

I. CATALOG INFORMATION

- A. Discipline: CRIMINAL JUSTICE
- B. Subject Code and Number: CJ M09A
- C. Course Title: Bujinkan Fundamentals - Practical Self-Defense
- D. Credit Course units:
Units: 2
Lecture Hours per week: 1
Lab Hours per week : 3
Variable Units : No

- E. Student Learning Hours:
Lecture Hours:
Classroom hours: 17.5 - 17.5
Laboratory/Activity Hours:
Laboratory/Activity Hours 52.5 - 52.5
Total Combined Hours in a 17.5 week term: 70 - 70

- F. Non-Credit Course hours per week _____

- G. May be taken a total of: ☒ 1 ☐ 2 ☐ 3 ☐ 4 time(s) for credit

- H. Is the course co-designated (same as) another course: No ☒ Yes ☐
If YES, designate course Subject Code & Number: _____

- I. Course Description:
- Presents the art, history, philosophy and practice of Bujinkan, one of the oldest martial arts system in Japan, and its application to the personal safety and survival of modern career professionals working in the fields of criminal justice, healthcare, mental health and related emergency services. Emphasizes self-defense survival principles and techniques stressing non-violent, safe control of physical and mental conflict situations.

- J. Entrance Skills
- *Prerequisite: No ☒ Yes ☐ Course(s)

- *Corequisite: No ☒ Yes ☐ Course(s)

- Limitation on Enrollment: No ☒ Yes ☐

- Recommended Preparation: No ☒ Yes ☐ Course(s)

- Other: No ☒ Yes ☐

K. Other Catalog Information:

II. COURSE OBJECTIVES

Upon successful completion of the course, a student will be able to:

		Methods of evaluation will be consistent with, but not limited by, the following types or examples.
1	compare and contrast the historical development and philosophy of the Bujinkan martial art system and other popular mainstream self-defense systems.	Essay exam Short answer quiz Current events brief
2	explain how practice of the Bujinkan system effectively improves fitness and health.	Short answer quiz Practical performance evaluation
3	demonstrate basic proficiency in the Bujinkan self-defense system to safely control dangerous persons without relying solely on muscle strength.	Participatory activity showing proficiency in forms
4	apply practical, nonviolent, self-defense strategies and techniques to positively resolve physical and mental conflicts.	Participatory activity demonstrating proficiency in forms Scenario review and practical application
5	assess the elements of survival necessary to navigate common contemporary threats, including defense against mentally unbalanced attackers, through the use of practical scenarios and oral presentations.	Participatory activity Scenario review
6	relate an understanding of the Bujinkan system and how it may be applied to modern professional careers in health care, criminal justice, mental health and emergency services.	Practical scenario participation and review Comparison research paper
7	define, appraise and apply the Bujinkan system specifically to current civilian and law enforcement standards for the legal use of force.	Current events evaluation and critique paper Research and brief paper Practical scenario review and critique

III. COURSE CONTENT

Estimated %	Topic	Learning Outcomes

Lecture (must total 100%)		
10.00%	<p>I. History and Philosophy of the Bujinkan and Japan</p> <p>A. Before Edo Period (1700) – The Tengu</p> <p>B. After Edo Period - Takamatsu Soke (1880)</p> <p>C. Modern Period - Hatsumi Soke (1958)</p> <p>D. Ancient Schools</p> <p>1. Precursor Ryhwa (nine schools of Ninjutsu)</p> <p>2. The additional four schools</p> <p>3. Synthesis of the Bujinkan System by Hatsumi Soke</p> <p>E. Real Life Survival</p> <p>1. Sports versus true survival martial arts</p> <p>2. The importance of preparation of body, mind and spirit to survival situations and self defense</p> <p>3. Natural fighting systems</p> <p>4. Physiology of stress</p> <p>5. Physiopathology of violence</p> <p>6. Limitations of physical strength and speed</p> <p>7. The human mind as weapon; winning without fighting</p> <p>8. Eastern concepts of the modern and ancient human mind</p> <p>9. Importance of muscle memory and subconscious movement</p>	1, 2, 4
10.00%	<p>II. Preparing and Strengthening the Body for Martial Arts Movement</p> <p>A. Warm-up and Cool Down Methods to Prepare and Recover the Body</p> <p>1. Avoid unnecessary injury employing realistic training</p> <p>2. Safety considerations and protocols to protect health</p> <p>3. Stretching the body for maximizing health and martial ability</p> <p>4. Generation of power with minimal use of muscle strength</p> <p>B. Movement</p> <p>1. Ten basic directions of movement</p> <p>2. Advantages of moving in a 45 degree angle</p> <p>3. Ground evasions and positions</p> <p>4. Positions of advantage and disadvantage</p> <p>5. Critical concepts of moving off-line</p> <p>6. Limiting movement of the attacker</p> <p>7. The importance of the environment (Kukan)</p> <p>8. Optimizing distance and space</p> <p>C. Ukemi</p> <p>1. Receiving techniques from the Tori</p> <p>2. Receiving standing</p> <p>3. Receiving rolling</p> <p>3. Receiving advancing</p>	2, 3, 4, 5
10.00%	<p>III. Advanced Balance Concepts</p> <p>A. Balance of Tori</p> <p>B. Balance of Uke</p> <p>C. Common Balance of Tori and Uke Combined</p> <p>D. Complex Balance Problems involving Multiple Attackers</p> <p>E. Creating Power without Relying Solely on Muscle Strength</p>	2, 3, 4, 5
20.00%	<p>IV. Forms (Kamae)</p> <p>A. Bobo no Kamae</p> <p>B. Doko no Kamae</p> <p>C. Hoko no Kamae</p> <p>D. Shizen no Kamae</p> <p>E. Ichimonji no Kamae</p> <p>F. Jumonji no Kamae</p>	2, 3, 4, 5, 6, 7
	<p>V. Advanced Forms (Kamae)</p> <p>A. Hira Ichimonji no Kamae</p> <p>B. Hicho no Kamae</p>	

