</li> </ul>  | 1. Now try it with your left hand.   | Remember to keep <b>eye contact</b> with partner                   |  |
| <ul style="list-style-type: none"> <li>Make sure you and your partner switch roles</li> </ul>  |  | As you are taking your arm out of their grip be <b>quick</b>       |  |
| <ul style="list-style-type: none"> <li>When you think you have it down let one of the teachers know and we will come and watch to see if your technique is correct.</li> </ul>   | 2. Keep practicing! Once you have been check off you can get with another group of two and switch partner and do it again. | Make sure once you are loose that you practice <b>running away</b> | See if you can prevent your partner from escaping your grasp |
| <p><b>Closure/Assessment:</b> Please raise your hand to answer the following questions:</p> <ul style="list-style-type: none"> <li>What is the most important thing to do once you are out of the attackers grip?</li> <li>Which move makes you turn your hands clockwise to have attacker let go of you?</li> <li>Which move is your favorite so far?</li> <li>How many think they still need a little more practice on these moves?</li> <li>Who thinks they are pretty confident about escaping?</li> </ul> |  |  |  |

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teaching Education Program**  
**Central Washington University**  
**Lesson Plan # 6: Self – Defense**

**Objectives (Specific, Behavioral, Assessable)**

1. Students will know that they should always walk next to the curb while walking on the sidewalk.
2. Students will be able to get away from a front chock hold.
3. Students will know the proper way to grab an attackers hand so attacker will release their grip on victim.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- Balls that bounce for all students

**Protocol:**

- Go on the word “Go”
- Stop on the whistle
- Bring it in means group around the teacher

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal’s office, have student write down his/her actions and have parents sign.

**Assessment:** Today the students will be assessed by different questions. As they are practicing their moves the teacher will walk around and check for understanding. Students will also be required to **write in their journal** about the new move they learned today.

- If you think someone is following you where should you go?
  - Cross the street or change directions
- Where should you always walk on the sidewalk?
  - Next to the curb
- What is the first thing you do to escape the front chokehold?
  - Raise your right or left hand
- Where do you place your thumb when you grab the attackers hand?
  - Grab hand so your thumb is on the back of attackers hand
  - Fingers should be wrapped around their thumb pad and palm



## Content Development

**Instant Activity: Dribble Tag** – (Cones for general space boundaries, balls for all students that bounce) Give all students a ball that they are comfortable dribbling with their hand (i.e., playground ball). Designate 2/3 students as taggers. These taggers, while still dribbling a ball themselves, move throughout the area trying to tag other students who are also dribbling a ball. Players who are tagged hold their ball above their head. They are free to join the game again after a "free dribbler" tags them.

**Set Induction:** How many of you have left the bus, a building, or house late at night? Have you felt scared of what was around you? Today we are going to go over how not to be a victim on the streets. We are going to make you more knowledgeable so you can be safe while traveling on the streets. Also the next move we will teach in self-defense is the front chokehold escape.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – How not to be victim on the street)

- **Common sense on the streets**
- *After getting off the bus or leaving the a building late at night*
  - ✓ Look around to see if you are being followed
  - ✓ If someone suspicious is behind you, cross the street or change directions
  - ✓ If the man continues to pursue you, or threaten you, do not be afraid to run and scream
  - ✓ If you think you're being followed by someone in a car or on foot, or you see someone suspicious loitering near a doorway don't go there
  - ✓ Don't go home unless there is someone there to help you
  - ✓ Go to an all night gas station, grocery store or police station
- *Walking*
  - ✓ Always walk near the curb and avoid passing:
    - Near shrubbery
    - Dark deep doorways
    - Vacant lots, closed parks
    - Parked cars and especially
    - Parked vans
  - ✓ Shun shortcuts, especially through back yards, closed buildings, and alleyways
  - ✓ If you are really scared, walk down the middle of the street
  - ✓ Know the area you walk in
  - ✓ Learn what stores, restaurant or gas stations stay open late
  - ✓ If you are alone be extra aware of what is happening around you
  - ✓ Listen for footsteps or voices near you
  - ✓ Be alert
  - ✓ Walk in a brisk business like confident manner
  - ✓ Criminals prefer passive individuals who lack the self-esteem to fight back (They are looking for an easy victim)
- *Arriving at home*
  - ✓ When you arrive home at night, have your key ready to open the door
  - ✓ A person fumbling at the door for her key is an opportunity for a rapist
  - ✓ A man may decide to force his way in behind you as you enter
  - ✓ If a friend brings you home, have them wait until you are safely inside
- *Rapists*
  - ✓ A rapist's greatest asset is the ability to surprise you, to attack when not expected, to leap out and grab you

**Informing Task: (Front Choke Escape)** What would you do if someone came up and choked you with both hands from the front?

- 1) You would raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent)
- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |  |   |  |
|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. Do this 5 times and then switch with your partner. Keep practicing back in forth until I say, "stop".</li> </ol> | <p>Remember, as you step across you want to have your <b>knees bent and stay low.</b></p>   |  |
|   |  | <p>As you are turning away from attacker keep <b>eye contact</b> with them. Never turn your back because now you can't see what they are doing.</p> |  |
|   |  | <p>Don't forget to <b>run away</b> after you have escaped.</p>  |  |

**Informing Task: (Continuation of Front Choke Escape)** If someone comes up and chokes you from the front and you want to get control of the attacker you would:

- 1) Raise your right hand
- 2) Take your left hand and grab the attackers right hand
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 3) Bend your knees
- 4) This time step back with opposite foot of the arm raised
- 5) Then twist (Twist so you're sideways to attacker. Do not turn too far so back is turned to attacker!!!)
  - a. Pull and trap both arms into your armpit
- 6) Now attacker is in your control
- 7) Run away

"Go ahead and try it with your partner".

|   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. After you have tried it 5 times you can switch with your partner.</li> </ol>                               | <p>When you trap both of their arms make sure that your body is <b>turned sideways.</b> Do not turn so far that your back is turned to attacker.</p> |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>2. After you have their arms in your armpit take the arm that is closest to attacker and give them</li> </ol> | <p>Keep <b>eye contact</b> throughout the whole move.</p>  |  |

|  |  |  |  |
|--|--|--|--|
|  | an elbow to the face.<br>(Practice technique but<br>please don't hit your<br>partner.) |  |  |
|--|--|--|--|

**Closure/Assessment:** Please raise your hand to answer the following questions:

- If you think someone is following you where should you go?
- Where should you always walk on the sidewalk?
- What is the first thing you do to escape the front chokehold?
- Where do you place your thumb when you grab the attackers hand?

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teaching Education Program**  
**Central Washington University**  
**Lesson Plan # 7: Self – Defense**

**Objectives (Specific, Behavioral, Assessable)**

1. Students will know where to stand in an elevator.
2. Students will know what places need to be avoided in a building.
3. Students will be able to demonstrate how to escape from a rear chokehold.

**Equipment: (for a class of 30 students)**

- ✓ Cones for general space

**Protocol:**

- Go on the word “Go”
- Stop on the whistle
- Bring it in means group around the teacher

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal’s office, have student write down his/her actions and have parents sign.

**Assessment:** Today the students will be assessed by different questions. As they are practicing their moves the teacher will walk around and check for understanding. Students will also be required to **write in their journal** about the new move they learned today.

- When you enter an elevator where should you stand?
  - Stand near the control panel
- What sort of places should you avoid in a building?
  - Stairwells
  - Basement
  - Laundromats
  - Parking garages
- When you wrap your arm around attackers arms on the Rear Choke Escape move where should your arm be? Why?
  - Above the elbows so you can raise up and hyperextend attackers arms. This causes pain.

## Content Development

**Instant Activity: Partner Tag** – (Cones for general space) Have students find a partner. After they are with a partner have them find a good self space in the playing area. Identify one student as the chaser and the other as the dodger. On the teachers signal, the **chaser** will have thirty seconds to try to tag the **dodger**. If the **dodger** gets tagged then he/she then becomes the **chaser**. They keep switching in this manner until the time limit is up. Let this continue for about 30-40 seconds, then stop them. After this time period make sure to change the chaser and dodger just in case no one was tagged. This is quite a workout for the students! May want to take pulse before and after activity. If you have an odd number in your class have one group of three. One student can rest for the 30 seconds and then be partnered up with one of the other two when the teacher stops the game.

**Set Induction:** Where in the most vulnerable place for an attacker to attack us? Yes, from behind. We can't always protect our backside because all of our senses are on the front side of us. Today we are going to learn how to escape from a rear chokehold. Also we are going to learn a couple of ways we can hurt our attacker so we can escape.

| MAF/Instructional technique  | Extensions | Refinements | Applications |
|--|------------|-------------|--------------|
| <p><b>Informing Task:</b> (Lecture – How not to be victim in a building)</p> <ul style="list-style-type: none"><li>➤ <i>Elevator safety</i><ul style="list-style-type: none"><li>✓ Whenever you enter an elevator stand near the control panel and the alarm button</li><li>✓ If you are threatened or attacked hit the alarm button</li><li>✓ And as many floor buttons as you can</li><li>✓ Take extreme care in apartment buildings or office building elevators</li><li>✓ It is safer to remain in the lobby for a few extra minutes than to accept a ride with someone you are uncomfortable with</li><li>✓ Be careful of elevators that stop at main floors and the stranger doesn't exit</li><li>✓ Even if he tells you he has pressed the wrong button, tell him to go ahead that your waiting for someone</li><li>✓ It is better to be suspicious than to be raped.</li></ul></li><br/><li>➤ <i>Avoid when you are alone</i><ul style="list-style-type: none"><li>✓ Stairwells</li><li>✓ Basement</li><li>✓ Laundromats</li><li>✓ Parking garages</li><li>✓ Avoid all of these places especially after hours where you work or at the apartment complex</li><li>✓ These are mecca for rapists and muggers</li></ul></li></ul> |            |             |              |

**Informing Task: (Rear Choke Escape)** What would you do if someone came up behind you and choked you?

- 1) Raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Cross your opposite foot (from the hand raised) over in front of the other foot
- 4) Twist your body into opponent (right hand raised you will turn clockwise, left hand raised you will turn counterclockwise)
- 5) Hold is broken by armpit of arm raised
- 6) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 7) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch roles with your partner. | Remember, as you step across you want to have your <b>knees bent and stay low.</b>                  |  |
|   |   | Make sure as you turn you turn <b>quick with a lot of power</b> so attackers grip is knocked loose. |  |
|   |   | Make sure you break your partner hold with your <b>armpit.</b>                                      |  |

**Informing Task: (Continuation of Rear Choke Escape)** After you have the hold down under the arms of the attacker strike with the other hand. Use the heel of your hand and hit their floating ribs then retract and hit their face then retract and hit them in the ribs again. Go ahead and try this with your partner but please don't hit them.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch roles with your partner. | Remember to use the <b>heel</b> of your hand because it is the strongest part of your hand. |  |
|---|---|---|--|

**Informing Task: (Review – Front Choke Escape)** What would you do if someone came up and choked you with both hands from the front?

- 1) You would raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent)
- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch with your partner. Keep practicing back in forth until I say, "stop". | Remember, as you step across you want to have your <b>knees bent and stay low.</b>   |  |
|   |  | As you are turning away from attacker keep <b>eye contact</b> with them. Never turn your back because now you can't see what they are doing. |  |
|   |  | Don't forget to <b>run away</b> after you have escaped.  |  |

**Informing Task: (Review – Continuation of Front Choke Escape)** If someone comes up and chokes you from the front and you want to get control of the attacker you would:

- 1) Raise your right hand
- 2) Take your left hand and grab the attackers right hand
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 3) Bend your knees
- 4) This time step back with opposite foot of the arm raised
- 5) Then twist (Twist so you're sideways to attacker. Do not turn too far so back is turned to attacker!!!)

- a. Pull and trap both arms into your armpit
- 6) Now attacker is in your control
- 7) Run away

"Go ahead and try it with your partner".

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <p>1. After you have tried it 5 times you can switch with your partner.</p>   | <p>When you trap both of their arms make sure that your body is <b>turned sideways</b>. Do not turn so far that your back is turned to attacker.</p> |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <p>2. After you have their arms in your armpit take the arm that is closest to attacker and give them an elbow to the face. (Practice technique but please don't hit your partner.)</p> | <p>Keep <b>eye contact</b> throughout the whole move.</p>  |  |

**Closure/Assessment:** Please raise your hand to answer the following questions:

- When you enter an elevator where should you stand?
- What sort of places should you avoid in a building?
- When you wrap your arm around attackers arms where should your arm be? Why?

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teaching Education Program**  
**Central Washington University**  
**Lesson Plan # 8: Self – Defense**

**Objectives**

- 1) Students will know how to master their fear.
- 2) Students will learn two techniques on how to escape from a wrist hold.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- 6-8 hoops

**Protocol:**

- Go on the word “Go”
- Stop on the whistle
- Bring it in means group around the teacher

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** Today the students will be assessed by different questions. As they are practicing their moves the teacher will walk around and check for understanding. Students will also be required to **write in their journal** about the new move they learned today.

- What are some ways to master your fear?
  - ✓ Preparation
- Give me one way to escape against a wrist hold?
  - ✓ Single hand grab circle
- What is another?
  - ✓ Single hand grab trouser



## Content Development

**Instant Activity: Safety Bases** – (Cones for general space boundaries, 6-8 hoops) The object is for students to work on dodging in a game situation. The object is for one team, team 1, to cross the space without being touched by a team of taggers, team 2. Team 1 begins at one end of the designated space, the taggers on team 2 begin at the other end. On the signal, the runners try to cross the space without being tagged; the taggers try to stop as many runners as possible from getting across the designated space. Spread out hoops across the designated space which if the runners are inside the hoops (safety bases) they can't be tagged. Give the runners about 2 minutes or less to cross the designated space. Give each team a chance to be both the runners and taggers

**Set Induction:** What is your greatest fear? What scares you the most? I personally don't like it when it is dusk outside. When I was in the 3<sup>rd</sup> grade I met a bear 20 ft away from me at dusk time. This caused great fear and I thought my heart was going to explode. Now I hate it when it's almost dark outside. What are some of your fears? Today we are going to give you a method on how you can master your fear. Also we will be showing you two more techniques on how to escape from a wrist hold.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – How to master your fear)

- *Mastering Fear*
  - When you are in a dangerous situation you must have a calm mind.
  - The best way to master fear is by preparation.
  - What if this happens?
  - What if that happens?
  - All too often we have a fire escape plan for emergencies with possible what ifs.
  - Anticipation without action causes fear.
  - Fear must be turned into anger or it will hinder you from taking action
  - Mark a path on the floor four inches wide, twelve feet long.
    - ✓ Now walk the path.
    - ✓ No problem.
    - ✓ Now raise the path fifty feet in the air and walk it now.
    - ✓ The anticipation of falling may indeed make you fall, if fear paralyzes you, you can't walk the path at all.
  - Here is the point: Just because the situation had not yet occurred doesn't mean I can't prepare for it.
  - I will take small manageable safe steps to prepare for the one day that may never come.
  - You can control yourself or you can give up control.
- *What ifs*
  - Plan the game "what if" with yourself often.
  - What if someone breaks into my home while I'm alone?
  - What if I have a break down on the freeway?
  - What if someone approaches me at the ATM?
  - After each "what if" I can and then brainstorm possible outcomes where you are the victor.

**Informing Task: (Single hand grab circle)** What happens if someone grabs your wrist with the opposite hand (right to right or left to left)?

- 1) You want to make sure that you are going to the weakest point of the attacker, which in this case would be their thumb.
- 2) You are going to twist your wrist and hand in a counterclockwise direction over the attacker's arm. (You will be leading with your pinky)

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|                      |                        |                                      |  |
|----------------------|------------------------|--------------------------------------|--|
| • Demonstration will | 1. Do this 5 times and | Remember the <b>weakest point</b> on |  |
|----------------------|------------------------|--------------------------------------|--|

|  |                                      |   |  |
|--|--------------------------------------|---|--|
| occur while explaining move to the class | then switch roles with your partner. | the attacker's grip is their thumb.                               |  |
|  |                                      | Keep <b>eye contact</b> with the attacker.                        |  |
|  |                                      | Make sure that after you escape you <b>run away</b> from attacker |  |

**Informing Task: (Single hand grab trouser)** Another technique is called the single hand trouser move. This works if the attacker grabs you with the arm that is on the same side your arm is (right to left or left to right).

- ✓ Grab your pants
- ✓ Twist toward their thumb, which should be to the inside of your arm
- ✓ Run away

Go ahead and try this!

