

# SELF-DEFENSE CONTRACT

Name \_\_\_\_\_

Block \_\_\_\_\_ Due Date \_\_\_\_\_

Dear Student,

You will be participating in a 12 class self-defense unit. In this unit we will discuss real world topics such as rape, rape culture, deciding how far to take a self-defense scenarios, alcohols influence on attacks, men and women's rights, and basic safety. We will be learning fun and serious techniques and combinations that are only to be used to in self-defense situations and under supervision.

The objectives of this unit are to:

- to teach students to recognize and avoid dangerous situations
- to increase awareness of societies perceptions of self-defense for both genders
- to increase awareness of safety precautions
- to practice self-defense techniques such as strikes and escapes
- to increase body awareness through combative movements

My concern, as a high school teacher, is the information and techniques taught in class might be used as “play” on campus and at home. You as a student need to value the importance and seriousness of the curriculum. Techniques are to be practiced in class and at home under supervision or with permission. **Please initial the following requests:**



\_\_\_\_\_ I understand the importance of appropriate behavior on campus during and after the Self-Defense/Combatives Unit.

\_\_\_\_\_ I understand the self-defense techniques are to be used during class and in appropriate situations to defend against an attacker.

\_\_\_\_\_ I (the student) understand the information self-defense unit such as discussion on rape culture is not a joke and that if I treat it as such I will face disciplinary consequences.

\_\_\_\_\_  
student signature

\_\_\_\_\_  
block

\_\_\_\_\_  
date



# Self - Defense Unit WHS 2014



Name:

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Block:

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Squad #:

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## PSYCHOLOGICAL ASPECTS OF SELF-DEFENSE

1. **Be willing to act!** Your chance for success is determined by your attitude. If attacked, fight back. If someone has to be hurt, let it be the attacker.
2. **Don't be an easy victim. Shout! Resist! Fight!** If you are scared, yell loudly. Statistics tell us that 60% of assault cases victims have escaped serious harm by screaming.
3. **Use the element of surprise!** As soon as you shout and fight back, the element of surprise is on your side. Your attacker does not expect effective resistance, or he would not have chosen you.
4. **Develop self-confidence.** Believe in your ability to use these simple self-defense techniques. Practice until your reaction is automatic. The techniques do work, and they can work for you.
5. **Don't panic.** If you can't keep your fear under control, you can't control the situation.
6. **Bluff.** Make an effort to show your attacker that you are determined, not afraid. Concentrate on winning. Sometimes pretending to go along with the attacker until you can see an opening is another course of action.
7. **Escape.** Your first inclination may be to run, but only run if you know you can reach help. If you are alone in an isolated area, run only after you have made sure the attacker is unable to pursue you.
8. **Keep it simple.** Stick to those techniques you have practiced or those you can use quickly and easily.
9. **Don't hesitate.** Once you are forced to defend yourself, use everything available to you. Shout, kick, strike, throw something and/ or bite. If you are forced to start an offense, finish it!
10. **Know yourself.** In an attack situation, there should only be one stranger. Know yourself and your capabilities. Be prepared to use everything you know, and if that is not enough, improvise. Always remember. There are no rules in self-defense.
11. **Don't be nice.** Don't expect to win without hurting your attacker. Don't be a "gentle" fighter. An attacker is not a gentleman or lady.
12. **Visualize.** Mentally practice what you would do in a variety of situations.

## “COMMON SENSE SELF-DEFENSE”

### Part 1

Can you answer “YES” to the following questions? If you can, you are using COMMON SENSE SELF-DEFENSE”.

#### WHEN WALKING DO YOU:

- \_\_\_\_\_ 1. Walk confidently and quickly? Know where you are going. Look confidently at those you pass and make eye contact.
- \_\_\_\_\_ 2. Avoid walking alone at night? (It’s not wise to walk at night with a friend either.)
- \_\_\_\_\_ 3. Walk in well lit areas, near a curb and away from bushes when you must walk at night?
- \_\_\_\_\_ 4. Avoid walking in deserted areas anytime? Always try to be around other people.
- \_\_\_\_\_ 5. Walk with at least one friend, whenever possible?
- \_\_\_\_\_ 6. Pay attention to your surroundings?
- \_\_\_\_\_ 7. Tell your parents when to expect you home? Do they know your route?
- \_\_\_\_\_ 8. Carry a police whistle to use if you need help?
- \_\_\_\_\_ 9. Walk facing the traffic?
- \_\_\_\_\_ 10. Carry a cell phone?
- \_\_\_\_\_ 11. Avoid getting close to a car in which someone is asking directions?



