

CJ M09B: BUJINKAN INTERMEDIATE - PRACTICAL SELF-DEFENSE

Originator

abarcenas

College

Moorpark College

Attach Support Documentation (as needed)

CJ M09B_advisory meeting memo 05 2018A_CJ.pdf
CJ M09B_MCCJP MEETING MINUTES 08172018_CJ.pdf
CJ M09B_LMI data for Program Review August 2018_CJ.pdf
CJ_M09B_state_approval_letter_CCC000608897.pdf

Discipline (CB01A)

CJ - Criminal Justice

Course Number (CB01B)

M09B

Course Title (CB02)

Bujinkan Intermediate - Practical Self-Defense

Banner/Short Title

Bujinkan Int Practical SelfDef

Credit Type

Credit

Start Term

Spring 2022

Catalog Course Description

Presents intermediate-level 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.

Taxonomy of Programs (TOP) Code (CB03)

2105.00 - *Administration of Justice

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

17.5

Maximum Contact/In-Class Lecture Hours

17.5

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

70

Total Maximum Contact/In-Class Hours

70

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Minimum Outside-of-Class Hours**

35

Maximum Outside-of-Class Hours

35

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

105

Total Maximum Student Learning Hours

105

Minimum Units (CB07)

2

Maximum Units (CB06)

2

Prerequisites

CJ M09A

Requisite Justification**Requisite Type**

Prerequisite

Requisite Description

Course in a sequence

Level of Scrutiny/Justification

Closely related lecture/laboratory course

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | demonstrate intermediate skills enhancing their ability to successfully work with partners as a team member. |
| 2 | acquire proficiency in using intermediate-level body mechanics for balance and protection. |

- 3 demonstrate intermediate level practical self-defense instruction and leadership skills, methods and strategies.
- 4 gain expertise in acquiring, evaluating, organizing, and interpreting historical and practical application of self-protection systems.
- 5 examine current events involving intermediate practical self-defense issues and participate in critical thinking exercises to problem solve, reason and support their decision-making process.
- 6 apply ethics related to intermediate practical self-defense situations in the classroom and in relationship to the criminal justice field.
- 7 develop intermediate level practical self-defense instruction techniques using oral presentations.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- 1 compare and contrast the historical development and philosophy of intermediate-level topics of the Bujinkan martial art system and other popular mainstream self-defense systems.
- 2 explain how practice of intermediate-level Bujinkan system forms and techniques effectively improves fitness and health.
- 3 demonstrate intermediate-level proficiency in the Bujinkan selfdefense system to safely control dangerous persons without relying solely on muscle strength.
- 4 apply practical, intermediate-level, nonviolent, self-defense strategies and techniques to positively resolve physical and mental conflicts.
- 5 assess the elements of survival necessary to navigate common contemporary threats, including defense against mentally unbalanced attackers, through the use of practical intermediatelevel scenarios and oral presentations.
- 6 relate an intermediate-level 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.
- 7 define, appraise and apply an intermediate-level understanding and practical skills of the Bujinkan system specifically to current civilian and law enforcement standards for the legal use of force.

Course Content

Lecture/Course Content

- 10% - Instructing basic level Bujinkan Survival Philosophy to Martial Arts Students
 - A. Teaching Real Life Survival Strategies
 - 1. Sports versus true survival martial arts
 - 2. The importance of preparation of body, mind and spirit to survival situations
 - 3. Natural fighting systems
 - 4. Physiology of stress
 - 5. Physiopathology of violence
 - 6. Limitations of physical strength and speed
 - 7. The human mind as weapon; winning without fighting
 - 8. Eastern concepts of the modern and ancient mind and subconscious movement
- 10% - Instructing basic level Strengthening of the Body to Martial Arts Students
 - A. Teaching basic Warm-up and Cool Down Methods to Prepare and Recover the Body
 - 1. Avoiding injury
 - 2. Safety considerations
 - 3. Stretching the body for health and martial arts
 - 4. Generation of power without muscle strength
 - B. Teaching Movement
 - 1. Ten basic directions
 - 2. Advantages and Disadvantages of basic patterns
 - 3. Evasion
 - 4. Moving off-line
 - 5. Limiting movement of the attacker
 - 6. The environment (Kukan)
 - 7. Optimizing distance and space
 - C. Teaching Ukemi
 - 1. Receiving techniques
 - 2. Receiving standing or rolling

- 10% - Intermediate-Level Balance Concepts
 - A. Balance of Tori
 - B. Balance of Uke
 - C. Common Balance of Tori and Uke Combined
 - D. Complex Balance Problems involving Multiple Attackers
 - E. Creating Power without Relying Solely on Muscle Strength
- 10% - Intermediate-Level Forms (Kamae) and Techniques (Waza)
 - A. Bobo no Kamae
 - B. Doko no Kamae
 - C. Hoko no Kamae
 - D. Shizen no Kamae
 - E. Ichimonji no Kamae
 - F. Jumonji no Kamae
- 20% - Intermediate-Level Complex Forms (Kamae)
 - A. Hira Ichimonji no Kamae
 - B. Hicho no Kamae
 - 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
- 20% - Intermediate-Level Defenses against Multiple Attackers
 - A. Unarmed Multiple Attackers
 - B. Armed Multiple Attackers
 - C. Using Attackers as Shields
 - D. Special Movement Considerations
- 20% - Intermediate-Level Use and Defenses
 - 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