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | Make sure when you twist you do it <b>quick</b> and on the <b>balls of your feet</b> . |  |
|   |   | Remember the <b>weakest point</b> on the attacker's grip is their thumb.               |  |
|   |   | Keep <b>eye contact</b> with the attacker.   |  |
|   |   | Make sure that after you escape you <b>run away</b> from attacker                      |  |

**Informing Task: (Review – Rear choke escape)** What would you do if someone came up behind you and choked you?

- 1) Raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Cross your opposite foot (from the hand raised) over in front of the other foot
- 4) Twist your body into opponent (right hand raised you will turn clockwise, left hand raised you will turn counterclockwise)
- 5) Hold is broken by armpit of arm raised
- 6) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 7) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |  |
|---|---|---|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | Remember, as you step across you want to have your <b>knees bent and stay low</b> .                 |  |
|   |   | Make sure as you turn you turn <b>quick with a lot of power</b> so attackers grip is knocked loose. |  |
|   |   | Make sure you break your partner hold with your <b>armpit</b> .                                     |  |

**Informing Task: (Review – Continuation of Rear choke escape)** After you have the hold down under the arms of the attacker strike with the other hand. Use the heel of your hand and hit their floating ribs then retract and hit their face then retract and hit them in the ribs again. Go ahead and try this with your partner but please don't hit them.

|  |  |   |  |
|--|--|---|--|
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul>  | 1. Do this 5 times and then switch roles with your partner.  | Remember to use the <b>heel</b> of your hand because it is the strongest part of your hand.   |  |
| <b>Informing Task: (Review – Front Choke Escape)</b> What would you do if someone came up and choked you with both hands from the front?   |  |   |  |
| <ol style="list-style-type: none"> <li>You would raise your right or left hand (which ever will work best for you)</li> <li>Bend your knees</li> <li>Step across (with the same foot as the arm raised) your other foot (keep knees bent)</li> <li>Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)</li> <li>Dislodging the grip with the armpit of the arm raised</li> <li>Run away</li> </ol>   |  |   |  |
| Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.  |  |   |  |
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul>  | 1. Do this 5 times and then switch with your partner. Keep practicing back in forth until I say, "stop". | Remember, as you step across you want to have your <b>knees bent and stay low.</b>  |  |
|  |  | As you are turning away from attacker keep <b>eye contact</b> with them. Never turn your back because now you can't see what they are doing.  |  |
|  |  | Don't forget to <b>run away</b> after you have escaped.   |  |
| <b>Informing Task: (Review – Continuation of Front Choke Escape)</b> If someone comes up and chokes you from the front and you want to get control of the attacker you would:  |  |   |  |
| <ol style="list-style-type: none"> <li>Raise your right hand</li> <li>Take your left hand and grab the attackers right hand <ol style="list-style-type: none"> <li>You will grab the hand so thumb is on the back of their hand</li> <li>Your fingers wrapped around their thumb pad and palm.</li> </ol> </li> <li>Bend your knees</li> <li>This time step back with opposite foot of the arm raised</li> <li>Then twist (Twist so you're sideways to attacker. Do not turn too far so back is turned to attacker!!!) <ol style="list-style-type: none"> <li>Pull and trap both arms into your armpit</li> </ol> </li> <li>Now attacker is in your control</li> <li>Run away</li> </ol> |  |   |  |
| "Go ahead and try it with your partner".   |  |   |  |
| <ul style="list-style-type: none"> <li>Demonstration will occur while explaining move to the class</li> </ul>  | 1. After you have tried it 5 times you can switch with your partner.                                     | When you trap both of their arms make sure that your body is <b>turned sideways.</b> Do not turn so far that your back is turned to attacker. |  |
| <ul style="list-style-type: none"> <li>Demonstration will</li> </ul>   | 2. After you have their  | Keep <b>eye contact</b> throughout the  |  |

|   |   |                    |  |
|---|---|--------------------|--|
| <p>occur while explaining move to the class</p> | <p>arms in your armpit take the arm that is closest to attacker and give them an elbow to the face. (Practice technique but please don't hit your partner.)</p> | <p>whole move.</p> |  |
|---|---|--------------------|--|

**Closure/Assessment:** Please raise your hand to answer the following questions:

- What are some ways to master your fear?
- Give me one way to escape against a wrist hold?
- What is another?

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teaching Education Program  
Central Washington University  
Lesson Plan # 9: Self – Defense**

**Objectives**

1. Students will be able to debate controversial statements about rape with one another.
2. Students will know what to do if someone grabs their head and hair.
3. Students will be able to demonstrate what to do if someone grabs their neck.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- One fleece/yarn/foam ball for each student

**Protocol:**

- Go on the word “Go”
- Stop on the whistle
- Bring it in means group around the teacher

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** Today the students will be assessed by different questions. As they are practicing their moves the teacher will walk around and check for understanding. Students will also be required to **write in their journal** about the new move they learned today.

- What statement about rape did you dislike the most?
- Will someone explain the escape move if the attacker grabs your hair?
  - ✓ You would put both hands on the hand that is full of your hair
  - ✓ Bend down to one knee
  - ✓ Also make sure you bring your head to the ground (face would be parallel to the ground) This will make the attacker hurt more
  - ✓ Run away
- What is the first thing you would do if someone grabs your neck?
  - ✓ Take one foot and step backwards

## Content Development

**Instant Activity: Foot Tag** – (Cones for general space boundaries, one fleece/yarn/foam ball for each student) Give each student a yarn or fleece ball. Have students spread out in the playing area in their own self-space. On the signal (whistle, music) students must move around the general space trying to throw their ball (in an underhand throwing motion) at their classmates feet. The object is to hit as many feet as possible during the time limit. After throwing the ball the students retrieve the ball, return to the playing area, and continue playing trying to hit as many different classmates feet as possible. There is **NO** standing still and throwing at a best friend's feet! Students may avoid someone else's ball from hitting their feet by jumping, sliding, etc. Give positive feedback to students who are practicing good "**foot dodges.**"

**Set Induction:** How many of you have had your hair pulled by a sibling or friend? How many of you have had a hard time loosening their brother/sister or friend's grip? Today we are going to learn how to get away from someone if they grab your hair. Also we are going to have a debate about a couple of statements about rape. You are going to be able to express your opinions about your true feelings.

| MAF/Instructional technique   | Extensions | Refinements | Applications |
|---|------------|-------------|--------------|
| <p><b>Informing Task:</b> (Lecture – Debate about rape assumptions)</p> <ol style="list-style-type: none"> <li>1) Rape is a part of male nature going back to caveman.</li> <li>2) If a woman goes back on an agreement to have sex, and a man forces her, it is not rape.</li> <li>3) All women have a secret desire to be raped.</li> <li>4) Women say "no" when they mean "yes".</li> <li>5) Women frequently cause their own rape by entering vulnerable situations such as a high-crime area, or a bar.</li> <li>6) It is up to the women to keep things under control.</li> <li>7) A woman who has had sex willingly, later is forced into sex with the same man has not really been raped.</li> <li>8) Rapist always physically damage the woman in some way that would show up such as bruises, bumps, or other signs.</li> <li>9) Masculine men naturally make sexual conquests whenever they get the chance.</li> <li>10) A woman who leads on a man deserves what she gets.</li> <li>11) Get a woman drunk or high and she'll let a man go as far as he wants.</li> <li>12) Women attract rape by dressing seductively.</li> <li>13) These statements are all myths about rape.</li> </ol> |            |             |              |

**Informing Task: (Neck Grab)** What should you do if someone comes and grabs your neck from the front? We have covered a couple neck grabbing techniques but here is another way to escape.

- 1) Take one foot and step backwards (whichever foot you prefer)
- 2) Take your arm (same arm as the foot you have forward) and quickly punch it between the attacker's arms. As you start to punch you need to:
  - a. Turn your shoulders by **rotating** on the balls of your feet (If your left foot is back you are going to turn your body to the left and if your right foot is back you are going to turn your body to the right) Use your hips to also help you turn
- 3) As soon as you escape run away (try not to turn your back completely to attacker)

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. Do this 5 times and then switch roles with your partner.</li> </ol> | <p>Make sure you <b>step back</b> first because this gives you a stronger base to work with.</p>  |  |
|   |   | <p>Twist <b>quickly while punching</b> your hand through the attacker arms. The <b>quicker</b> you do the move the more likely for you to</p> |  |

escape from the attacker's grip.

**Informing Task: (Grab Hair)** What would you do if someone grabs your head and hair?

- 1) You would put both hands on the hand that is full of your hair
- 2) Bend down to one knee
- 3) Also make sure you bring your head to the ground (face would be parallel to the ground) This will make the attacker hurt more
- 4) Run away

Please don't hurt your partner!! Go ahead and try this with your partner.

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | When you go to your knee be <b>quick</b> about it so attacker doesn't have time to move with you |  |
|   |   | As soon as they let go make sure you <b>run away</b>   |  |

**Informing Task: (Review – Single hand grab circle)** What happens if someone grabs your wrist with the opposite hand (right to right or left to left)?

- 1) You want to make sure that you are going to the weakest point of the attacker, which in this case would be their thumb.
- 2) You are going to twist your wrist and hand in a counterclockwise direction over the attacker's arm. (You will be leading with your pinky)

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | Remember the <b>weakest point</b> on the attacker's grip is their thumb. |  |
|   |   | Keep <b>eye contact</b> with the attacker.                               |  |
|   |   | Make sure that after you escape you <b>run away</b> from attacker        |  |

**Informing Task: (Review – Single hand grab trouser)** Another technique is called the single hand trouser move. This works if the attacker grabs you with the arm that is on the same side your arm is (right to left or left to right).

- 1) Grab your pants
- 2) Twist toward their thumb, which should be to the inside of your arm
- 3) Run away

Go ahead and try this!

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | Make sure when you twist you do it <b>quick</b> and on the <b>balls of your feet</b> . |  |
|   |   | Remember the <b>weakest point</b> on the attacker's grip is their thumb.               |  |
|   |   | Keep <b>eye contact</b> with the attacker.   |  |
|   |   | Make sure that after you escape you <b>run away</b> from attacker                      |  |

**Informing Task: (Review – Rear Choke Escape)** What would you do if someone came up behind you and choked you?

- 1) Raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Cross your opposite foot (from the hand raised) over in front of the other foot
- 4) Twist your body into opponent (right hand raised you will turn clockwise, left hand raised you will turn counterclockwise)
- 5) Hold is broken by armpit of arm raised
- 6) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 7) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch roles with your partner. | Remember, as you step across you want to have your <b>knees bent and stay low.</b>                  |  |
|   |   | Make sure as you turn you turn <b>quick with a lot of power</b> so attackers grip is knocked loose. |  |
|   |   | Make sure you break your partner hold with your <b>armpit.</b>                                      |  |

**Informing Task: (Review – Continuation of Rear Choke Escape)** After you have the hold down under the arms of the attacker strike with the other hand. Use the heel of your hand and hit their floating ribs then retract and hit their face then retract and hit them in the ribs again. Go ahead and try this with your partner but please don't hit them.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch roles with your partner. | Remember to use the <b>heel</b> of your hand because it is the strongest part of your hand. |  |
|---|---|---|--|

**Informing Task: (Review – Front Choke Escape)** What would you do if someone came up and choked you with both hands from the front?

- 1) You would raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent)
- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch with your partner. Keep practicing back in forth until I say, "stop". | Remember, as you step across you want to have your <b>knees bent and stay low.</b>   |  |
|   |  | As you are turning away from attacker keep <b>eye contact</b> with them. Never turn your back because now you can't see what they are doing. |  |



Don't forget to **run away** after you have escaped.

**Informing Task: (Review – Continuation of Front Choke Escape)** If someone comes up and chokes you from the front and you want to get control of the attacker you would:

- 1) Raise your right hand
- 2) Take your left hand and grab the attackers right hand
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 3) Bend your knees
- 4) This time step back with opposite foot of the arm raised
- 5) Then twist (Twist so you're sideways to attacker. Do not turn too far so back is turned to attacker!!!)
  - a. Pull and trap both arms into your armpit
- 6) Now attacker is in your control
- 7) Run away

"Go ahead and try it with your partner".

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <p>1. After you have tried it 5 times you can switch with your partner.</p>   | <p>When you trap both of their arms make sure that your body is <b>turned sideways</b>. Do not turn so far that your back is turned to attacker.</p> |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <p>2. After you have their arms in your armpit take the arm that is closest to attacker and give them an elbow to the face. (Practice technique but please don't hit your partner.)</p> | <p>Keep <b>eye contact</b> throughout the whole move.</p>  |  |

**Closure/Assessment:** Please raise your hand to answer the following questions:

- What statement about rape did you dislike the most?
- Will someone explain the escape move if the attacker grabs your hair?
- What is the first thing you would do if someone grabs your neck?

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teaching Education Program**  
**Central Washington University**  
**Lesson Plan # 10: Self – Defense**

**Objectives (Specific, Behavioral, Assessable)**

1. Students will know that they should always walk next to the curb while walking on the sidewalk.
2. Students will be able to get away from a front choke hold.
3. Students will know the proper way to grab an attackers hand so attacker will release their grip on victim.
4. Students will know where to stand in an elevator.
5. Students will know what places need to be avoided in a building.
6. Students will be able to demonstrate how to escape from a rear chokehold.
7. Students will know how to master their fear.
8. Students will learn two techniques on how to escape from a wrist hold.
9. Students will be able to debate controversial statements about rape with one another.
10. Students will know what to do if someone grabs their head and hair.
11. Students will be able to demonstrate what to do if someone grabs their neck.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- Appropriate sized foam and/or regular frisbees

**Protocol:**

- Go on the word “Go”
- Stop on the whistle
- Bring it in means group around the teacher

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** Teacher will assess students by **watching them perform** each move that was taught throughout the week. The teacher will mark off the students by using the chart that is at the end of the lesson.

## Content Development

**Instant Activity: Frisbee Throw and Catch** (Cones for general space boundaries, appropriate sized foam and/or regular Frisbees) Upon entering the playing area have student's pair up. Have one of the students get a frisbee for them to throw. After getting a comfortable distance apart and making sure they are a safe distance from other groups, simply ask the students to throw and catch the frisbee. This is a great time for the teacher to assess if students have learned the cues for throwing and catching a frisbee. Use our [Cue Checklist](#) to assist you in this task.

**Set Induction:** How many of you think if someone attacked you and grabbed you somewhere at random that you could remember exactly what move to make? Today you are going to practice all the moves you have learned from the first day until now. We are going to practice so if you are attacked in real life you will be able to escape. Also we are going to review the lectures from Monday until this last Thursday.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture – Review) (Answers are in parenthesis at the end of each sentence)

- 1) When you are in a dangerous situation what should you do? (*Stay calm*)
- 2) Should you plan for situations that haven't happened to you? (*Yes*)
- 3) When you enter an elevator where should you stand? (*Stand near the control panel and the alarm button*)
- 4) What sort of places should you avoid in a building? (*Stairwells, basement, Laundromats, parking, garages*)
- 5) If you think someone is following you where should you go? (*Cross the street or change directions, don't be afraid to run or scream*)
- 6) Where should you always walk on the sidewalk? (*Curb*)
- 7) What do rapist like to do when getting ready to attack their victim? (*Surprise the victim*)
- 8) What are some ways to master your fear? (*Preparation*)
- 9) What statement about rape did you dislike the most? (*any answer from previous lesson will work*)

**Informing Task: (Review – Neck grab)** What should you do if someone comes and grabs your neck from the front? We have covered a couple neck grabbing techniques but here is another way to escape.

- 1) Take one foot and step backwards (whichever foot you prefer)
- 2) Take your arm (same arm as the foot you have forward) and quickly punch it between the attacker's arms. As you start to punch you need to:
  - a. Turn your shoulders by **rotating** on the balls of your feet. (If your left foot is back you are going to turn your body to the left and if your right foot is back you are going to turn your body to the right) Use your hips to also help you turn
- 3) As soon as you escape run away (try not to turn your back completely to attacker)

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. Do this 5 times and then switch roles with your partner.</li> </ol> | Make sure you <b>step back</b> first because this gives you a stronger base to work with.   |  |
|   |   | Twist <b>quickly while punching</b> your hand through the attacker arms. The <b>quicker</b> you do the move the more likely for you to escape from the attacker's grip. |  |

**Informing Task: (Review – Grab Hair)** What would you do if someone grabs your head and hair?

- 1) You would put both hands on the hand that is full of your hair
- 2) Bend down to one knee
- 3) Also make sure you bring your head to the ground (face would be parallel to the ground) This will make the attacker hurt more
- 4) Run away

Please don't hurt your partner!! Go ahead and try this with your partner.

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | When you go to your knee be <b>quick</b> about it so attacker doesn't have time to move with you |  |
|   |   | As soon as they let go make sure you <b>run away</b>   |  |

**Informing Task: (Review – Single hand grab circle)** What happens if someone grabs your wrist with the opposite hand (right to right or left to left)?