## “COMMON SENSE SELF-DEFENSE”

### Part 2

Can you answer “YES” to the following questions? If you can, you are using COMMON SENSE SELF-DEFENSE”.

AT HOME DO YOU:

- \_\_\_\_\_ 1. Know your neighbors well?
- \_\_\_\_\_ 2. Have emergency phone numbers on speed dial or close to the phone?
- \_\_\_\_\_ 3. Have a peep hole viewer on your door?
- \_\_\_\_\_ 4. Have dead bolt locks on all of your doors? Do you have additional locks on sliding glass doors and windows?
- \_\_\_\_\_ 5. Avoid opening the door to anyone you doubt or don't know? (day or night)
- \_\_\_\_\_ 6. Avoid being in the home alone with repairmen?
- \_\_\_\_\_ 7. Avoid letting a caller know you are home alone?
- \_\_\_\_\_ 8. At night, leave the lights on in more than one room?
- \_\_\_\_\_ 9. At night, turn on outside lights?
- \_\_\_\_\_ 10. At night, close curtains so people can't see into the home?
- \_\_\_\_\_ 11. Have a trusted neighbor you can call for help?



## ON THE PHONE DO YOU:

\_\_\_\_\_ 1. Avoid letting callers know you are home alone? Say, “My Dad is busy, may I take a message.”

\_\_\_\_\_ 2. Discourage obscene phone calls by not “playing the game”.

- A. Blow a shrill whistle into the phone
- B. Say, “Operator, this is the call I want traced”.
- C. Hang up.
- D. Contact Police and have the number changed, if it persists.
- E. Don’t respond to the texts, block the number.



\_\_\_\_\_ 3. Avoid giving personal information to strangers on the phone?

\_\_\_\_\_ 4. Avoid answering with “Jones Residence” when you are baby-sitting? Don’t tell people you are baby-sitting!

## IF SOMEONE IS FOLLOWING YOU, YOU SHOULD;

1. Turn around to face your problem!
2. Say forcefully, and loudly, “Stop following me!”
3. Draw attention! Scream (FIRE) and cause a scene!  
If he is armed, you may need to cooperate.
4. Run to the nearest public place.
5. Ask other people for help.
6. If you are being followed by someone in a car, turn around and walk the other way.
7. If you are in a car and being followed, DO NOT DRIVE HOME! Drive to the nearest public place and call the police.
8. Try not to react to a “flasher”. Leave quickly and call the police.

	When drinking
	Pour your own drinks or take them from the bar tender directly?
	Limit your numbers of drinks?
	Never go home with someone you don't know, even with friends.
	Test your drinking limits at a party?
	Have a designated driver?
	Have someone who is sober who knows where you are partying and when you might be back?
	Have a safety buddy and code word who can help you out of situations?
	Know the neighborhoods where you are partying?
	Trust your instincts?
	Leave if a party seems shady or things are getting out of hand?
	Know how different amounts and types of alcohol effect you?

# Self-Defense Notes

## Avoidance Tips

1. *Avoidance is your BEST self defense!*
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Body Language

1. Passive-
2. Aggressive-
3. Assertive-



## Give and Take

- |                 |                  |
|-----------------|------------------|
| 1. Hands Up     | 8. Angle Kick 2x |
| 2. Palm, Palm   | 9. Front Kick 2x |
| 3. Elbow, Elbow | 10. Stomp        |
| 4. Box Ears     | 11. Run          |
| 5. Eye Gouge    |                  |
| 6. Head Butt    |                  |
| 7. Knee, Knee   |                  |

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. Punch

# Self-Defense Combinations

## Defense from Wrist Grab

1. Stomp
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. Take Down
8. Scan
9. Get Away

## Defense from Hook Punch

1. Hands Up
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. Take Down
7. Scan
8. Get Away

## Defend Against a Strike

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. Take Down
7. Scan
8. Get Away

## Defense from Chokes

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. Take Down
7. Scan
8. Get Away



Name: \_\_\_\_\_

Period: \_\_\_\_\_

## Self-Defense Feedback Report

### ***Squad Line Feedback***

Give your peer a specific example of something they did well:

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Give a critical evaluation of your peers performance with area's that need improvement:

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Overall performance was (circle one)

