

**BARNARD COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION**

**SELF DEFENSE  
PHED 1690**

**Instructor:** George Padilla (gpadilla@barnard.edu)  
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**Course Description:** This course is an introduction to the essentials of street self defense; physical activities and mental preparation. Course coverage includes basic hand and foot strikes, grappling (ground fighting) techniques, and the use of common items as personal defense aids. Students will be introduced to some classical martial art forms and use of weaponry (stick fighting). Students will make use of protective striking shields, a padded striking dummy, and practice weaponry as part of their class experience.

**Course Objectives:** Students will be expected to:  
Be in attendance and participate in all class activities.  
Learn basic physical and mental preventative techniques oriented toward street safety.  
Learn the basic self defense skills as presented in class.

**Course Requirements:** Students must:  
Be in class, ready to participate on time.  
Be dressed in exercise clothing and footwear.  
Be able to demonstrate self defense techniques as presented in class.  
Miss no more than 4 classes.

**Course Coverage**  
Basic Health and Fitness Concepts  
Introduction to Self Defense - 4 Ranges of Altercation  
Defense in Kicking, Punching, Trapping, and Grappling Ranges  
Defense against Standing Attacks  
Defense on the ground (Ground Fighting / Grappling)  
Baton use for self defense (Stick Fighting)  
Guest Speaker from the Barnard College Department of Public Safety  
Videos and Discussion (Campus Safety, Date Rape, Date Rape Drugs)  
Use of Common Items as Self Defense Aids

\* There will be Skills Evaluations conducted throughout the semester on the material presented in class.