20.00%	C. Ten Chi Jin Ryaku no Maki D. Muto dori E. Sensitive Areas of the Human Body F. Control Points G. San Shin no Gata	2, 3, 4
15.00%	VI. Use and Defense A. Against Weapons 1. Personal weapons (strikes and kicks) 2. Stick and staff weapons 3. Edged weapons 4. Chain weapons 5. Firearms B. Against Violent Mentally Unbalanced Attackers 1. Recognition of behavior 2. Special considerations 3. Balance control versus pain compliance 4. Safety strategies	3, 4, 5, 6, 7
15.00%	VII. Multiple Attackers A. Unarmed Multiple Attackers B. Armed Multiple Attackers C. Using Attackers as Shields D. Special Movement Considerations	2, 3, 4, 5, 6, 7
Lab (must total 100%)		
20.00%	Preparing and Strengthening the Body for Martial Arts Movement 1. Warm-up and cool down methods to prepare and recover the body 2. Avoid unnecessary injury employing realistic training 3. Safety considerations and protocols to protect health 4. Stretching the body for maximizing health and martial ability	2, 3, 4, 5, 6
20.00%	Generation of Power with Minimal Use of Muscle Strength Movement 1. Ten basic directions of movement 2. Advantages of moving in a 45 degree angle 3. Ground evasions and positions 4. Positions of advantage and disadvantage 5. Critical concepts of moving off-line 6. Limiting movement of the attacker 7. The importance of the environment (Kukan) 8. Optimizing distance and space	2, 3, 4, 5, 6
10.00%	Ukemi 1. Receiving techniques from the Tori 2. Receiving standing 3. Receiving rolling	2, 3, 4, 5, 6
10.00%	Advanced Balance Concepts 1. Balance of Tori 2. Balance of Uke 3. Common balance of Tori and Uke combined 4. Complex balance problems involving multiple attackers 5. Creating power without relying solely on muscle strength	2, 3, 5, 6
20.00%	Forms (Kamae) 1. Shizen no Kamae 2. Ichimonji no Kamae 3. Jumonji no Kamae 4. Bobo no Kamae 5. Doko no Kamae 6. Hoko no Kamae 7. Hira Ichimonji no Kamae	2, 3, 4, 5, 6

	8. Hicho no Kamae 9. Ten Chi Jin Ryaku no Maki 10. Muto dori	
20.00%	Use and Defense against Weapons 1. Personal weapons (strikes and kicks) 2. Stick and staff weapons 3. Edged weapons 4. Chain weapons 5. Firearms Defense against violent mentally unbalanced attackers 1. Recognition of behavior 2. Special considerations 3. Balance control versus pain compliance 4. Safety strategies Multiple Attackers 1. Unarmed multiple attackers 2. Armed multiple attackers 3. Using attackers as shields 4. Special movement considerations	2, 3, 4, 5, 6

IV. TYPICAL ASSIGNMENTS

A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:	
1	write an essay paper comparing and contrasting Bujinkan and popular martial arts defense systems.
2	write critiques or briefs using current events related to self-protections.