1                  2                                  3

### ***Self Feedback***

Give an example with detail of something you felt you did well during your performance:

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List three improvements you need to make you your performance and the difference it will make to your personal safety:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

	<b>3 points</b>	<b>2 points</b>	<b>1 point</b>
<b>Self Defense Skill Combinations</b>	<ul style="list-style-type: none"><li>-All movements are included and performed fluidly</li><li>-Yells at a level that reflects saving your life on every technique</li><li>-Demonstrates Distance, Timing, Focus and Power. Makes the combination look like a fight scene.</li></ul>	<ul style="list-style-type: none"><li>-All movements are included</li><li>-Yells during self-defense combination on every technique</li><li>-Demonstrates Distance, Timing Focus and Power</li></ul>	<ul style="list-style-type: none"><li>-Leaves out some movements</li><li>-Yells timidly during self-defense combination or not at all</li><li>-Does not demonstrate or demonstrates timid Distance, Timing, Focus and Power</li></ul>



[www.warriorxfit.com](http://www.warriorxfit.com)

Warrior X-Fit is a revolutionary fitness program based on martial arts training that allows users to improve their overall fitness in only 20 minutes a day, utilizing the best components of various fitness principles like:

**High Intensity Training** – core exercises that are brief and intense which are proven to work and bring changes to your body faster. The exercise portion is less than 20 minutes and Warrior X-Fit recommends doing the maximum # of reps during a workout to maximize intensity.

**Muscle Confusion** – This principle is all about ensuring you have variety in workouts to avoid your muscles becoming used to an exercise. The Warrior X-Fit Program consists of 186 different exercises to ensure no one exercise is repeated during the course of the month.

**Tabata Training** – A Tabata workout (also called a Tabata sequence) is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of four minutes. Warrior X-Fit utilizes a 20 second exercise segment with maximum intensity, followed by a 10 second rest interval

**Periodization** – An organized approach to training that involves progressive cycling of various aspects of a training program during a specified period of time

The Warrior X-Fit workouts were specifically sequenced to cycle intensity to ensure maximum gains and that someone does not become “burnt out” or “over-trained” Although certain components of these programs were used, what makes Warrior X-Fit so unique is its application of the “B.A.R.B.A.R.I.C.” Principle (Best Achievable Results Based on Absolute Resistance Increased Consistently). The basis of this principle is that if all other variables stay constant or unchanged, such as: exercise apparatus, frequency, nutrition, rest, etc. that if a subject increase his or her output (# of repetitions performed), then it will result in an increase in fitness (which can be defined as a state of health or condition).

Name: \_\_\_\_\_

Block: \_\_\_\_\_

# Warrior X-Fit Fight Log

<http://www.warriorxfit.com>

Fight # 1	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Total	Goal
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

Fight # 2	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Total	Goal
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

# Warrior X-Fit Fight Log

<http://www.warriorxfit.com>

Fight # 3	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Total	Goal
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

Fight # 4	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Total	Goal
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

# Warrior X-Fit Fight Log

<http://www.warriorxfit.com>

Fight # 5	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Total	Goal
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

Fight # 6	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6		
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

# Warrior X-Fit Fight Log

<http://www.warriorxfit.com>

Fight # 7	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Total	Goal
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

Fight # 8	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6		
Exercise								
Exercise # 1								
Exercise # 2								
Exercise # 3								
Exercise # 4								
Exercise # 5								
Exercise # 6								

Final Total: \_\_\_\_\_

## **Rape Culture Information**

March 10, 2014 by Shannon Ridgway

<http://everydayfeminism.com/2014/03/examples-of-rape-culture/>

### **WHAT IS RAPE CULTURE?**

In a rape culture, people are surrounded with images, language, laws, and other everyday phenomena that validate and perpetuate, rape. Rape culture includes jokes, TV, music, advertising, legal jargon, laws, words and imagery, that make violence against women and sexual coercion seem so normal that people believe that rape is inevitable. Rather than viewing the culture of rape as a problem to change, people in a rape culture think about the persistence of rape as “just the way things are.”

This is what it means when people say that sexism and violence against women are “naturalized.” It means that people in our current society believe these attitudes and actions always have been, and always will be. For more about how rape is engrained in our consciousness, read Lynn Higgins and Brenda Silver’s important collection of essays, entitled *Rape and Representation*. For a quick reference, read [Wikipedia's](#) article on the definition of rape culture.