- 1) You want to make sure that you are going to the weakest point of the attacker, which in this case would be their thumb.
- 2) You are going to twist your wrist and hand in a counterclockwise direction over the attacker's arm. (You will be leading with your pinky)

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | Remember the <b>weakest point</b> on the attacker's grip is their thumb. |  |
|   |   | Keep <b>eye contact</b> with the attacker.                               |  |
|   |   | Make sure that after you escape you <b>run away</b> from attacker        |  |

**Informing Task: (Review – Single hand grab trouser)** Another technique is called the single hand trouser move. This works if the attacker grabs you with the arm that is on the same side your arm is (right to left or left to right).

- Grab your pants
- Twist toward their thumb, which should be to the inside of your arm
- Run away

Go ahead and try this!

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining move to the class | 1. Do this 5 times and then switch roles with your partner. | Make sure when you twist you do it <b>quick</b> and on the <b>balls of your feet</b> . |  |
|   |   | Remember the <b>weakest point</b> on the attacker's grip is their thumb.               |  |
|   |   | Keep <b>eye contact</b> with the attacker.   |  |
|   |   | Make sure that after you escape you <b>run away</b> from attacker                      |  |

**Informing Task: (Review – Rear choke escape)** What would you do if someone came up behind you and choked you?

- 1) Raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Cross your opposite foot (from the hand raised) over in front of the other foot
- 4) Twist your body into opponent (right hand raised you will turn clockwise, left hand raised you will turn counterclockwise)
- 5) Hold is broken by armpit of arm raised
- 6) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 7) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch roles with your partner. | Remember, as you step across you want to have your <b>knees bent and stay low.</b>                  |  |
|   |   | Make sure as you turn you turn <b>quick with a lot of power</b> so attackers grip is knocked loose. |  |
|   |   | Make sure you break your partner hold with your <b>armpit.</b>                                      |  |

**Informing Task: (Review – Continuation of Rear choke escape)** After you have the hold down under the arms of the attacker strike with the other hand. Use the heel of your hand and hit their floating ribs then retract and hit their face then retract and hit them in the ribs again. Go ahead and try this with your partner but please don't hit them.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch roles with your partner. | Remember to use the <b>heel</b> of your hand because it is the strongest part of your hand. |  |
|---|---|---|--|

**Informing Task: (Review – Front choke escape)** What would you do if someone came up and choked you with both hands from the front?

- 1) You would raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent)
- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other.

|   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. Do this 5 times and then switch with your partner. Keep practicing back in forth until I say, "stop". | Remember, as you step across you want to have your <b>knees bent and stay low.</b>   |  |
|   |  | As you are turning away from attacker keep <b>eye contact</b> with them. Never turn your back because now you can't see what they are doing. |  |

Don't forget to **run away** after you have escaped.

**Informing Task: (Review – Continuation of Front Choke Escape)** If someone comes up and chokes you from the front and you want to get control of the attacker you would:

- 1) Raise your right hand
- 2) Take your left hand and grab the attackers right hand
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 3) Bend your knees
- 4) This time step back with opposite foot of the arm raised
- 5) Then twist (Twist so you're sideways to attacker. Do not turn too far so back is turned to attacker!!!)
  - a. Pull and trap both arms into your armpit
- 6) Now attacker is in your control
- 7) Run away

"Go ahead and try it with your partner".

|   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. After you have tried it 5 times you can switch with your partner.</li> </ol>   | <p>When you trap both of their arms make sure that your body is <b>turned sideways</b>. Do not turn so far that your back is turned to attacker.</p> |  |
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>2. After you have their arms in your armpit take the arm that is closest to attacker and give them an elbow to the face. (Practice technique but please don't hit your partner.)</li> </ol> | <p>Keep <b>eye contact</b> throughout the whole move.</p>  |  |

**Informing Task: (Review – Center Hug)** What do you do if someone comes up behind you and grabs you around your middle? Remember that if your arms are stuck in the attackers arms there are still many ways you can use them.

- 1) For starters you can reach back and pinch the tops of their quads
- 2) Always remember to pinch and twist
- 3) Once you are out of their hold run away

Now I want you to get a partner that is the same gender as you and about the same size. Find a place in the gym and practice this move on each other. Please don't pinch your partner but practice put your hands on their legs.

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | <ol style="list-style-type: none"> <li>1. Now I want you to figure out where there might be other places that would make the stranger let go of you.</li> </ol> | <p>Remember that if <b>your arms are stuck</b> you still can do a lot of damage to attacker</p> | <p>See how many different ways you could make your attacker suffer so they will let go of you.</p> |
| <ul style="list-style-type: none"> <li>▪ After you have tried it 5 times you can switch with</li> </ul>         | <ol style="list-style-type: none"> <li>2. I want you to get with another group of students</li> </ol>   | <p>Remember that once they let go of you <b>run for safety</b></p>                              |  |

|               |                                |  |  |
|---------------|--------------------------------|--|--|
| your partner. | and share you ideas with them. |  |  |
|---------------|--------------------------------|--|--|

**Informing Task: (Review – Cover nose and mouth)** What would you do if someone came behind you and covered you nose and mouth?

- 1) Take both hands and grab their wrist
- 2) Pull strait down (pull just enough so you can bite their hand)
- 3) Once attacker lets go run away

Please don't bite your partner but practice the technique. Go ahead and try this with your partner.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. After you have done it 5 times switch with your partner. | <b>Don't pull their hand away</b> because that is where the attackers strength is. |  |
|   |   | <b>Pull straight down</b>  |  |

**Informing Task: (Review – 1<sup>st</sup> tech. Both wrists)** What do you do if someone grabs both of your wrists?

- 1) Push out on the strangers hands (The reason why you push out first is so the attacker thinks your trying to get away and will try and push your hands together, which will help you to escape)
- 2) Then quickly bring your hands in
- 3) As you bring your hands in cross your forearms toward your chest (like you are giving yourself a hug)
- 4) Run away

Now with your partner find a place in the gym and practice this move on each other.

|   |  |   |  |
|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will occur while explaining move to the class</li> </ul> | 1. I want the attackers to really try and hang on. | Remember it is like giving <b>yourself a hug.</b>   |  |
| <ul style="list-style-type: none"> <li>▪ After 5 times switch with your partner</li> </ul>                      |  | Remember to keep good <b>eye contact</b> with opponent.   |  |
|   |  | Remember once you escape you need to practice <b>running away.</b>  |  |
|   |  | As you are crossing your arms <b>step back</b> so when the strangers grip is released you are farther away from them. |  |

**Informing Task: (Review – 2<sup>nd</sup> tech. Both wrists)** Another technique that you can do if someone grabs both of your wrists is this:

- 1) With both hands you are going to twist your wrists and hands clockwise (palms will be down leading with your pinkies)
- 2) As you **go over the top of the strangers arms** your hands will turn so your palms are pointing toward the sky
- 3) Then you are going to push down **hard** with the back of your hands on strangers grip toward your legs. Your palms will be facing the sky. It is sort of like your doing the saying, "I don't care".
- 4) Run away

Now with your partner I want you to practice this move.

|   |  |   |   |
|---|--|---|---|
| • Demonstration will occur while explaining move to the class |  | Go <b>slow</b> at first so you can get the correct technique. |   |
| • Switch roles after you have done it 6 times.                | 1. This time speed it up and try to keep your partner from escaping. | Remember that it is like the saying, " <b>I don't care</b> "  |   |
|   |  | Keep <b>eye contact</b> at all times                          | See how quick you can make your partner lose their grip on your wrists. |
|   |  | Remember you need to practice <b>running away</b> .           |   |

**Informing Task: (Review – Shoulder Grab)** If someone comes up and grabs your shoulder what should you do? If the opponent is facing you and reaches out with their right arm and hand and grabs your left shoulder you would:

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away

Once you have escaped their grip turn and run away. Now with your partner find a place in the gym and practice this move on each other.

|   |   |  |  |
|---|---|--|--|
| • Demonstration will occur while explaining the move to the class | 1. Make sure you try doing this with both hands.  | Remember to keep good <b>eye contact</b> with opponent.  |  |
|   | 2. I want the partner who is the attacker to try and hold on to your partners shoulder tight. | Make sure when you push off their hand it is a <b>quick motion</b>   | See how many times you are successful in getting your partners hand off your shoulder. |
|   | 3. Now I want you to do it with both hands at the same time.                                  | I want to see everyone <b>run away</b> because this is the point of self-defense is to get away from the attacker. |  |

**Informing Task: (Review – Wrist Grab)** Now I'm going to show you how you would escape if someone grabbed your wrist. You always want to look for the weakest part of the attacker. On a grip, what do you think would be the weakest part? Your thumb is the weakest part of your grip. If the attacker is facing you and grabs your right wrist with their left hand you want to:

- 1) Take your arm and pull it across your body toward your heart (Remember to keep your elbow bent)
- 2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.
- 3) Run away

Now with your partner I want you to try it.

|   |                                    |  |  |
|---|------------------------------------|--|--|
| • Demonstration will occur while explaining move to class | 1. Now try it with your left hand. | Remember to keep <b>eye contact</b> with partner             |  |
| ▪ Make sure you and your partner switch roles             |                                    | As you are taking your arm out of their grip be <b>quick</b> |  |
| ▪ When you think you have it                              | 2. Keep practicing! Once           | Make sure once you are                                       | See if you can prevent your partner from escaping your grasp |



|   |   |   |  |
|---|---|---|--|
| down let one of the teachers know and we will come and watch to see if your technique is correct. | you have been check off you can get with another group of two and switch partner and do it again. | loose that you practice <b>running away</b> |  |
|---|---|---|--|

**Closure/Assessment:** Please raise your hand to answer the following questions:

- What is the first thing you do to escape the front chokehold?
- Where do you place your thumb when you grab the attackers hand?
- When you wrap your arm around attackers arms where should your arm be? Why?
- Give me one way to escape against a wrist hold?
- What is another?
- Will someone explain the escape move if the attacker grabs your hair?
- What is the first thing you would do if someone grabs your neck?

(Created by Dawnita LiaBraaten, CWU PETE Program, Spring 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #11: Self – Defense**

**Objectives**

- 1) Students will be aware of their body weaknesses as well as how to use their body as a weapon.
- 2) Students will be able to demonstrate the baseball swing move properly.

**Equipment: (for a class of 30 students)**

- Cones for boundaries "the stolen flag/safe area"
- Two velcro flags
- One flag belt for each student

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- What escape move did we learn today?
  - Baseball Swing
- Where are some of our body weaknesses?
  - Eyes
  - Nose
  - Tip of chin
  - Temple
  - Ears
  - Throat
  - Back of neck
  - Groin
  - Knee
  - Shin/instep
  - Solar plexus (4<sup>th</sup> button down on a button shirt)
- What things can be use as weapons on our body?
  - Head
  - Teeth

- Hands-fingers
  - Palm
  - Ridge clasped-don't lace fingers
- Elbow
- Knee
- Foot
  - Heel
  - Ball
- Outside edge
- When would you use the baseball swing move against an attacker?
  - When someone grabs you wrists
- What is the first thing you do in the baseball swing move?
  - Push you hands out

## Content Development

**Instant Activity:** Flag Steal – (Cones for general space boundaries and for "the stolen flag/safe area", two velcro flags, one flag belt for each student) Have each student put on the flag belt and then attach the two flags so they are hanging from their hips. On the signal, students are to move throughout the playing space (i.e., walking, skipping) trying to steal as many flags as possible from other students in the playing area. Upon stealing a flag students are to go to the stolen flag/safe area (coned off area in the middle or outside of playing area) and drop the flag. They can either go back out and try to get more flags or they can put flags on their empty belt if they had one stolen. No students are eliminated. Activity stops on teachers signal.

**Set Induction:** How many have either seen or played baseball? How many of you have swung a baseball bat? Today we are going to use our arms and learn the baseball swing move. Also we are going to learn which parts of our body can be used as weapons and which parts of our body are weaknesses (targets).

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture - Body strengths/natural body weapons and natural body weaknesses (your targets))

Those who resist an attack are more likely to escape as well as escape without a greater risk of injury. Today we are going to learn how you can protect yourself using your natural body weapons.

- Your natural body weapons include:
  - ✓ Head
  - ✓ Teeth
  - ✓ Hands-fingers
    - Palm
    - Ridge clasped-don't lace fingers
  - ✓ Elbow
  - ✓ Knee
  - ✓ Foot
    - Heel
    - Ball
    - Outside edge
- Your natural body weaknesses include: (These weaknesses are the target areas you want to attack on your attacker, but also remember these weaknesses can be used as targets on you)
  - ✓ Eyes
  - ✓ Nose
  - ✓ Tip of chin
  - ✓ Temple
  - ✓ Ears
  - ✓ Throat
  - ✓ Back of neck
  - ✓ Groin
  - ✓ Knee
  - ✓ Shin/instep
  - ✓ Solar plexus (4<sup>th</sup> button down on a button shirt)

**Informing Task:** Has anyone grabbed a hold of your wrist and you haven't been able to get him or her to let go? Well today we are going to learn how to escape a wrist hold. We are going to practice a move called "**baseball swing.**"

If an attacker grabs your wrists:

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together
- 3) Clasp your hands like you are shaking someone's hand (Don't interlock your fingers because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)
  - a. This should cause the attacker's grip to release
- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together) across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as the temple or neck.
- 7) Run away once you get away

Now I would like for you to find a partner of the same gender and same size and begin to practice this move.

|  |   |  |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while verbally explaining the move.</li> </ul> | <ol style="list-style-type: none"> <li>1. Do it 6 times and then switch roles with your partner.</li> </ol> | Keep hands together but do not <b>interlock</b> your fingers or you will break them. |  |
|  |   | Remember your grip is like you are <b>shaking your own hand</b> .                    |  |

**Closure/Assessment**

- What escape move did we learn today?
- When would you use it against an attacker?
- Where are some of our body weaknesses?
- What things can be used as weapons on our body?
- When would you use it against an attacker?
- What is the first move you do in the baseball swing move?

(Created by Tori Torres and Dawnita LiaBraaten, CWU PETE program, spring 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #12: Self – Defense**

**Objectives**

- 1) Students will be able to provide me with two tips to phone safety when asked.
- 2) Students will be able to properly perform the knee to groin move.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- Pinnies for taggers

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- What escape move did we practice today?
  - Knee to Groin
- When would you use this move?
  - If someone grabs you wrists
- Standing where you are can you demonstrate the knee to groin move correctly?
- Give me the two phone safety tips?
  - Teach family members not to give personal or family information to strangers over the phone
  - Remember, a caller can claim to be anyone
  - The only way to check identity is to get his/her number and verify it before you call it back
  - If you receive an obscene or prank call, hang up immediately, and saying nothing
  - If the obscene calls continue or you feel threatened, report it to the police department and your telephone company

## Content Development

**Instant Activity: Square Dance Tag** – (Cones for general space boundaries, pinnies for taggers) Have the students find a good self space in general space. Identify two taggers. Upon being tagged the students are to stand and wait to get unfrozen by one of the free "runners." To rejoin the game students must perform one of the square dance steps (i.e. dosi-do, swing your partner) with a free "runner." They must start and end the sequence with the proper ladies curtsy and/or gentlemen bow. Taggers aren't allowed to tag you while you are in the square dance process. Change taggers frequently.

**Set Induction:** Has anyone grabbed you by the wrist and tried to pull you near them, or just wouldn't let go? Well today we are going to learn a move to help you escape an unwanted situation. I'm sure you are all familiar with this move whether from hearing about it or from performing it, but this move is the knee to groin move.

| MAF/Instructional technique  | Extensions | Refinements | Applications |
|--|------------|-------------|--------------|
| <p><b>Informing Task:</b> (Lecture - Telephone answering) Today we are going to learn some tips for safe telephone answering.</p> <ul style="list-style-type: none"> <li>➤ <i>Phone Safety</i> <ul style="list-style-type: none"> <li>✓ Teach family members not to give personal or family information to strangers over the phone</li> <li>✓ Remember, a caller can claim to be anyone</li> <li>✓ The only way to check identity is to get his/her number and verify it before you call it back</li> <li>✓ If you receive an obscene or prank call, hang up immediately, and saying nothing</li> <li>✓ If the obscene calls continue or you feel threatened, report it to the police department and your telephone company</li> </ul> </li> <li>➤ <i>Answering Machines</i> <ul style="list-style-type: none"> <li>✓ Record non-specific messages on answering machines</li> <li>✓ Don't leave dates and times of when you are gone and will be returning</li> </ul> </li> </ul> |            |             |              |

**Informing Task: (Knee to Groin)** If someone grabs your wrists:

- 1) Pull your hands towards your hips, which will cause them to pull you towards them and leave their lower body wide open
- 2) As they are pulling you toward them go with the momentum and lead in with your knee
- 3) Knee them in the groin because it is one of your bodies weaknesses
- 4) Run away once attacker lets go of you

Now I would like for you to find a partner of the same gender and size and begin practicing this move. Do not perform this move all out and risk harming your partner.

|  |   |  |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is verbally being explained.</li> </ul> | <p>1. Practice this move six times then switch roles with your partner.</p> | <p>Remember <b>pull your hands hard</b> and try to escape. If you do escape that is great <b>run away</b>. But if you don't the attacker will believe you are trying to get away and will pull you harder to him or her and increase your <b>momentum</b> for the knee to the groin.</p> |  |
|  |   | <p><b>Go with the momentum</b> as the attacker pulls you to them.</p>  |  |

**Informing Task: (Review – Baseball Swing)** Has anyone grabbed a hold of your wrist and you haven't been able to get him or her to let go? Well today we are going to learn how to escape a wrist hold. We are going to practice a move called "baseball swing."