Laboratory or Activity Content

- 20% -Intermediate-Level of 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
- 20% - Intermediate-Level 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
- 20% - Intermediate-Level Ukemi
 - 1. Receiving techniques from the Tori
 - 2. Receiving standing
 - 3. Receiving rolling
 - Intermediate-Level 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
- 20% - Intermediate-Level 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
 - 8. Hicho no Kamae
 - 9. Ten Chi Jin Ryaku no Maki
 - 10. Muto dori
- 20% - Intermediate-Level Use and Defense against Weapons
 - 1. Personal weapons (strikes and kicks)
 - 2. Stick and staff weapons
 - 3. Edged weapons
 - 4. Chain weapons
 - 5. Firearms
 - Intermediate-Level Defense against violent mentally unbalanced attackers
 - 1. Recognition of behavior
 - 2. Special considerations
 - 3. Balance control versus pain compliance
 - 4. Safety strategies
 - Intermediate-Level Defenses Against Multiple Attackers
 - 1. Unarmed multiple attackers
 - 2. Armed multiple attackers
 - 3. Using attackers as shields
 - 4. Special movement considerations

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Essay exams
Journals
Objective exams
Problem-solving exams
Skills demonstrations
Other (specify)

Other

•oral presentations
•classroom discussion
•participation

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Distance Education
Laboratory activities
Lecture
Other (specify)

Specify other method of instruction

- Collaborative learning activities
- Guest lectures
- Role play
- Simulation exercises
- Seminar discussions
- Optional field trips

Describe specific examples of the methods the instructor will use:

Through participatory activity student will demonstrate intermediate-level proficiency in the Bujinkan self-defense system. The instructor will assign students to relate intermediate-level the Bujinkan system and how it may be applied to careers in health care, criminal justice, and other health and emergency service field.

Representative Course Assignments**Writing Assignments**

1. Write an essay paper comparing and contrasting intermediate-level Bujinkan and popular martial arts defense systems.
2. Write critiques or briefs using current events related to self-protections.

Critical Thinking Assignments

1. Resolve, through practical scenarios, proper intermediate-level legal self-defense strategies.
2. Evaluate current event examples of use of force within the law enforcement arena.

Reading Assignments

1. Read analyze and summarize: "The Mysterious Technique of the Cat" (pp127-137), The Demon's Sermon on the Martial Arts by Issai Chozanshi, translated by William Scott Wilson, Shambhala Press, 2012.
2. Read analyze and summarize a current event article in the popular media or internet related to intermediate level practical self-defense.
3. Read analyze and summarize: "Writings on the Five Elements" (pp137-195, Miyamoto Musashi, His Life and Writings by Kenji Tokitsu, Weatherhill Press, 2005.
4. Read analyze and summarize: Unarmed Fighting Techniques of the Samurai by Dr. Masaaki Hatsumi, Kodansha USA, 2008.

Outside Assignments**Representative Outside Assignments**

1. Practice intermediate-level Bujinkan Forms outside of class.
2. Complete reading and research assignments on the historical development of Bujinkan forms.

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Proposed

Date Proposed:

02/05/2019

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Proposed

Date Proposed:

02/05/2019

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Proposed

Date Proposed:

02/05/2019

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Classic Textbook

Yes

Description

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

Resource Type

Textbook

Classic Textbook

Yes

DescriptionHatsumi, Masaaki. Advanced Stick Fighting. Kodansha USA, 2014.**Library Resources****Assignments requiring 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 intermediate-level Bujinkan forms and techniques.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (1%–50% online)
Hybrid (51%–99% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Asynchronous Dialog (e.g., discussion board) Regular discussion boards will be used to encourage discussions amongst students where they can compare and contrast/discuss/analyze criminal statutes.
E-mail	Instructor-to-student and student-to-instructor contact for clarification, questions, and student progress reports
Other DE (e.g., recorded lectures)	Internet websites, videos, recorded lectures, PowerPoint presentations, lecture notes.
Synchronous Dialog (e.g., online chat)	Online office hours or online group discussions.
Video Conferencing	One-on-one meetings with students by request, online office hours. Student to student group meetings as needed.
Telephone	One-on-one meetings with students by request for clarification, questions, and student progress reports.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Asynchronous Dialog (e.g., discussion board) Regular discussion boards will be used to encourage discussions amongst students where they can compare and contrast/discuss/analyze criminal statutes.
E-mail	Instructor-to-student and student-to-instructor contact for clarification, questions, and student progress reports.
Other DE (e.g., recorded lectures)	Internet websites, videos, recorded lectures, PowerPoint presentations, lecture notes.
Synchronous Dialog (e.g., online chat)	Online office hours or online group discussions.
Video Conferencing	One-on-one meetings with students by request, online office hours. Student to student group meetings as needed.
Telephone	One-on-one meetings with students by request for clarification, questions, and student progress reports.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Asynchronous Dialog (e.g., discussion board) Regular discussion boards will be used to encourage discussions amongst students where they can compare and contrast/discuss/analyze criminal statutes.
E-mail	Instructor-to-student and student-to-instructor contact for clarification, questions, and student progress reports.
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Synchronous Dialog (e.g., online chat)	Online office hours or online group discussions.
Video Conferencing	One-on-one meetings with students by request, online office hours. Student to student group meetings as needed.
Telephone	One-on-one meetings with students by request for clarification, questions, and student progress reports.

Examinations**Hybrid (1%–50% online) Modality**

On campus
Online

Hybrid (51%–99% online) Modality

On campus
Online

Primary Minimum Qualification

ADMINISTRATION OF JUSTICE

Review and Approval Dates**Department Chair**

MM/DD/YYYY

Dean

MM/DD/YYYY

Technical Review

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

MM/DD/YYYY

Control Number

CCC000608897

DOE/accreditation approval date

MM/DD/YYYY