### **What does it mean to perpetuate rape and rape culture?**

Media imagery perpetuates rape by excusing it, validating myths about rape, and/or sexualizing rape. [The Stranger Rape myth](#), for example, is frequently reinforced through Lifetime movies like *She Fought Alone*, or most episodes of *Law and Order: Special Victim's Unit*. This kind of media perpetuates rape, because it continues the shame and silence that surrounds the majority of survivors who were raped by friends or family; and it allows perpetrators to avoid dealing with their problems, since they do not match the profile of rapists “As Seen On TV.”

Our very laws and lawmakers also contribute to perpetuating the Stranger Rape myth, such as in the controversial “No Taxpayer Funding for Abortion Act” that Rep. Chris Smith (R-NJ) introduced in early 2011. Smith wanted to define rape, for the purposes of their anti-abortion bill, as “forcible rape,” therefore excluding non-consensual sex and statutory rape. The problem here is the continued emphasis on the actions of victims- in this case, dissecting whether they resisted enough- rather than putting energy into preventing rape by changing the behaviors of perpetrators.

Perhaps some people truly *don't* understand what rape culture is. After all, if you're hearing the phrase for the first time, it can be really confusing.

We understand the word “**culture**,” from a sociological or anthropological viewpoint, to be things that people commonly engage in together as a society (*ranging from the arts to education to table manners*), and we find it difficult to link the word “rape” in with that concept.

We know that at its core, our society is not something that *outwardly* promotes rape, as the phrase could imply. That is, we don't, after all, “commonly engage” in *sexual violence* “together as a society.”

To understand rape culture better, first we need to understand that it's not necessarily a society or group of people that outwardly promotes rape (*although it could be*).

When we talk about rape culture, we're discussing something more implicit than that.

We're talking about cultural practices (*that, yes, we commonly engage in together as a society*) that excuse or otherwise tolerate sexual violence.

We're talking about the way that we collectively *think* about rape.

More often than not, it's situations in which sexual assault, rape, and general violence are ignored, trivialized, normalized, or made into jokes.

And this happens a *lot*.

All the time.

Every day.

And it's *dangerous* in that it is counterproductive to eliminating sexual violence from society.

So what, exactly, does rape culture look like? How does it present itself?

Well, to see what I'm referring to, take a look at the examples below.

Because if we don't understand the meaning behind the concept of rape culture, or if we have a skewed interpretation of the meaning in our minds, we may find it easy to deny its existence.

And you may *think* that some of these examples are isolated, one-off situations. But in reality, they're part of a larger societal trend.

*That* is rape culture.

(Warning: These are not easy to digest, and as such, might make you uncomfortable.

But seeing examples are necessary to comprehending fully what we mean when we talk about rape culture.)

Rape Culture Is...

1. A university in Canada that allows the following **student orientation chant**: "Y is for your sister. O is for oh-so-tight. U is for underage. N is for no consent. G is for grab that ass."

2. **Pop music** that tells women "you know you want it" because of these "blurred lines" (of consent).

3. A judge who sentenced only **30 days in jail** to a 50-year-old man who raped a 14-year-old girl (who later committed suicide), and defended that the girl was "older than her chronological age."

4. **Mothers who blame girls** for posting sexy selfies and leading their sons into sin, instead of talking with their sons about their responsibility for their own sexual expression.

5. Photo memes like this:



## What she says



## What she means



**Source:** Funny Junk

6. Supporting **athletes who are charged with rape** and calling their victims career-destroyers.
7. **Companies** that create decals of a woman bound and gagged in order to “promote their business.”
8. People who believe that **girls** “allow themselves to be raped.”
9. **Journalists** who substitute the word “sex” for “rape” – as if they’re the same thing.
10. Politicians distinguishing “legitimate rape” and stating that rape is “something that God intended to happen,” among other horrendous claims.
11. Calling **college students** who have the courage to report their rapes liars.
12. The ubiquity of street harassment – and how victims are told that they’re “overreacting” when they call it out.
13. Victims **not being taken seriously** when they report rapes to their university campuses.
14. Rape jokes – and people who defend them.
15. Sexual assault prevention education programs that focus on women being told to take measures to prevent rape instead of men being told not to rape.
16. The victimization of hospital patients, especially people with mental health issues and the elderly, **by the very people who are there to protect them.**
17. Reddit threads with titles like “You just have to make sure she’s dead” when linking to the **story of a 13-year-old girl in Pakistan** being raped and buried alive.