If an attacker grabs your wrists:

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together
- 3) Clasp your hands like you are shaking someone's hand (Don't interlock you finger because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)
  - a. This should cause the attackers grip to release
- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together) across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as the temple or neck.
- 7) Run away once you get away

Now I would like for you to find a partner of the same gender and same size and begin to practice this move.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>▪ Demonstration will be going on while verbally explaining the move</li> </ul> | <ol style="list-style-type: none"> <li>1. Do it 6 times and then switch roles with your partner.</li> </ol> | Keep hands together but do not <b>interlock</b> your fingers or you will break them. |  |
|   |   | Remember your grip is like you are <b>shaking your own</b> hand.                     |  |

**Closure/Assessment**

- What escape move did we practice today?
- When would you use this move?
- Standing where you are can you demonstrate the knee to groin move correctly?
- Give me the two phone safety tips?

(Created by Tori Torres and Dawnita LiaBraaten, CWU PETE program, spring 2003)



**Physical Education Teacher Education Program  
Central Washington University  
Lesson Plan #13: Self – Defense**

**Objectives**

- 1) Students will be able to give me three safety tips to door answering.
- 2) Students will be able to escape from a chest grab.
- 3) Students will be able to use their voice to scare the attacker away.

**Equipment: (for a class of 30 students)**

- Cones for general space

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- What type of voice do you use when attacking an attacker?
  - A voice from the diaphragm not the throat
- How could this potentially help you?
  - Draw attention to yourself and could scare the attacker off
- What are three safety tips for answering a door?
  - Use the peephole
  - If you don't have a peep hole use the door window-even if you are expecting someone
  - Learn to answer the door without actually opening it
  - If a person at the door is a stranger to you, speak to him/her through the door
  - Always answer the door because a no answer could lead a burglar to assume the house is empty
  - Before being admitted into your home, a government or business representative that is responding to your request for services should provide a related picture I.D
- What is the first thing you would do to escape from a chest grab from an attacker?
  - Take their hand off your clothing by going against attacker's thumb

## Content Development

**Instant Activity: Snake In The Grass** – (Cones for general space) Have one student lay on the floor in the middle of a reduced (i.e., half or a quarter of a basketball court) coned off playing area. He/she is designated the **Snake**. The remaining students place one hand on the snake. (Make sure the students don't stand behind one another while placing hand on student--they need a clear path to move to get away from snake. After ALL students are touching the snake the teacher calls out "**Snakes Alive**".

Once this command is called out students scatter about the general space trying to avoid the tag of the snake. Once tagged the student gets on stomach and becomes a snake. They continue to try to tag others who are not snakes. The game ends when one student remains untagged.

**Set Induction:** How many of you open your house door to let someone in? Did you know that there could be danger in this? Today we are going to learn how to protect ourselves when it comes to door answering. Many attackers will approach you at home in hopes of getting in. Today we are going to learn how to answer a door, especially when it comes to strangers. We will also work on how to escape from a chest grab, as well as use a hitting shield and using our voices.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture - Door answering) Today we are going to continue our tips for personal safety at home.

➤ When answering a door always:

- ✓ Use the peephole
- ✓ If you don't have a peep hole use the door window-even if you are expecting someone
- ✓ Learn to answer the door without actually opening it
- ✓ If a person at the door is a stranger to you, speak to him/her through the door
- ✓ Always answer the door because a no answer could lead a burglar to assume the house is empty
- ✓ Before being admitted into your home, a government or business representative that is responding to your request for services should provide a related picture I.D

**Informing Task: (Chest Grab)** Has anyone grabbed your chest or shirt at chest level and held on to you? Well today we are going to learn how to escape from a chest grab. When placed in this situation you want to:

- 1) Take their hand off your clothing by going against attacker's thumb (you can use your right or left hand)
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 2) Keep the hand you have removed from your chest or shirt
- 3) Then take your other hand and push at the attackers face, make your arm longer than theirs
  - a. To make your arm longer keep pulling on the hand you removed from your chest or shirt
  - b. This keeps the attacker sideways and your arm longer than their vacant hand
- 4) As soon as you can get the attacker in a position so you can run away

Now I would like for you to find a partner of the same gender and size and begin practicing this move.

|  |  |   |  |
|--|--|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is being verbally explained.</li> </ul> | <ol style="list-style-type: none"> <li>1. Do this move six times then switch roles with your partner.</li> </ol> | <p><b>Go against attacker's thumb</b> so you are able to release attacker's grip. Also once you are going against their thumb <b>keep turning their wrist</b> until they let go of your shirt or chest.</p> |  |
|  | <ol style="list-style-type: none"> <li>2. Attacker's this time</li> </ol>  | <p>Remember, to keep attacker</p>   |  |

|  |   |  |  |
|--|---|--|--|
|  | really try and hold onto your partner so they can experience more of a real life situation.   | <b>turned to the side</b> by pulling the hand you have removed from your shirt or chest. |  |
|  |   | Also remember that the <b>longer arm</b> means you are in control of the attacker.       |  |
| <p><b>Informing Task: (Hitting Shield and using your voice)</b> Now we are going to work on our hitting technique using a hitting shield. When attacking the shield you need to use your voice. When I mean using your voice I want you to let out a yell. It may sound funny, but using your voice and loudly will draw attention to you which potentially could scare the attacker off, or let someone know you need help.</p> <p><i>Punching the shield you:</i></p> <ol style="list-style-type: none"> <li>1) Tilt your wrist just a little so your knuckles are in line with your arm (this will make your wrist stronger and less likely to hurt it) <ol style="list-style-type: none"> <li>a. This is going to be the best technique for your strongest punch</li> </ol> </li> <li>2) Your thumb should be outside of the fist you have made with the rest of your fingers. Do not wrap you fingers around your thumb to make a fist.</li> <li>3) Punch from your body <ol style="list-style-type: none"> <li>a. Bend your elbows and have your fists right below your chin about neck level</li> <li>b. When punching you want your punch to come from your shoulder</li> <li>c. Also as you are straightening your arm to punch turn your hand so your knuckles are pointing toward the sky</li> </ol> </li> </ol> <p><i>Yelling while you punch:</i></p> <ol style="list-style-type: none"> <li>1) Make sure that you use your diaphragm to yell and not your throat <ol style="list-style-type: none"> <li>a. Your yell should come from you stomach</li> <li>b. As you yell tighten your stomach and push it in (this forces air to come up though your trachea to make your yell loud)</li> <li>c. Your yell should be lower if you use your diaphragm compared to your throat</li> </ol> </li> </ol> |   |  |  |
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the task is being verbally explained.</li> </ul>   | 1. I would like you and your partner to find a space on a mat and start punching it with your right hand.   | Make sure your <b>knuckles</b> are <b>in line</b> with your <b>wrist and arm</b> .       |  |
|  | 2. Now punch with your left hand.   | Remember <b>knuckles</b> are pointing toward the <b>sky</b> .                            |  |
|  | 2. Now I want one partner to punch and the other partner to watch to see if their form is correct. Remember to use both hands. Punch 10 times each and than switch. |  |  |
|  | 3. Now when I count to three I want everyone to practice yelling from their   | Make sure you <b>yell</b> from your <b>stomach</b> and not your throat. <b>Push your</b> |  |

|  |  |                                  |  |
|--|--|----------------------------------|--|
|  | diaphragm. (Do this as many times as you want)   | <b>stomach in</b> while yelling. |  |
|  | 4. With your partner go to your space on the mat and every time you punch you need to yell just as your punch is hitting the mat. Have one partner hit with their right hand and yell while the other partner watches technique. |                                  |  |
|  | 5. After you have done this 10 time switch roles.  |                                  |  |
|  | 6. Now do the same thing only this time use your left hand.  |                                  |  |

**Informing Task: (Review – Knee to Groin)** If someone grabs your wrists:

- 1) Pull your hands towards your hips, which will cause them to pull you towards them and leave their lower body wide open
- 2) As they are pulling you toward them go with the momentum and lead in with your knee
- 3) Knee them in the groin because it is one of your bodies weaknesses
- 4) Run away once attacker lets go of you

Now I would like for you to find a partner of the same gender and size and begin practicing this move. Do not perform this move all out and risk harming your partner.

|  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is verbally being explained.</li> </ul> | 1. Practice this move six times then switch roles with your partner. | Remember <b>pull your hands hard</b> and try to escape. If you do escape that is great <b>run away</b> . But if you don't the attacker will believe you are trying to get away and will pull you harder to him or her and increase your <b>momentum</b> for the knee to the groin. |  |
|  |  | <b>Go with the momentum</b> as the attacker pulls you to them.   |  |

**Informing Task: (Review – Baseball Swing)** Has anyone grabbed a hold of your wrist and you haven't been able to get him or her to let go? Well today we are going to learn how to escape a wrist hold. We are going to practice a move called "baseball swing."

If an attacker grabs your wrists:

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together

- 3) Clasp your hands like you are shaking someone's hand (Don't interlock you finger because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)
  - a. This should cause the attackers grip to release
- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together) across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as the temple or neck.
- 7) Run away once you get away

Now I would like for you to find a partner of the same gender and same size and begin to practice this move.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>▪ Demonstration will be going on while verbally explaining the move</li> </ul> | <ol style="list-style-type: none"> <li>1. Do it 6 times and then switch roles with your partner.</li> </ol> | Keep hands together but do not <b>interlock</b> your fingers or you will break them. |  |
|   |   | Remember your grip is like you are <b>shaking your own</b> hand.                     |  |

**Closure/Assessment**

- What type of voice do you use when attacking an attacker?
- How could this potentially help you?
- What is the first thing you would do to escape from a chest grab from an attacker
- What are three safety tips for answering a door?

(Created by Tori Torres and Dawnita LiaBraaten, CWU PETE program, spring 2003)

**Physical Education Teacher Education Program  
Central Washington University  
Lesson Plan #14: Self – Defense**

**Objectives**

- 1) Students will know three ways to protect themselves at home using their yard and house.
- 2) Students will be able to properly demonstrate how to escape an attacker who has a gun.

**Equipment: (for a class of 30 students)**

- Cones for general space

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- What is the new move called that we learned today?
  - Gun Point Move
- What do you need to do with your elbow during the escape move?
  - Use your elbow to hit the attacker in the face
- What are the three ways you can protect yourself at home?
  - When it comes to your house make sure you install good locks and use them at all time, even if you are at home.
  - Keep shrubs and trees trimmed
    - They could block the view to your entrance or exit, as well as be used as hiding places.
  - Maintain good outdoor lighting.
    - Use timers on lights and radio to give the impression that the house is occupied.
  - Always take a visual survey before entering and if anything looks suspicious call 9-1-1 from another location.
  - Lastly, maintain an active block watch program in your neighborhood.

## Content Development

**Instant Activity: Hook On Tag** – (Cones for general space) Have students find a partner and ask them to find a good space within the coned off playing area. Have the partners face the teacher. Ask them to hook their elbows together and have them put their outside hand on their hip. Identify a **chaser** and a **chasee**. On the start signal have the chaser try to tag the chasee. If the person being chased joins the outside hand of a partner group, the person on the other side must let go and he/she becomes the **new chasee**. If a chaser gets tagged, they reverse roles (i.e., chaser becomes chasee).

**Set Induction:** I'm sure you have all heard or read stories of someone getting attacked at gunpoint. This is a very scary, very real situation and if one does not know how to react and handle themselves in this type of scenario, the situation could turn deadly. I'm not trying to scare anyone, but I just want you to know how serious these moves we are learning are. First we are going to learn ways in which you can protect yourself at home through maintaining your yard. Then we are going to learn how you can protect yourself if you are ever attacked at gunpoint.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture - House and Yard) Today is the last day on personal safety at home. We are going to conclude with tips on your house and yard.

➤ *House and Yard Safety:*

- ✓ When it comes to your house make sure you install good locks and use them at all time, even if you are at home.
- ✓ Keep shrubs and trees trimmed
  - They could block the view to your entrance or exit, as well as be used as hiding places.
- ✓ Maintain good outdoor lighting.
  - Use timers on lights and radio to give the impression that the house is occupied.
- ✓ Always take a visual survey before entering and if anything looks suspicious call 9-1-1 from another location.
- ✓ Lastly, maintain an active block watch program in your neighborhood.

**Informing Task: (Gun Point Move)** If you are attacked at gun point you would want to:

- 1) If attacker is holding the gun with their right hand, bring your right foot up and do a "mikazuki kick" (bring your right leg up and do a "C" movement and kick gun hand away) If the attacker had the gun in their left hand you would do just the opposite
- 2) Then grab the gun hand with your left hand
- 3) Bring your right hand from the side and bring your elbow across like you are punching your shoulder and connect your elbow to their face.
- 4) Try a target area like the nose.
- 5) Once you escape run away

Now I would like for you to get a partner of the same gender and size and begin practicing this move.

|  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is being verbally explained.</li> </ul> | <ol style="list-style-type: none"> <li>1. Execute the move six times then switch roles with your partner.</li> </ol> | Remember to bring your arm across like you are <b>punching your opposite shoulder</b> .        |  |
|  |  | Connect your <b>elbow to target area (nose)</b> .  |  |
|  |  | Once you have injured the attacker or have a chance to get away <b>run</b> as fast as you can. |  |

**Informing Task: (Review – Chest Grab)** Has anyone grabbed your chest or shirt at chest level and held on to you? Well today we are going to learn how

to escape from a chest grab. When placed in this situation you want to:

- 1) Take their hand off your clothing by going against attacker's thumb (you can use your right or left hand)
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 2) Keep the hand you have removed from your chest or shirt
- 3) Then take your other hand and push at the attackers face, make your arm longer than theirs
  - a. To make your arm longer keep pulling on the hand you removed from your chest or shirt
  - b. This keeps the attacker sideways and your arm longer than their vacant hand
- 4) As soon as you can get the attacker in a position so you can run away

Now I would like for you to find a partner of the same gender and size and begin practicing this move.

|  |   |  |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is being verbally explained.</li> </ul> | 1. Do this move six times then switch roles with your partner.  | <b>Go against attacker's thumb</b> so you are able to release attacker's grip. Also once you are going against their thumb <b>keep turning their wrist</b> until they let go of your shirt or chest. |  |
|  | 2. Attacker's this time really try and hold onto your partner so they can experience more of a real life situation. | Remember, to keep attacker <b>turned to the side</b> by pulling the hand you have removed from your shirt or chest.  |  |
|  |   | Also remember that the <b>longer arm</b> means you are in control of the attacker.   |  |

**Informing Task: (Review – Hitting Shield and using voice)** Now we are going to work on our hitting technique using a hitting shield. When attacking the shield you need to use your voice. When I mean using your voice I want you to let out a yell. It may sound funny, but using your voice and loudly will draw attention to you which potentially could scare the attacker off, or let someone know you need help.