B. Appropriate outside assignments

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:	
1	practice Bujinkan forms outside of class.
2	complete reading and research assignments on the historical development of Bujinkan forms.

C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:	
1	resolve, through practical scenarios, proper legal self-defense strategies.
2	evaluate current event examples of use of force within the law enforcement arena.

V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- ☐ Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- ☒ Lecture/Discussion
- ☒ Laboratory/Activity
- ☒ Other (Specify) Collaborative learning activities

- Guest lectures
- Role play
- Simulation exercises
- Seminar discussions

- ☒ Optional Field Trips
- ☐ Required Field Trips

VI. METHODS OF EVALUATION

Methods of evaluation may include, but are not limited to:

- ☒ Essay Exam

☒ Classroom Discussion

☒ Skill Demonstration
- ☒ Problem Solving Exam

☐ Reports/Papers/Journals

☒ Participation
- ☒ Objective Exams

☐ Projects

☒ Other (specify)

Oral presentations

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS

Kuhn, Carsten. Takagi Yoshin Ryu Bujinkan. Tengu, 2013.

Hatsumi, Masaaki. Unarmed Fighting Techniques of the Samuri. Kodansha USA, 2013.

VIII. STUDENT MATERIALS FEES

- ☒ No
- ☐ Yes

IX. PARALLEL COURSES

College	Course Number	Course Title	Units
CSU Northridge	KIN 132A	Aikido	1
CSU, Long Beach	KIN 149A	Self Defense	1

X. MINIMUM QUALIFICATIONS

Courses in Disciplines in which Masters Degrees are not expected:
Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.

XI. ARTICULATION INFORMATION

- A. Title V Course Classification:

1. This course is designed to be taken either:

☐ Pass/No Pass only (no letter grade possible); or

☒ Letter grade (P/NP possible at student option)

2. Degree status:

Either ☒ Associate Degree Applicable; or ☐ Non-associate Degree Applicable
- B. Moorpark College General Education:

1. Do you recommend this course for inclusion on the Associate Degree General Education list?
Yes: ☒ No: ☐ If YES, what section(s)?
- ☐ A1 - Natural Sciences - Biological Science
 - ☐ A2 - Natural Sciences - Physical Science
 - ☐ B1 - Social and Behavioral Sciences - American History/Institutions
 - ☐ B2 - Social and Behavioral Sciences - Other Social Behavioral Science
 - ☐ C1 - Humanities - Fine or Performing Arts
 - ☐ C2 - Humanities - Other Humanities
 - ☐ D1 - Language and Rationality - English Composition
 - ☐ D2 - Language and Rationality - Communication and Analytical Thinking
 - ☐ E1 - Health/Physical Education
 - ☒ E2 - PE or Dance
 - ☐ F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:

1. Do you recommend this course for transfer credit to CSU? Yes: ☒ No: ☐
2. If YES do you recommend this course for inclusion on the CSU General Education list?
Yes: ☒ No: ☐ If YES, which area(s)?
- | | | | | | | | | | | | | | |
|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|-----|--------------------------|----|-------------------------------------|----|--------------------------|
| A1 | <input type="checkbox"/> | A2 | <input type="checkbox"/> | A3 | <input type="checkbox"/> | B1 | <input type="checkbox"/> | B2 | <input type="checkbox"/> | B3 | <input type="checkbox"/> | B4 | <input type="checkbox"/> |
| C1 | <input type="checkbox"/> | C2 | <input type="checkbox"/> | D1 | <input type="checkbox"/> | D2 | <input type="checkbox"/> | D3 | <input type="checkbox"/> | D4 | <input type="checkbox"/> | D5 | <input type="checkbox"/> |
| D6 | <input type="checkbox"/> | D7 | <input type="checkbox"/> | D8 | <input type="checkbox"/> | D9 | <input type="checkbox"/> | D10 | <input type="checkbox"/> | E | <input checked="" type="checkbox"/> | | |

D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC? Yes: ☐ No: ☒
2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes: ☐ No: ☒

IGETC Area 1: English Communication

- ☐ English Composition
- ☐ Critical Thinking-English Composition
- ☐ Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning

- ☐ Mathematical Concepts

IGETC Area 3: Arts and Humanities

- ☐ Arts
- ☐

☐ Humanities

IGETC Area 4: Social and Behavioral Sciences

- ☐ Anthropology and Archaeology
- ☐ Economics
- ☐ Ethnic Studies
- ☐ Gender Studies
- ☐ Geography
- ☐ History
- ☐ Interdisciplinary, Social & Behavioral Sciences
- ☐ Political Science, Government & Legal Institutions
- ☐ Psychology
- ☐ Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)