*Punching the shield you:*

- 1) Tilt your wrist just a little so your knuckles are in line with your arm (this will make your wrist stronger and less likely to hurt it)
  - a. This is going to be the best technique for your strongest punch
- 2) Your thumb should be outside of the fist you have made with the rest of your fingers. Do not wrap you fingers around your thumb to make a fist.
- 3) Punch from your body
  - a. Bend your elbows and have your fists right below your chin about neck level
  - b. When punching you want your punch to come from your shoulder
  - c. Also as you are straightening your arm to punch turn your hand so your knuckles are pointing toward the sky

*Yelling while you punch:*

- 1) Make sure that you use your diaphragm to yell and not your throat
  - a. Your yell should come from you stomach
  - b. As you yell tighten your stomach and push it in (this forces air to come up though your trachea to make your yell loud)



c. Your yell should be lower if you use your diaphragm compared to your throat

|  |   |   |  |
|--|---|---|--|
| <ul style="list-style-type: none"> <li>Demonstration will be going on while the task is being verbally explained.</li> </ul> | <p>1. I would like you and your partner to find a space on a mat and start punching it with your right hand.</p>  | <p>Make sure your <b>knuckles</b> are <b>in line</b> with your <b>wrist and arm</b>.</p>                                  |  |
|  | <p>2. Now punch with your left hand.</p>  | <p>Remember <b>knuckles</b> are pointing toward the <b>sky</b>.</p>   |  |
|  | <p>2. Now I want one partner to punch and the other partner to watch to see if their form is correct. Remember to use both hands. Punch 10 times each and than switch.</p>  |   |  |
|  | <p>3. Now when I count to three I want everyone to practice yelling from their diaphragm. (Do this as many times as you want)</p>   | <p>Make sure you <b>yell</b> from your <b>stomach</b> and not your throat. <b>Push your stomach in</b> while yelling.</p> |  |
|  | <p>4. With your partner go to your space on the mat and every time you punch you need to yell just as your punch is hitting the mat. Have one partner hit with their right hand and yell while the other partner watches technique.</p> |   |  |
|  | <p>5. After you have done this 10 time switch roles.</p>  |   |  |
|  | <p>6. Now do the same thing only this time use your left hand.</p>  |   |  |

**Informing Task: (Review – Knee to Groin)** If someone grabs your wrists:

- 1) Pull your hands towards your hips, which will cause them to pull you towards them and leave their lower body wide open
- 2) As they are pulling you toward them go with the momentum and lead in with your knee
- 3) Knee them in the groin because it is one of your bodies weaknesses
- 4) Run away once attacker lets go of you

Now I would like for you to find a partner of the same gender and size and begin practicing this move. Do not perform this move all out and risk harming your partner.

|  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will be going on while the move is verbally being explained.</li> </ul> | 1. Practice this move six times then switch roles with your partner. | Remember <b>pull your hands hard</b> and try to escape. If you do escape that is great <b>run away</b> . But if you don't the attacker will believe you are trying to get away and will pull you harder to him or her and increase your <b>momentum</b> for the knee to the groin. |  |
|  |  | <b>Go with the momentum</b> as the attacker pulls you to them.   |  |

**Informing Task: (Review – Baseball Swing)** Has anyone grabbed a hold of your wrist and you haven't been able to get him or her to let go? Well today we are going to learn how to escape a wrist hold. We are going to practice a move called "baseball swing."

If an attacker grabs your wrists:

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together
- 3) Clasp your hands like you are shaking someone's hand (Don't interlock you finger because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)
  - a. This should cause the attackers grip to release
- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together) across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as the temple or neck.
- 7) Run away once you get away

Now I would like for you to find a partner of the same gender and same size and begin to practice this move.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will be going on while verbally explaining the move</li> </ul> | 1. Do it 6 times and then switch roles with your partner. | Keep hands together but do not <b>interlock</b> your fingers or you will break them. |  |
|   |   | Remember your grip is like you are <b>shaking your own</b> hand.                     |  |

**Closure/Assessment:** Raise your hand to answer the following questions:

- What is the new move called that we learned today?
- What do you need to do with your elbow during the escape move?
- What are the three ways you can protect yourself at home?

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #15: Self – Defense**

**Objectives**

- 1) Students will be able to correctly execute all moves chosen for review day.
- 2) Students will be able to successfully answer all review questions.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- 3 clothespins for each student

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. I will be awarding **extra credit points** to those students who are practicing the moves correctly. One point will be awarded for each move.

- 1) Which move is your favorite? Why?
  - a. Show the move to the class
- 2) Who thinks they know the moves we learned this week really well?

## Content Development

**Instant Activity: Clothespin Steal** – (Cones for general space boundaries, 3 clothespins for each student) Have ALL of the students pick up three clothespins as they enter the gym or playing area. After they have found a good self space in a coned off area ask them to attach the clothespins to the back or on the sides of their shirts (nearby classmates can help if they can't do it by themselves). After they have secured the clothespins explain the object of the activity is to collect as many clothespins from your classmates as possible in a specified time limit (i.e., length of a short song). **You are only allowed to take one pin at a time however.** When you get a clothespin you put it on your shirt. If someone loses all of their clothespins they continue to play because they are trying to retrieve pins from others.

**Set Induction:** How many of you have seen a movie more than once? What movie was it? Why did you watch that movie twice or more? One because you liked it but another so you could remember and review some of your favorite parts. Today we are going to review. This is your chance to work on any moves you feel you need extra work on, as well as to ask any questions you may have. We are going to be practicing the moves that we have learned this week. We are going to refresh our memories.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture: Review)

- *Name your 6 natural body weapons*
  - ✓ Head
  - ✓ Teeth
  - ✓ Hands-fingers
    - Palm
    - Ridge clasped-don't lace fingers
  - ✓ Elbow
  - ✓ Knee
  - ✓ Foot
    - Heel
    - Ball
    - Outside edge
  
- *Name 6 body weakness areas or target areas*
  - ✓ Eyes
  - ✓ Nose
  - ✓ Tip of chin
  - ✓ Temple
  - ✓ Ears
  - ✓ Throat
  - ✓ Back of neck
  - ✓ Groin
  - ✓ Knee
  - ✓ Shin/instep
  - ✓ Solar plexus (4<sup>th</sup> button down on a button shirt)
  
- *Give me 3 ways to answer a door safely*
  - ✓ Use the peephole

- ✓ If you don't have a peep hole use the door window-even if you are expecting someone
- ✓ Learn to answer the door without actually opening it
- ✓ If a person at the door is a stranger to you, speak to him/her through the door
- ✓ Always answer the door because a no answer could lead a burglar to assume the house is empty
- ✓ Before being admitted into your home, a government or business representative that is responding to your request for services should provide a related picture I.D

➤ *Tell me 3 ways how you can protect yourself using your house and yard*

- ✓ When it comes to your house make sure you install good locks and use them at all time, even if you are at home.
- ✓ Keep shrubs and trees trimmed
  - They could block the view to your entrance or exit, as well as be used as hiding places.
- ✓ Maintain good outdoor lighting.
  - Use timers on lights and radio to give the impression that the house is occupied.
- ✓ Always take a visual survey before entering and if anything looks suspicious call 9-1-1 from another location.
- ✓ Lastly, maintain an active block watch program in your neighborhood.

➤ *Give me 3 ways to protect myself on the telephone*

- ✓ Teach family members not to give personal or family information to strangers over the phone
- ✓ Remember, a caller can claim to be anyone
- ✓ The only way to check identity is to get his/her number and verify it before you call it back
- ✓ If you receive an obscene or prank call, hang up immediately, and saying nothing
- ✓ If the obscene calls continue or you feel threatened, report it to the police department and your telephone company

**Informing Task: (Review – Gun Point Move)** If you are attacked at gun point you would want to:

- 1) If attacker is holding the gun with their right hand, bring your right foot up and do a “mikazuki kick” (bring your right leg up and do a “C” movement and kick gun hand away) If the attacker had the gun in their left hand you would do just the opposite
- 2) Then grab the gun hand with your left hand
- 3) Bring your right hand from the side and bring your elbow across like you are punching your shoulder and connect your elbow to their face.
- 4) Try a target area like the nose.
- 5) Once you escape run away

Now I would like for you to get a partner of the same gender and size and begin practicing this move.

|  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is being verbally explained.</li> </ul> | <ol style="list-style-type: none"> <li>1. Execute the move six times then switch roles with your partner.</li> </ol> | Remember to bring your arm across like you are <b>punching your opposite shoulder.</b>         |  |
|  |  | Connect your <b>elbow to target area (nose).</b>   |  |
|  |  | Once you have injured the attacker or have a chance to get away <b>run</b> as fast as you can. |  |

**Informing Task: (Review – Chest Grab)** Has anyone grabbed your chest or shirt at chest level and held on to you? Well today we are going to learn how to escape from a chest grab. When placed in this situation you want to:

- 1) Take their hand off your clothing by going against attacker's thumb (you can use your right or left hand)
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 2) Keep the hand you have removed from your chest or shirt
- 3) Then take your other hand and push at the attackers face, make your arm longer than theirs
  - a. To make your arm longer keep pulling on the hand you removed from your chest or shirt
  - b. This keeps the attacker sideways and your arm longer than their vacant hand
- 4) As soon as you can get the attacker in a position so you can run away

Now I would like for you to find a partner of the same gender and size and begin practicing this move.

|  |   |   |  |
|--|---|---|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the move is being verbally explained.</li> </ul> | <ol style="list-style-type: none"> <li>1. Do this move six times then switch roles with your partner.</li> </ol>  | <p>Go <b>against attacker's thumb</b> so you are able to release attacker's grip. Also once you are going against their thumb <b>keep turning their wrist</b> until they let go of your shirt or chest.</p> |  |
|  | <ol style="list-style-type: none"> <li>2. Attacker's this time really try and hold onto your partner so they can experience more of a real life situation.</li> </ol> | <p>Remember, to keep attacker <b>turned to the side</b> by pulling the hand you have removed from your shirt or chest.</p>  |  |
|  |   | <p>Also remember that the <b>longer arm</b> means you are in control of the attacker.</p>   |  |

**Informing Task: (Review – Hitting Shield and using your voice)** Now we are going to work on our hitting technique using a hitting shield. When attacking the shield you need to use your voice. When I mean using your voice I want you to let out a yell. It may sound funny, but using your voice and loudly will draw attention to you which potentially could scare the attacker off, or let someone know you need help.

*Punching the shield you:*

- 1) Tilt your wrist just a little so your knuckles are in line with your arm (this will make your wrist stronger and less likely to hurt it)
  - a. This is going to be the best technique for your strongest punch
- 2) Your thumb should be outside of the fist you have made with the rest of your fingers. Do not wrap you fingers around your thumb to make a fist.
- 3) Punch from your body
  - a. Bend your elbows and have your fists right below your chin about neck level
  - b. When punching you want your punch to come from your shoulder
  - c. Also as you are straightening your arm to punch turn your hand so your knuckles are pointing toward the sky

*Yelling while you punch:*

- 1) Make sure that you use your diaphragm to yell and not your throat
  - a. Your yell should come from you stomach

- b. As you yell tighten your stomach and push it in (this forces air to come up though your trachea to make your yell loud)
- c. Your yell should be lower if you use your diaphragm compared to your throat

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|--|--|--|--|
| <ul style="list-style-type: none"> <li>• Demonstration will be going on while the task is being verbally explained.</li> </ul> | 1. I would like you and your partner to find a space on a mat and start punching it with your right hand.  | Make sure your <b>knuckles</b> are <b>in line</b> with your <b>wrist and arm</b> .                                 |  |
|  | 2. Now punch with your left hand.  | Remember <b>knuckles</b> are pointing toward the <b>sky</b> .  |  |
|  | 2. Now I want one partner to punch and the other partner to watch to see if their form is correct. Remember to use both hands. Punch 10 times each and than switch.  |  |  |
|  | 3. Now when I count to three I want everyone to practice yelling from their diaphragm. (Do this as many times as you want)   | Make sure you <b>yell</b> from your <b>stomach</b> and not your throat. <b>Push your stomach in</b> while yelling. |  |
|  | 4. With your partner go to your space on the mat and every time you punch you need to yell just as your punch is hitting the mat. Have one partner hit with their right hand and yell while the other partner watches technique. |  |  |
|  | 5. After you have done this 10 time switch roles.  |  |  |
|  | 6. Now do the same thing only this time use your left hand.  |  |  |

**Informing Task: (Review – Knee to Groin)** If someone grabs your wrists:

- 1) Pull your hands towards your hips, which will cause them to pull you towards them and leave their lower body wide open
- 2) As they are pulling you toward them go with the momentum and lead in with your knee
- 3) Knee them in the groin because it is one of your bodies weaknesses
- 4) Run away once attacker lets go of you

Now I would like for you to find a partner of the same gender and size and begin practicing this move. Do not perform this move all out and risk harming

|  |  |  |  |
|--|--|--|--|
| your partner.  |  |  |  |
| <ul style="list-style-type: none"> <li>Demonstration will be going on while the move is verbally being explained.</li> </ul> | 1. Practice this move six times then switch roles with your partner. | Remember <b>pull your hands hard</b> and try to escape. If you do escape that is great <b>run away</b> . But if you don't the attacker will believe you are trying to get away and will pull you harder to him or her and increase your <b>momentum</b> for the knee to the groin. |  |
|  |  | <b>Go with the momentum</b> as the attacker pulls you to them.   |  |

**Informing Task: (Review – Baseball Swing)** Has anyone grabbed a hold of your wrist and you haven't been able to get him or her to let go? Well today we are going to learn how to escape a wrist hold. We are going to practice a move called "baseball swing."

If an attacker grabs your wrists:

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together
- 3) Clasp your hands like you are shaking someone's hand (Don't interlock your fingers because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)
  - a. This should cause the attacker's grip to release
- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together) across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as the temple or neck.
- 7) Run away once you get away

Now I would like for you to find a partner of the same gender and same size and begin to practice this move.

|   |   |  |  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will be going on while verbally explaining the move</li> </ul> | 1. Do it 6 times and then switch roles with your partner. | Keep hands together but do not <b>interlock</b> your fingers or you will break them. |  |
|   |   | Remember your grip is like you are <b>shaking your own</b> hand.                     |  |

**Closure/Assessment:** Please raise your hand to answer the following questions:

- 1) Which move is your favorite? Why?
  - a. Show the move to the class
- 2) Who thinks they know the moves we learned this week really well?



**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #16: Self – Defense**

**Objectives**

- 1) Students will give me three ways on how to safely carry valuables.
- 2) Students will know the importance of keeping your kicking leg above the knee of your stationary leg?
- 3) Students will know the importance of keeping the attacker at kicking distance?

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson. Students will also be required to **write in their journal** about the new move they learned today.

- Why do you want to keep your attacker at kicking distance?
  - So attacker can't get a hold of you and hurt you
- Give me three things about handbags?
  - Handbags are an easy target for thieves
  - If you carry a handbag keep the bag closed and carry it in front of the body with an arm held loosely across it
  - A bag that is hanging by your side is easier for a thief to grab on the run
  - If your handbag has a strap that goes over the head, pick a thin strap and wear it under your jacket
  - This will make it harder for the thief to grab

## Content Development

**Instant Activity: Carpenter Tag** – (Cones for general space boundaries) Select 3 students to be the **carpenters** or the **Its**. If you are tagged, you may choose to be either a **nail** (freeze and extend your arms out to the side to look like a letter **T**) or a **screw** (place both hands on top of your head). Nails are freed by gently hammering them until their hands touch the floor (light taps on the head). Screws are freed by twisting them around until their hands touch the floor. No one may be tagged if they are in the process of freeing someone.

**Set Induction:** What are valuables? (Something worth money) Has anyone ever carried around valuable? Today we are going to learn how to protect our valuables and ourselves. We will also learn how to floor fight properly and what to do if your attacker has you on the ground.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture: Carrying valuables) Today we are going to learn how to properly carry valuables safely which is important when in public.

➤ *Handbags*

- ✓ Handbags are an easy target for thieves
- ✓ If you carry a handbag keep the bag closed and carry it in front of the body with an arm held loosely across it
- ✓ A bag that is hanging by your side is easier for a thief to grab on the run
- ✓ If your handbag has a strap that goes over the head, pick a thin strap and wear it under your jacket
- ✓ This will make it harder for the thief to grab

➤ *Keys and Handbags*

- ✓ Avoid carrying your house keys in your bag
- ✓ Try to carry keys in your pocket instead
- ✓ You will most likely have an item in your bag containing your home address so if your bag was to get stolen and your keys were in there as well, they will have an entrance into your home

➤ *Valuables*

- ✓ Also consider reducing the amount of personal items or items with any sentimental value
- ✓ Finally, if you need to carry a large amount of cash or valuable items, don't carry them in your wallet or bag
- ✓ Carry them in an inside pocket

**Informing Task: (Floor Fighting)** I'm sure you all have had some type of experience with floor wrestling whether it is with a friend or that pesky younger sibling, but today we are going to take our floor fighting a bit more seriously.

If an attacker ever has you on the ground you want to:

- 1) Make sure that you keep him/her at kicking distance
  - a. Sit on your rear and kick with your dominate foot
  - b. Sit more on the buttocks of the non-kicking leg. This leg should be bent at the knee with your foot in toward your groin (like the hurdle stretch)
  - c. This should make is so the foot of your kicking leg is turned sideways with the ankle bone pointed towards the sky
  - d. Then you want to keep your kicking leg above the knee that's on the ground (This is so you can kick again if needed)
- 2) Keep kicking until you are able to stand up and run away
- 3) When you get up
  - a. Take your kicking leg and put that foot over the knee on the ground so foot is next to the thigh of the leg on the ground
  - b. As you get up push up on the foot that was your kicking foot (The reason for this is so you don't turn your back completely to the attacker)
- 4) Run away

Now I would like for you to find a partner of the same gender and size and begin practicing this move.

|  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>Demonstration will be going on while the move is being verbally explained.</li> </ul> | <p>1. After five attempts to escape, switch roles with your partner.</p> | <p>Remember to keep your attacker at <b>kicking distance</b>.</p>  |  |
|  |  | <p>Remember to keep your kicking leg <b>higher</b> than your knee of the ground so it is easier to escape.</p> |  |
|  |  | <p>As soon as you can <b>run away</b> without turning you back completely to the attacker.</p>                 |  |

**Closure/Assessment:** Raise your hand to answer the following questions:

- Why do you want to keep your attacker at kicking distance?
- Why will keeping your kicking leg above the knee on the ground help you?
- Give me three ways to safely carry valuables?

(Created by Tori Torres and Dawnita LiaBraaten, CWU PETE program, spring 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #17: Self – Defense**

**Objectives**

- 1) Students will be able to name ways in which they could be pick pocketed.
- 2) Students will know how to protect their valuable from thieves who pick pocket.
- 3) Students will successfully rotate through, as well as complete all stations.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries
- Foam balls for taggers

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be assessed **by the teacher** as they go around to each station. The teacher will award **extra points** to those that are doing a great job of performing each move correctly. The students will also be able to ask questions all throughout the lesson. They will be checked for understanding during and at the end of the lesson.

- Where shouldn't you leave your valuables?
  - Car
  - Dressing rooms
  - Grocery carts
- What sort of places attracts thieves?
  - Shopping centers
  - Buses
  - Public events such as a sporting event
- Which station did you like the best?

## Content Development

**Instant Activity: High Ten Tag** – (Cones for general space boundaries, foam balls for taggers) Children are in scattered formation within the playing area. The identified chasers will each have a foam ball. On the signal they chase (i.e., using locomotor movements such as walking, sliding, skipping, etc.) the other students. When someone is tagged, they must freeze immediately and reach their hands above their head. To get unfrozen free runners must approach the frozen player from the front and they must jump and do a "high ten" by slapping their hands together at the tops of their jump. It is much like athletes do when they score a touchdown or dunk a basketball.

**Set Induction:** What is a pick pocket? Are these people sneaky? Pick pocketing is very common and very popular, especially amongst travelers. Today we are going to give you ways you can protect yourselves from pick pocketers. We are also going to practice moves we have learned in previous classes. There are stations set up for many of the moves we have learned.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** (Lecture: Theft and Pick pocketing) Today is our final lecture and it's about purse and wallet safety. We are going to finish up talking about theft and pick pocketing which is very common and popular amongst travelers.

- *Theft and Pick Pocketing*
  - This type of activity can take place anywhere and be performed by anyone
  - It only takes seconds for someone to grab your items and get away
- *So here are a few tips to think about:*
  - Don't make it easy for thieves by leaving items in your:
    - Car
    - Dressing rooms
    - Grocery carts
  - Make sure your bags zipped closed and your wallets and checkbooks do not hang out of your pockets
  - Remember that thieves are attracted to large crowds so be extremely careful in:
    - Shopping centers
    - Buses
    - Public events such as a sporting event
  - Also, pick pocketers usually work in teams
    - One usually creates a distraction while the others steal the wallets and bags

**Informing Task:** I would like for you to find a partner of the same gender and size and as you. You can see I have stations set up throughout the gym. I want you and your partner to rotate through all the stations practicing each of the moves given on the task cards. I must check you off before you can move onto the next station. (The teacher should tell the students which station they should start off with so everyone isn't on station one and also so the students don't race to get finished)

|   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Each station will be set up with a <b>task card</b>.</li> </ul>  |  |  |  |
| <ul style="list-style-type: none"> <li>• Students should know each move. If not there will be <b>skill charts</b> showing and telling how each move is done. If the student still needs help they need to raise their hand and ask for assistance.</li> </ul> |  |  |  |

**Closure/Assessment:** Raise your hand to answer the following:

- Nice job today! Students will have been checked off on their moves, which will demonstrate proper execution.
- Where shouldn't you leave your valuables?
- What sort of places attracts thieves?
- Which station did you like the best?

(Created by Tori Torres and Dawnita LiaBraaten, CWU PETE program, 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #18: Self – Defense**

**Objectives**

- 1) Students will be able to make up their own scenario(s) and perform them for the class.

**Equipment: (for a class of 30 students)**

- A large outdoor grassy playing area
- Cones for boundaries

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offence- teacher will remind student of rules.
  - 2<sup>nd</sup> offence-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offence-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** The students will be assessed on the **knowledge and effort** they put into the scenarios. The teacher will grade the students on how well they perform the move(s) and also how well the move fits into the scenario. The students will also be able to **ask questions** all throughout the lesson. They will be checked for understanding during and at the end of the lesson.

- What did you like best about the scenarios?
- What could have been better?

## Content Development

**Instant Activity: Team Leap Frog** – (A large outdoor grassy playing area, cones) Split the class in half by handing every other person in class a pinnie of the same color (see our [forming groups](#) section for other ways of forming teams). Using half of a soccer field (or another large open field space) one team gets on one end of the field and the other team on the other end. On the teachers signal give one team 45-60 seconds to see how many people on the other team they can tag and have squatting at the end of the time. When someone is tagged they must **squat down at a low level**. The only problem for the tagging team is that members of the other team may jump or leap over squatting teammates and that unfreezes those people so they are up and running again. After 45 seconds, switch chasing and fleeing teams.

**Set Induction:** We are also going to do a bit of acting, but you will have to wait and see.

| MAF/Instructional technique  | Extensions | Refinements | Applications |
|--|------------|-------------|--------------|
| <p><b>Informing Task:</b> (Lecture - stories) We are going to hear a couple of stories from people who have been attacked and survived. You will get to hear the realness of these attacks and see how easy it is to set yourself up to be attacked. I'm not trying to scare anyone but I'm trying to explain the realness of life.</p> <ul style="list-style-type: none"><li>➤ <i>Story #1 by Julian:</i> Three years ago while driving my young girls to school along a busy motorway in Brisbane, Australia, the car broke down. Walking back along side the traffic I saw a public phone on the other side of the motorway, near a caravan park. To reach it I knew I could follow a rough track down below the motorway, beside a creek. Walking with my children towards the point where the track disappeared from view gave me time to assess the situation. I realized that while under the motorway we were vulnerable. So as soon as we were down there we all ran. While climbing the bank on the other side I saw a man hurrying towards us. When he saw us emerge he stopped, surprised. This meant he was watching our approach. There was a murder there three days later.<ul style="list-style-type: none"><li>○ What did Julian do well in this case?</li><li>○ How did she save herself and her children?</li></ul></li><li>➤ <i>Story #2:</i> A 24 year old woman was attacked New Year's Day when she let a casual acquaintance into her apartment to use the phone. Her attacker left a pair of scissors embedded four inches into her head. They stayed there for 13 hours, until doctors delicately removed them. Her doctors said the scissors "miraculously" missed her spinal cord, brain and major blood vessels. She managed to dial 9-1-1 and leave her telephone off the hook during the attack. Police kicked in the door to her apartment and arrested a man as he allegedly was trying to sexually assault her. Other than a long scar over her left eye and another behind one ear, she has virtually no permanent damage.<ul style="list-style-type: none"><li>○ What was the first mistake this lady made?</li><li>○ What did she do right in this emergency?</li></ul></li></ul> |            |             |              |

**Informing Task:** Like I said earlier we are going to do a bit of acting. I would like for you to find a partner of the same gender and size and stand shoulder to shoulder with them to let me know that you are ready. We are going to have a bit of fun incorporating all the moves we have learned earlier into a skit. When I say go I want you and your partner to come up with two different scenarios with each of you getting the chance to play an attacker as well as the possible victim. Each scenario must use a different escape move that you have learned in class. Once you have come up with your scenarios do a few practice trails. When you think you are ready sit down and raise your hand. I will call on your group to come and do your skit in front of the video camera while I videotape you. The whole class will get to watch the video when we are finished making it. Relax and have fun with it.

Examples of scenarios:

- ✓ Walking past a parked van
- ✓ Walking in a park
- ✓ Inviting someone in your house
- ✓ You are being followed

**Closure/Assessment**



What did you think of incorporating the moves into real life scenarios? Did you have fun with it?

**(Created by Tori Torres and Dawnita LiaBraaten CWU PETE program, spring 2003)**

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #19: Self – Defense**

**Objectives**

- 1) Students will know what is expected in the skills tests.

**Equipment: (for a class of 30 students)**

- Cones for general space boundaries

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** Today we are giving the students **skills tests**. They will be graded on how well they know the move and how well they perform it on their partner.

## Content Development

**Instant Activity: Everybody It** – (Cones for general space boundaries) Children are in scattered formation within the playing area. The activity begins with all of the students being "it". The objective of the activity is for the students to move about the general space tagging various classmates while avoiding being tagged. Once a student is tagged he/she must perform a previously identified fitness exercise (i.e., sit ups, dance). If a double tag occurs both students perform the agreed upon task. The length of time to use for this instant activity should be based on how safely the students are able to move about the general space.

**Set Induction:** Today you will be given the opportunity to answer any last minute questions you have before the test tomorrow. Then we will begin our skill testing on the first 6 moves after eliminating how to grab both wrists.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** Lecture - Review (**Hand out study guide**)

The students will be given some time to ask any last minute questions they might have about the test.

**Informing Task:** Skills Test:

- 1) Shoulder grab
- 2) Grabbing both wrists (either technique is accepted)
- 3) Center hug and twist
- 4) Front choke escape
- 5) Rear choke escape
- 6) Single hand grab circle
- 7) Single hand grab trouser

**Informing Task: (Shoulder Grab)** If someone comes up and grabs your shoulder what should you do? If the opponent is facing you and reaches out with their right arm and hand and grabs your left shoulder you would:

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away

**Informing Task: (Grabbing both wrists)** What do you do if someone grabs both of your wrists?

- 1) Push out on the strangers hands (The reason why you push out first is so the attacker thinks your trying to get away and will try and push your hands together, which will help you to escape)
- 2) Then quickly bring your hands in
- 3) As you bring your hands in cross your forearms toward your chest (like you are giving yourself a hug)
- 4) Run away

**Informing Task: (Grabbing both wrists)** Another technique that you can do if someone grabs both of your wrists is this:

- 1) With both hands you are going to twist your wrists and hands clockwise (palms will be down leading with your pinkies)
- 2) As you **go over the top of the strangers arms** your hands will turn so your palms are pointing toward the sky
- 3) Then you are going to push down **hard** with the back of your hands on strangers grip toward your legs. Your palms will be facing the sky. It is sort of like your doing the saying, "I don't care".

- 4) Run away

**Informing Task: (Center Hug and Twist)** What do you do if someone comes up behind you and grabs you around your middle? Remember that if your arms are stuck in the attacker's arms there are still many ways you can use them.

- 1) For starters you can reach back and pinch the tops of their quads
- 2) Always remember to pinch and twist.
- 3) Run away

**Informing Task: (Front Choke Hold)** What would you do if someone came up and choked you with both hands from the front?

- 1) You would raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent)
- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

**Informing Task: (Rear Choke Hold)** What would you do if someone came up behind you and choked you?

- 1) Raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Cross your opposite foot (from the hand raised) over in front of the other foot
- 4) Twist your body into opponent (right hand raised you will turn clockwise, left hand raised you will turn counterclockwise)
- 5) Hold is broken by armpit of arm raised
- 6) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 7) Run away

**Informing Task: (Single Hand Grab Circle)** What happens if someone grabs your wrist with the opposite hand (right to right or left to left)?

- 1) You want to make sure that you are going to the weakest point of the attacker, which in this case would be their thumb.
- 2) You are going to twist your wrist and hand in a counterclockwise direction over the attacker's arm. (You will be leading with your pinky)

**Informing Task: (Single Hand Grab Trouser)** Another technique is called the single hand trouser move. This works if the attacker grabs you with the arm that is on the same side your arm is (right to left or left to right).

- 1) Grab your pants
- 2) Twist toward their thumb, which should be to the inside of your arm
- 3) Run away

**Closure/Assessment:** Please raise your hand to answer the question:

- Are there any questions about any of the moves or lecture we have covered in class?

(Created by Tori Torres and Dawnita LiaBraaten CWU PETE program, spring 2003)

**Physical Education Teacher Education Program**  
**Central Washington University**  
**Lesson Plan #20: Self – Defense**

**Objectives**

- 1) Students will know what to expected on the written test.
- 2) Students will know what is expected in the skills tests.

**Equipment: (for a class of 30 students)**

- Cones for general space

**Protocol:**

- Go on the word Go.
- Bring it in means group around the teacher.

**Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offense- teacher will remind student of rules.
  - 2<sup>nd</sup> offense-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offense-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

**Assessment:** Today the students will be give an **exam** that covers the most important facts out of all the lectures. Also we will be finishing up all the **skills tests** today.

## Content Development

**Instant Activity: Hug Tag** – (Cones for general space) Children are in scattered formation within the playing area. Identify two/three chasers either with a pinnie or have them carry a foam ball. On the signal the chasers try to tag the other students. When someone is tagged, they must freeze immediately and reach their hands above their head. To get unfrozen free runners must approach the frozen player from the front and they must HUG the person. After the hug is completed they are unfrozen and can continue playing the game.

**Set Induction:** Today we have a short written test over the lecture material then we will finish up our skill testing.

| MAF/Instructional technique | Extensions | Refinements | Applications |
|-----------------------------|------------|-------------|--------------|
|-----------------------------|------------|-------------|--------------|

**Informing Task:** Lecture: test (All students will take the written test.)

**Informing Task:** Skills test

1. Neck grab
2. Grab hair
3. Baseball swing
4. Knee to groin
5. Chest grab
6. Gun point move
7. Floor fighting

**Informing Task: (Neck Grab)** What should you do if someone comes and grabs your neck from the front? We have covered a couple neck grabbing techniques but here is another way to escape.

- 1) Take one foot and step backwards (whichever foot you prefer)
- 2) Take your arm (same arm as the foot you have forward) and quickly punch it between the attacker's arms. As you start to punch you need to:
  - a. Turn your shoulders by **rotating** on the balls of your feet (If your left foot is back you are going to turn your body to the left and if your right foot is back you are going to turn your body to the right) Use your hips to also help you turn
- 3) As soon as you escape run away (try not to turn your back completely to attacker)

**Informing Task: (Grab Hair)** What would you do if someone grabs your head and hair?

- 1) You would put both hands on the hand that is full of your hair
- 2) Bend down to one knee
- 3) Also make sure you bring your head to the ground (face would be parallel to the ground) This will make the attacker hurt more
- 4) Run away

**Informing Task: (Baseball Swing)** Has anyone grabbed a hold of your wrist and you haven't been able to get him or her to let go? Well today we are going to learn how to escape a wrist hold. We are going to practice a move called "baseball swing."

If an attacker grabs your wrists:

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together
- 3) Clasp your hands like you are shaking someone's hand (Don't interlock your finger because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)
  - a. This should cause the attacker's grip to release

- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together) across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as the temple or neck.
- 7) Run away once you get away

**Informing Task: (Knee to the groin)** If someone grabs your wrists:

- 1) Pull your hands towards your hips, which will cause them to pull you towards them and leave their lower body wide open
- 2) As they are pulling you toward them go with the momentum and lead in with your knee
- 3) Knee them in the groin because it is one of your bodies weaknesses
- 4) Run away once attacker lets go of you

**Informing Task: (Chest Grab)** Has anyone grabbed your chest or shirt at chest level and held on to you? Well today we are going to learn how to escape from a chest grab. When placed in this situation you want to:

- 1) Take their hand off your clothing by going against attacker's thumb (you can use your right or left hand)
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 2) Keep the hand you have removed from your chest or shirt
- 3) Then take your other hand and push at the attackers face, make your arm longer than theirs
  - a. To make your arm longer keep pulling on the hand you removed from your chest or shirt
  - b. This keeps the attacker sideways and your arm longer than their vacant hand
- 4) As soon as you can get the attacker in a position so you can run away

**Informing Task: (Gun Point Move)** If you are attacked at gun point you would want to:

- 1) If attacker is holding the gun with their right hand, bring your right foot up and do a "mikazuki kick" (bring your right leg up and do a "C" movement and kick gun hand away) If the attacker had the gun in their left hand you would do just the opposite
  - a. When foot comes back to the ground it should land close to their feet (you should be closer to their body)
- 2) Then grab the gun hand with your left hand
  - a. As you are doing this you will be turning 90 degrees (if you kick with your right foot your right side will be going into attacker and vis versa)
- 3) Bring your right hand from the side and bring your elbow across like you are punching your shoulder and connect your elbow to their face.
- 4) Try a target area like the nose.
- 5) Once you escape run away

**Informing Task: (Floor Fighting)** I'm sure you all have had some type of experience with floor wrestling whether it is with a friend or that pesky younger sibling, but today we are going to take our floor fighting a bit more seriously.