- ☐ Physical Science Lab or Physical Science Lab only (non-sequence)
- ☐ Physical Science Lecture only (non-sequence)
- ☐ Biological Science
- ☐ Physical Science Courses
- ☐ Physical Science Lab or Biological Science Lab Only (non-sequence)
- ☐ Biological Science Courses
- ☐ Biological Science Lab course
- ☐ First Science course in a Special sequence
- ☐ Second Science course in a Special Sequence
- ☐ Laboratory Activity
- ☐ Physical Sciences

IGETC Area 6: Language other than English

- ☐ Languages other than English (UC Requirement Only)
- ☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
- ☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

XII. REVIEW OF LIBRARY RESOURCES

A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:

Research, using the Library's print and online resources, for essay and research assignments comparing and contrasting Bujinkan and popular martial arts; reading assignments examining the history of Bujinkan forms.

B. Are the currently held library resources sufficient to support the course assignment?

YES: ☒ NO: ☐

If NO, please list additional library resources needed to support this course.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION

CJ M09A: Not Applicable

XIV. WORKPLACE PREPARATION

Required for career technical courses only. A career technical course/program is one with the primary goal to prepare students for employment immediately upon course/program completion, and/or upgrading employment skills.

Detail how the course meets the Secretary of Labors Commission on the Achievement of Necessary Skills (SCANS) areas. (For a description of the competencies and skills with a listing of what students should be able to do, go to:

<http://www.ncrel.org/sdrs/areas/issues/methods/assment/as7scans.htm>)

The course will address the SCANS competency areas:

1. Resources: the students will allocate appropriate time to learning goals and outside projects and skill-building exercises.
2. Interpersonal: the students will work with others as a team member, exercising leadership as well as engaging in active participation in group activities; demonstrate ability work with a diverse population.
3. Information: the students will gain expertise in acquiring, evaluating, organizing, and interpreting historical and practical application of self protection systems.
4. Systems: the students will acquire proficiency in using body mechanics for balance and protection.
5. Technology: the students will be encouraged to use Internet research engines to acquire information to complete research assignments.

The course also addresses the SCANS skills and personal qualities:

1. Basic Skills: the students will have reading, writing and oral presentations and will be required to respond to the oral presentations as active listeners.
2. Thinking Skills: the students will examine current events and participate in critical thinking exercises to problem solve, reason and support their decision -making process.
3. Personal Qualities: the students will exhibit responsibility and self-management in completing the course assignments in a timely manner; apply ethics in the classroom and in relationship to the criminal justice field.

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM

CJ M09A: Not Applicable

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM

General Education Division of Learning [check all applicable boxes]:

☐ Natural Sciences

☐

- ☐ Biological Science
- ☐ Physical Science
- ☐ Social and Behavioral Sciences
 - ☐ American History/Institutions
 - ☐ Other Social Science
- ☐ Humanities
 - ☐ Fine or Performing Arts
 - ☐ Other Humanities
- ☐ Language and Rationality
 - ☐ English Composition
 - ☐ Communication and Analytical Thinking
- ☒ Health/Physical Education
- ☐ Ethnic/Women's Studies

Check either Option 1 or Option 2

- ☒ **OPTION #1:** Moorpark College has already received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. Note: This option applies only to technical revisions and updated courses.
- ☐ **OPTION #2:** Moorpark College has not received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. This option applies to all new and substantively revised courses.

XVII. STUDENT MATERIALS FEE ADDENDUM

CJ M09A: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041

CJ M09A: Not Applicable

XIX. CURRICULUM APPROVAL

Course Information:

Discipline: CRIMINAL JUSTICE

Discipline Code and Number: CJ M09A

Course Revision Category: Outline Update

Course Proposed By:

Originating Faculty Chad Basile 03/16/2018

Faculty Peer: Chad Basile 03/16/2018

Curriculum Rep: Lisa Putnam 04/21/2018

Department Chair: Danielle Vieira 08/23/2018

Division Dean: Karen Rothstein 03/21/2018

Approved By:

Curriculum Chair: Jerry Mansfield 09/26/2018

Executive Vice President: _____

Articulation Officer: Letrisha Mai 09/05/2018

Librarian: Mary LaBarge 09/03/2018

Implementation Term and Year: Fall 2019

Approval Dates:

Approved by Moorpark College Curriculum Committee: 09/18/2018

Approved by Board of Trustees (if applicable): _____

Approved by State (if applicable): 10/03/2018