If an attacker ever has you on the ground you want to:

- 1) Make sure that you keep him/her at kicking distance
  - a. Sit on your rear and kick with your dominate foot
  - b. Sit more on the buttocks of the non-kicking leg. This leg should be bent at the knee with your foot in toward your groin (like the hurdle stretch)
  - c. This should make is so the foot of your kicking leg is turned sideways with the ankle bone pointed towards the sky
  - d. Then you want to keep your kicking leg above the knee that's on the ground (This is so you can kick again if needed)



- 2) Keep kicking until you are able to stand up and run away
- 3) When you get up
  - a. Take your kicking leg and put that foot over the knee on the ground so foot is next to the thigh of the leg on the ground
  - b. As you get up push up on the foot that was your kicking foot (The reason for this is so you don't turn your back completely to the attacker)
- 4) Run away

**(Created by Tori Torres and Dawnita LiaBraaten, CWU PETE program, spring 2003)**

# Journals

1. Everyone must have a notebook that has college ruled paper!
2. You must write in your journal **Monday through Thursday**.
3. On *Friday* you will **hand in your journal** to the teacher. The teacher will grade them and get them back to you on the following Monday.
4. Journal entries must be a half page long.
5. Journal entries must be single-spaced.
6. Journals sometimes will be written in class but most of the time it will be homework!
7. The teacher will let you know what you need to write about in your journal.
8. **Keep all journal entries** that you have written until this class is over at the end of the quarter!!!

**Week #1 Teacher Assessment**

| <b>Names</b> | <b>Shoulder Grab</b> | <b>Wrist Grab</b> | <b>1<sup>st</sup> tech. Both wrists</b> | <b>2<sup>nd</sup> tech. Both wrists</b> | <b>Center Hug and twist</b> | <b>Cover mouth and nose</b> |
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**Smile Face = Student knows the move well and performs it quickly**

**Check = Student needs a little help from partner or teacher to finish move**

**Frowny Face = Student has no clue how to perform the move**

Teacher will go around and observe the students. This sheet is to give the teacher an idea on how well the class understands all the material that has been presented during the week. This sheet will help the teacher determine how much practice time students need to be successful at each move.

**Week #2 Teacher Assessment**

| Names | Front Choke<br>Escape | Rear Choke<br>Escape | Single Hand<br>Grab Circle | Single Hand<br>Grab Trouser | Neck Grab | Grab Hair |
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**Smile Face = Student knows the move well and performs it quickly**  
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 Teacher will go around and observe the students. This sheet is to give the teacher an idea on how well the class understands all the material that has been presented during the week. This sheet will help the teacher determine how much practice time students need to be successful at each move.

### Week #3 Teacher Assessment

| Names | Baseball Swing | Knee to Groin | Chest Grab | Hitting Shield | Gun Point Move |
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**Smile Face = Student knows the move well and performs it quickly**  
**Check = Student needs a little help from partner or teacher to finish move**  
**Frowny Face = Student has no clue how to perform the move**  
 Teacher will go around and observe the students. This sheet is to give the teacher an idea on how well the class understands all the material that has been presented during the week. This sheet will help the teacher determine how much practice time students need to be successful at each move.

**Week #4 Teacher Assessment (Stations)**

While the students are going through stations the teacher can go around and assess the students. You can mark down how every student is doing on each move. This is a check off list for every station. As the teacher you can also use this form to give students extra credit points. If a student performs the move correctly you can award them a certain amount of extra credit points (I would suggest 1 or 2 extra points). *Only give students who perform the move correctly extra points.*

| Names | SG | WG | 1<br>WG | 2<br>WG | CH | CM | FC | RC | SHG | SHGT | NG | GH | BS | KG | CG | GPM | FF |
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SG = Shoulder Grab

WG = Wrist Grab

1WG = 1<sup>st</sup> tech. of grabbing both wrists

2WG = 2<sup>nd</sup> tech. of grabbing both wrists

CH = Center Hug and twist

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FC = Front choke hold

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GPM = Gun point move

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# Scenarios

1. You must perform at least one complete move in your scenario. More moves are welcome if you want!!
2. The scenarios must come from lecture information learned in class. You must apply the information into a scenario and figure out which move would work best in the situation chosen.
3. One main topic must be chosen for skit
  - a. Car safety
  - b. Traveler tips
  - c. Safety on the street
  - d. Not to be a victim on the streets
  - e. Not to be a victim in a building
  - f. Telephone answering
  - g. Door answering
  - h. House and yard
  - i. Carrying valuables
  - j. Theft and pickpocket
4. Scenario must last at least 2 minutes and the max is 5 minutes.
5. There can only be 2 people in a group unless the teacher says otherwise.
6. Everyone in the group must be involved
7. Props and materials can be used if you want
8. Skit must be video taped **tomorrow**

## Skills Test

The following is how the skills test will be graded for all of the students:

| <b>Excellent (A)</b>   | <b>Good (B-C)</b>               | <b>Help (D-F)</b>               |
|--|---------------------------------|---------------------------------|
| Is able to perform quickly 8 of the moves learned from class | Performs 5 of the moves quickly | Performs 3 of the moves quickly |

If a student comes up and performs a move incorrectly they have a chance to do it again but must go to the end of the line of students. The students only get two tries to get the move right. The student can perform 8 moves in a row if they do everything correctly. As soon as they mess up count the ones they have done and send them to the end of the line.



| Names | SG | WG | 1 WG | 2 WG | CH | CM | FC | RC | SHG | SHGT | NG | GH | BS | KG | CG | GPM | FF |
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## Self-defense Lecture Test

1. When you are in a dangerous situation what should you do?
  - a. Panic
  - b. Stay calm
  - c. Disobey your attacker
  - d. All of the above
  
2. Should you plan for situations that haven't happened to you?
  - a. Yes
  - b. No
  
3. When you enter an elevator where should you stand?
  - a. In the back corner
  - b. In the front near the door
  - c. By the control Box
  - d. None of the above
  
4. What sort of places should you avoid in a building?
  - a. Stair wells
  - b. Basements
  - c. Parking garages
  - d. Laundry mats
  - e. All of the above
  
5. If you think someone is following you where should you go?
  - a. Gas stations
  - b. Empty house
  - c. Woodsy area of a park
  - d. Van parked near by
  
6. Where should you always walk on the sidewalk?
  - a. On the inside near the grass or shrubbery
  - b. Down the middle
  - c. On the outside by the curb
  - d. None of the above
  
7. If you see danger ahead what should you do?
  - a. See if you can help
  - b. Cross the street
  - c. Scream at the top of your lungs
  - d. Keep walking in the same direction

8. What do rapist like to do when getting ready to attack their victim?
  - a. Strike up a friendly conversation
  - b. Give them compliments
  - c. Surprise them
  - d. All of the above
9. Name four natural body weapons.
10. Name five natural body weaknesses (target areas).
11. What is the proper way to carry a handbag? What if it has a strap that goes over your head?
12. List three ways to protect yourself when answering the door.
13. When returning to your car what should you do? (List 5 steps)
14. How do you handle an obscene or prank phone call?
15. Thieves are attracted to quiet, less populated areas.
  - a. True
  - b. False
16. People who resist an attack are more likely to escape than those who are hoping someone will see they need help.
  - a. True
  - b. False
17. It is completely safe to record specific messages on answering machines such as the day and time you will be getting back.
  - a. True
  - b. False
18. Government or business representatives responding to your request for services must be able to provide a business related picture I.D.
  - a. True
  - b. False
19. What kind of car maintenance do you need to know how to do when driving a car? (List 3)
20. What types of places are considered dangerous areas? (List 4)



# Study Guide



(All answers are in parentheses or italicized)

## Week #1

- What kinds of places should you stay away from to avoid dangerous situations? (*Parks, parked cars, vans, shrubbery, dark and deep doorways, short cuts, back yards, groups of males, dark alleys, trail, etc.*)
- What kinds of places are safer environments? (*Malls, shopping stores, restaurants, anywhere where there are a lot of people around, and well-lit areas*)
- Why is self-defense necessary? (*Protection, saving your life, knowledge on how to stay out of dangerous situations, get away from attacker*)
- What are a few basic maintenances you need to know how to do when driving a car? (*How to gas up, fill oil, and change a tire*)
- If you do run into trouble and your car breaks down what should you do?
  - ✓ *Hood up*
  - ✓ *Flashers on*
  - ✓ *Don't set out on foot*
  - ✓ *Get ID from non-uniform officers*
  - ✓ *Only open your window to eye level (further down the person could hit or grab you)*
  - ✓ *Send others for state patrol, sheriff, city police*
  - ✓ *Don't accept rides from anyone you don't know*
- When you return to your car what should you do?
  - ✓ *Be aware of you surroundings*
  - ✓ *Make sure you are aware of what is under your car*
  - ✓ *Look in the back seat of your car*
  - ✓ *Have keys ready*
  - ✓ *Get in, start and lock your doors all at once when you get in*
- Should you always open your hotel door for anyone who knocks? (*No*)
- If someone does knocks and claims that they work at the hotel what should you do? (*Call down to front desk and make sure*)
- When traveling on the streets what are some of the things that will make you safe?
  - ✓ *Plan your route to avoid lonely areas, parks, parking lots and garages and alleyways; stick to well lit areas*
  - ✓ *Carry minimal possessions; overloading yourself interferes with your vision and makes you appear more vulnerable*
  - ✓ *Get into the habit of paying close attention to your surroundings, avoid "automatic pilot"*
  - ✓ *Walk with a purpose, project an assertive or businesslike image*
  - ✓ *Look ahead and anticipate potentially dangerous situations*
  - ✓ *If you see trouble, do you have a plan? Would you be willing to cross the street, duck into a store or business that's open*
  - ✓ *If a car follows you or beckons you while you are walking, do not approach the car; instead quickly walk the other direction*
  - ✓ *Watch your body space; don't let people get too close, even if they appear to have a reason, like asking for the time or change, etc.*
  - ✓ *Consider low profile shoes and clothing, especially when walking, waiting for the bus, etc.*

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## Week #2

- 1) When you are in a dangerous situation what should you do? (*Stay calm*)
- 2) Should you plan for situations that haven't happened to you? (*Yes*)
- 3) When you enter an elevator where should you stand? (*Stand near the control panel and the alarm button*)
- 4) What sort of places should you avoid in a building? (*Stairwells, basement, Laundromats, parking, garages*)
- 5) If you think someone is following you where should you go? (*Cross the street or change directions, don't be afraid to run or scream*)

- 6) Where should you always walk on the sidewalk? (*Curb*)
  - 7) What do rapist like to do when getting ready to attack their victim? (*Surprise the victim*)
  - 8) What are some ways to master your fear? (*Preparation*)
  - 9) What statement about rape did you dislike the most? (*Any answer from previous lesson will work*)
- 

### Week #3

- Name your 6 natural body weapons

- ✓ *Head*
- ✓ *Teeth*
- ✓ *Hands-fingers*
  - *Palm*
  - *Ridge clasped-don't lace fingers*
- ✓ *Elbow*
- ✓ *Knee*
- ✓ *Foot*
  - *Heel*
  - *Ball*
  - *Outside edge*

- Name 6 body weakness areas or target areas

- ✓ *Eyes*
- ✓ *Nose*
- ✓ *Tip of chin*
- ✓ *Temple*
- ✓ *Ears*
- ✓ *Throat*
- ✓ *Back of neck*
- ✓ *Groin*
- ✓ *Knee*
- ✓ *Shin/instep*
- ✓ *Solar plexus (4<sup>th</sup> button down on a button shirt)*

- Give me 3 ways to answer a door safely

- ✓ *Use the peephole*
- ✓ *If you don't have a peep hole use the door window-even if you are expecting someone*
- ✓ *Learn to answer the door without actually opening it*
- ✓ *If a person at the door is a stranger to you, speak to him/her through the door*
- ✓ *Always answer the door because a no answer could lead a burglar to assume the house is empty*
- ✓ *Before being admitted into your home, a government or business representative that is responding to your request for services should provide a related picture I.D*

- Tell me 3 ways how you can protect yourself using your house and yard

- ✓ *When it comes to your house make sure you install good locks and use them at all time, even if you are at home.*
- ✓ *Keep shrubs and trees trimmed*
  - *They could block the view to your entrance or exit, as well as be used as hiding places.*
- ✓ *Maintain good outdoor lighting.*
  - *Use timers on lights and radio to give the impression that the house is occupied.*
- ✓ *Always take a visual survey before entering and if anything looks suspicious call 9-1-1 from another location.*
- ✓ *Lastly, maintain an active block watch program in your neighborhood.*

- Give me 3 ways to protect myself on the telephone

- ✓ *Teach family members not to give personal or family information to strangers over the phone*

- ✓ *Remember, a caller can claim to be anyone*
  - ✓ *The only way to check identity is to get his/her number and verify it before you call it back*
  - ✓ *If you receive an obscene or prank call, hang up immediately, and saying nothing*
  - ✓ *If the obscene calls continue or you feel threatened, report it to the police department and your telephone company*
  - *Answering Machines*
    - ✓ *Record non-specific messages on answering machines*
    - ✓ *Don't leave dates and times of when you are gone and will be returning*
- 

#### **Week #4**

- *Handbags*
  - ✓ *Handbags are an easy target for thieves*
  - ✓ *If you carry a handbag keep the bag closed and carry it in front of the body with an arm held loosely across it*
  - ✓ *A bag that is hanging by your side is easier for a thief to grab on the run*
  - ✓ *If your handbag has a strap that goes over the head, pick a thin strap and wear it under your jacket*
    - *This will make it harder for the thief to grab*

## Answer Sheet for Lecture Test

- 1) B
- 2) A
- 3) C
- 4) E
- 5) A
- 6) C
- 7) B
- 8) C
- 9) List at least 4
  - ✓ *Head*
  - ✓ *Teeth*
  - ✓ *Hands-fingers*
    - *Palm*
    - *Ridge clasped-don't lace fingers*
  - ✓ *Elbow*
  - ✓ *Knee*
  - ✓ *Foot*
    - *Heel*
    - *Ball*
    - *Outside edge*
- 10) List at least 5
  - ✓ *Eyes*
  - ✓ *Nose*
  - ✓ *Tip of chin*
  - ✓ *Temple*
  - ✓ *Ears*
  - ✓ *Throat*
  - ✓ *Back of neck*
  - ✓ *Groin*
  - ✓ *Knee*
  - ✓ *Shin/instep*
  - ✓ *Solar plexus (4<sup>th</sup> button down on a button shirt)*
- 11) - *If you carry a handbag keep the bag closed and carry it in front of the body with an arm held loosely across it*  
- *If your handbag has a strap that goes over the head, pick a thin strap and wear it under your jacket*
- 12) List a least 3
  - ✓ *Use the peephole*
  - ✓ *If you don't have a peep hole use the door window-even if you are expecting someone*
  - ✓ *Learn to answer the door without actually opening it*
  - ✓ *If a person at the door is a stranger to you, speak to him/her through the door*
  - ✓ *Always answer the door because a no answer could lead a burglar to assume the house is empty*
  - ✓ *Before being admitted into your home, a government or business representative that is responding to your request for services should provide a related picture I.D*
- 13) List all 5
  - ✓ *Be aware of you surroundings*
  - ✓ *Make sure you are aware of what is under your car*
  - ✓ *Look in the back seat of your car*
  - ✓ *Have keys ready*
  - ✓ *Get in, start and lock your doors all at once when you get in*
- 14) If you receive an obscene or prank call, hang up immediately, and saying nothing
- 15) A
- 16) A
- 17) B
- 18) A
- 19) How to gas up, fill oil, and change a tire
- 20) Parks, parked cars, vans, shrubbery, dark and deep doorways, short cuts, back yards, groups of males, dark alleys, trail, etc

## Task #1

### Shoulder grab and Wrist grab

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **5 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



#### Shoulder Grab

- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist
- 4) Run away



Same as before: Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **5 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Wrist Grab

- 1) Take your arm and pull it across your body toward your heart  
(Remember to keep your elbow bent)
- 2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.
- 3) Run away

## Task #2

### Center hug and twist

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **5 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Center Hug and Twist

- 1) For starters you can reach back and pinch the tops of their quads
- 2) Always remember to pinch and twist.
- 3) Run away

## Task #3

### Front choke escape

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **7 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Front Choke Escape

- 1) You would raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent)
- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

## Task #4

### Rear choke escape

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **7 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Rear Choke Escape

- 1) Raise your right or left hand (which ever will work best for you)
- 2) Bend your knees
- 3) Cross your opposite foot (from the hand raised) over in front of the other foot
- 4) Twist your body into opponent (right hand raised you will turn clockwise, left hand raised you will turn counterclockwise)
- 5) Hold is broken by armpit of arm raised
- 6) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 7) Run away

## Task #5

### Single hand grab circle

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **6 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Single Hand Grab Circle

- 1) You want to make sure that you are going to the weakest point of the attacker, which in this case would be their thumb.
- 2) You are going to twist your wrist and hand in a counterclockwise direction over the attacker's arm. (You will be leading with your pinky)

## Task #6

### Neck grab

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **6 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Neck Grab

- 1) Take one foot and step backwards (whichever foot you prefer)
- 2) Take your arm (same arm as the foot you have forward) and quickly punch it between the attacker's arms. As you start to punch you need to:
  - a. Turn your shoulders by **rotating** on the balls of your feet (If your left foot is back you are going to turn your body to the left and if your right foot is back you are going to turn your body to the right) Use your hips to also help you turn
- 3) As soon as you escape run away (try not to turn your back completely to attacker)

## Task #7

### Baseball swing

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **6 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not** get credit for this station.



### Baseball Swing

- 1) Push your hands out (away from each other and into attacker's palms)
- 2) Then bring your hands together
- 3) Clasp your hands like you are shaking someone's hand (Don't interlock your fingers because they will break when hitting attacker)
- 4) Then pull your hands up toward the side of your face (Either side of face, doesn't matter)

## Task #8

### Knee to groin

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **7 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Knee to Groin

- 1) Pull your hands towards your hips, which will cause them to pull you towards them and leave their lower body wide open
- 2) As they are pulling you toward them go with the momentum and lead in with your knee
- 3) Knee them in the groin because it is one of your bodies weaknesses
- 4) Run away once attacker lets go of you



## Task #9

### Chest grab

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **7 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Chest Grab

- 1) Take their hand off your clothing by going against attacker's thumb (you can use your right or left hand)
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.
- 2) Keep the hand you have removed from your chest or shirt
- 3) Then take your other hand and push at the attackers face, make your arm longer than theirs
  - a. To make your arm longer keep pulling on the hand you removed from your chest or shirt
  - b. This keeps the attacker sideways and your arm longer than their vacant hand
- 4) As soon as you can get the attacker in a position so you can run away

## Task #10 Gunpoint

Have one partner be the attacker while the other partner tries to escape!! You need to perform the move **7 times** and then switch roles. Make sure you do this for each of the moves. Once you have finished these tasks raise your hand to have the teacher or helper(s) check you off so you can move to the next station. Each station will be recorded by the teacher so **don't** move on or you **will not get** credit for this station.



### Gunpoint

- 1) If attacker is holding the gun with their right hand, bring your right foot up and do a "mikazuki kick" (bring your right leg up and do a "C" movement and kick gun hand away) If the attacker had the gun in their left hand you would do just the opposite
- 2) Then grab the gun hand with your left hand
- 3) Bring your right hand from the side and bring your elbow across like you are punching your shoulder and connect your elbow to their face.
- 4) Try a target area like the nose.
- 5) Once you escape run away

## Wrist Grab



- 1) Take your arm and pull it across your body toward your heart (Remember to keep your elbow bent)
- 2) If you need more strength then take your left hand and grab your right at the fingers and palm and help pull that arm across your body.
- 3) Run away

Someone covers mouth and nose

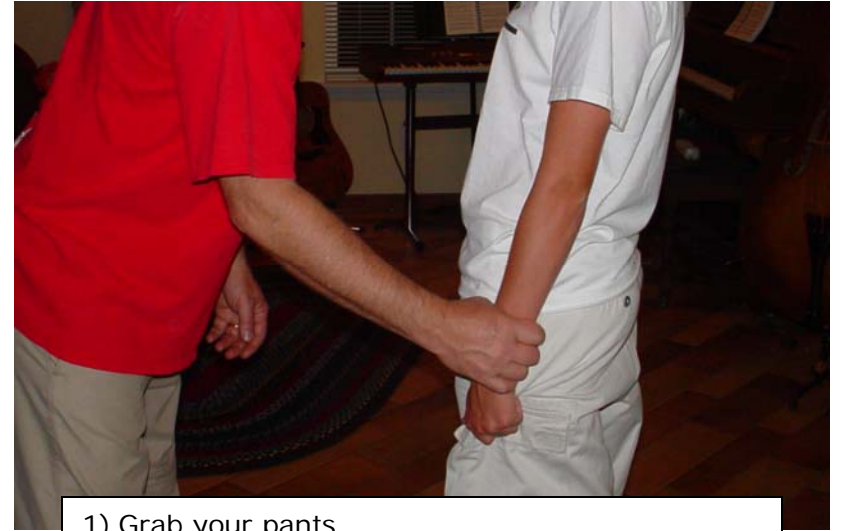


- 1) Take both hands and grab their wrist
- 2) Pull strait down (pull just enough so you can bite their hand)
- 3) Run away

## Single Hand Grab Trouser



Starting Position



- 1) Grab your pants
- 2) Twist toward their thumb, which should be to the inside of your arm (I would be twisting so my back would be toward you)



3) Run away

## Single Hand Grab Circle



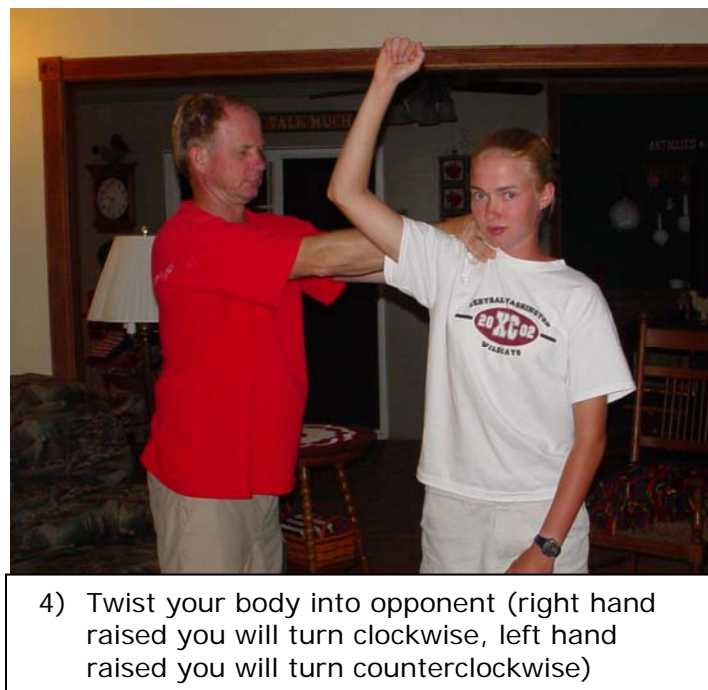
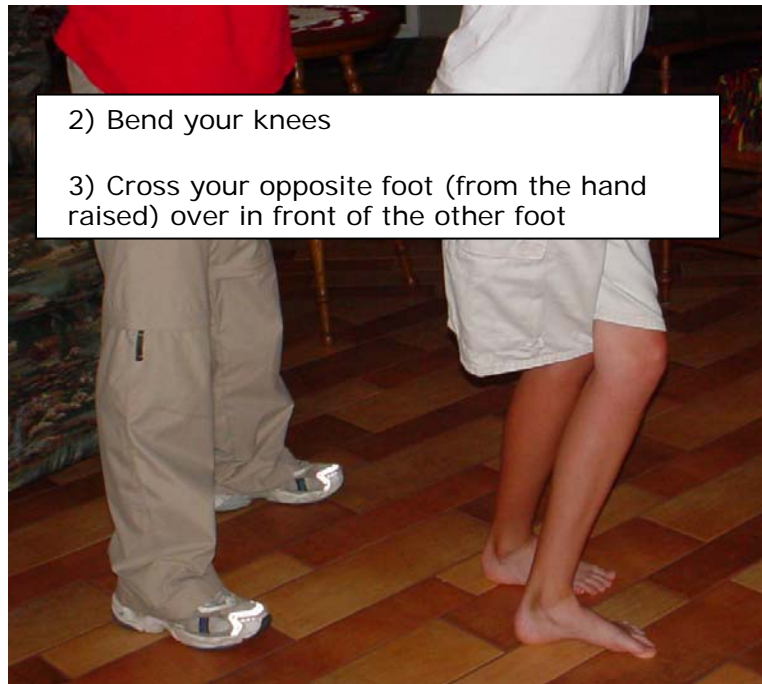
- 1) You want to make sure that you are going to the weakest point of the attacker, which in this case would be their thumb.
- 2) You are going to twist your wrist and hand in a counterclockwise direction over the attacker's arm. (You will be leading with your pinky)
- 3) Run away

## Shoulder Grab



- 1) Take your left arm with elbow bent (90 degrees or less) and fist made
- 2) Hit their arm about where the wrist would be with the back of your hand/wrist.
- 3) You rotate your arm at the elbow and push their arm off with the back of your hand/wrist.
- 4) Run away

## Rear Choke Hold







- 5) Then come around with arm (the arm that was raised) and bring hand under opponent's arms above the elbows and raise them up.
- 6) Run away

## Neck Grab



Starting Position



- 1) Take one foot and step backwards (whichever foot you prefer)
- 2) Take your arm (same arm as the foot you have forward) and quickly punch it between the attacker's arms. As you start to punch you need to:
  - a. Turn your shoulders by **rotating** on the balls of your feet (If your left foot is back you are going to turn your body to the left and if your right foot is back you are going to turn your body to the right) Use your hips to also help you turn



- 3) As soon as you escape run away (try not to turn your back completely to attacker as I did here)

## Knee to Groin



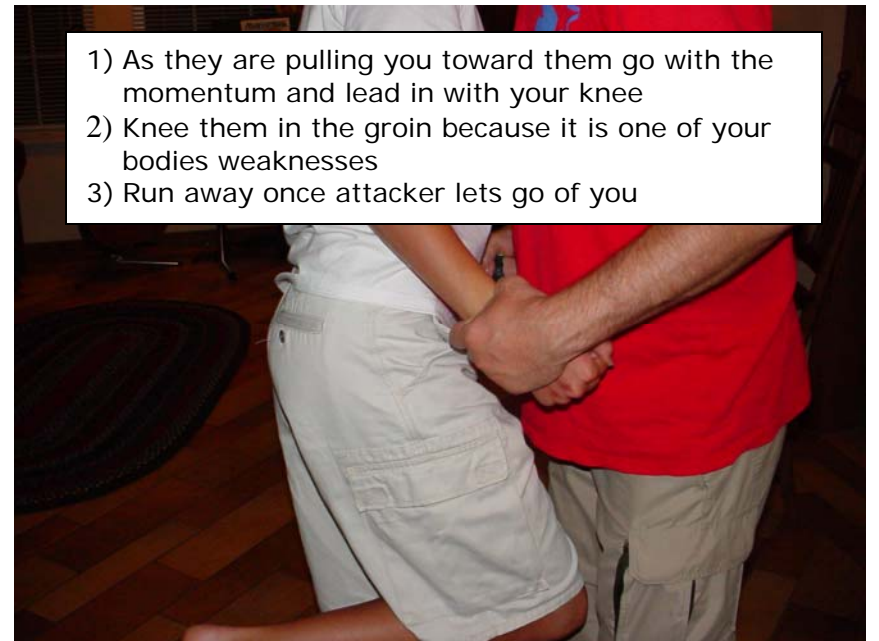
Starting Position



1) Pull your hands towards your hips



2) Which will cause them to pull you towards them and leave their lower body wide open



- 1) As they are pulling you toward them go with the momentum and lead in with your knee
- 2) Knee them in the groin because it is one of your bodies weaknesses
- 3) Run away once attacker lets go of you

## Gun Point Move



Starting Position



1) If attacker is holding the gun with their right hand, bring your right foot up and do a "mikazuki kick" (bring your right leg up and do a "C" movement and kick gun hand away) If the attacker had the gun in their left hand you would do just the opposite



You are kicking the gun away from your body!



a) When foot comes back to the ground it should land close to their feet (you should be closer to their body)



2) Then grab the gun hand with your left hand



a. As you are doing this you will be turning 90 degrees (if you kick with your right foot your right side will be going into attacker and vis versa)

3) Bring your right hand from the side and bring your elbow across like you are punching your shoulder and connect your elbow to their face.



4) Try a target area like the nose.  
5) Once you escape run away

## Grabbing Both Wrists #2



- 1) With both hands you are going to twist your wrists and hands clockwise (palms will be down leading with your pinkies)
- 2) As you **go over the top of the strangers arms** your hands will turn so your palms are pointing toward the sky
- 3) Then you are going to push down **hard** with your pinkies and the back of your hands on strangers grip toward your legs. Your palms will be facing the sky.
- 4) Run away

## Grabbing Both Wrist #1



Starting Position



- 1) Push out on the stranger's hands (The reason why you push out first is so the attacker thinks you're trying to get away and will try and push your hands together, which will help you to escape)



- 2) Then quickly bring your hands in
- 3) As you bring your hands in, cross your forearms toward your chest (like you are giving yourself a hug)
- 4) Run away

## Grab Hair



Starting Position



1) You would put both hands on the hand that is full of your hair



2) Bend down to one knee

3) Also make sure you bring your head to the ground (face would be parallel to the ground) This will make the attacker hurt more

4) Run away



## Front Choke Hold



Starting Position



- 1) You would raise your right or left hand (which ever will work best for you)



- 2) Bend your knees



- 3) Step across (with the same foot as the arm raised) your other foot (keep knees bent) (In this case my right hand was up so I step across with my right foot)



- 4) Then you will twist quickly on your balls of your feet (right hand in the air you will twist counterclockwise, left hand in the air you will twist clockwise)
- 5) Dislodging the grip with the armpit of the arm raised
- 6) Run away

## Floor Fighting



- 1) Make sure that you keep him/her at kicking distance
  - a. Sit on your rear and kick with your dominate foot
  - b. Sit more on the buttocks of the non-kicking leg. This leg should be bent at the knee with your foot in toward your groin (like the hurdle stretch)
  - c. This should make is so the foot of your kicking leg is turned sideways with the ankle bone pointed towards the sky
  - d. Then you want to keep your kicking leg above the knee that's on the ground (This is so you can kick again if needed)
  - e. Keep kicking until you are able to stand up and run away



- 2) When you get up
  - a. Take your kicking leg and put that foot over the knee on the ground so foot is next to the thigh of the leg on the ground
  - b. As you get up push up on the foot that was your kicking foot (The reason for this is so you don't turn your back completely to the attacker)



3) Run away

## Chest Grab



Starting Position



- 1) Take their hand off your clothing by going against attacker's thumb (you can use your right or left hand)
  - a. You will grab the hand so thumb is on the back of their hand
  - b. Your fingers wrapped around their thumb pad and palm.



- 2) Keep the hand you have removed from your chest or shirt



- 3) Then take your other hand and push at the attackers face, make your arm longer than theirs
  - a. To make your arm longer keep pulling on the hand you removed from your chest or shirt
  - b. This keeps the attacker sideways and your arm longer than their vacant hand
  - c. As soon as you can get the attacker in a position so you can run away

## Center Hug and Twist



- 1) For starters you can reach back and pinch the tops of their quads
- 2) Always remember to pinch and twist.
- 3) Run away

## Baseball Swing



Starting Position



1) Push your hands out (away from each other and into attacker's palms)



2) Then bring your hands together



3) Clasp your hands like you are shaking someone's hand (Don't interlock your fingers because they will break when hitting attacker)



- 4) Then pull your hands up toward the side of your face  
(Either side of face, doesn't matter)
  - a. This should cause the attackers grip to release



- 5) When the attacker's grip is released
- 6) Swing your hands (which still should be together)  
across your body and hit the attacker's face.
  - a. Aim for a soft spot or target area such as  
the temple or neck.
- 7) Run away once you get away

# Resources

- [Sue Young](#) – Sensei of Central Washington University School of Karate
  - She gave me all written information I used in the lectures
  - She gave me the moves that appear all throughout the whole unit
- [Landon Erickson](#) – Third degree black belt
  - Demonstrated all the moves for me so I could break them down into steps and write them in lesson plan format
  - Also taught me all the moves
- [Dawnita LiaBraaten](#) - Performed all the moves in the pictures
- [Dale LiaBraaten](#) – Received all the moves in the pictures
- [Linda LiaBraaten](#) – Photographer