**High School Course II Pacing Guide**

**SELF DEFENSE**

***Focus Points:***

* The main philosophy behind defense is this: do not hurt the other person unless it is absolutely unavoidable and necessary.
* Look for openings, there is always a beginning, middle and end to an attack.
* React quickly, surprise is a powerful weapon.
* Strike with a response (nose, eyes, groin, bite, kick, elbows, etc…) to either loosen a grip and/or provide time for an escape.
* Use leverage to gain a mechanical advantage.

***Skills:***

1. Right and Left Mirror Grabs
2. Right and Left Cross Grabs
3. Two Hand Grab
4. Under Arm Bear Hug
5. Over Arm Bear Hug
6. Head Lock
7. Front Choke
8. Rear Choke

***Key Terms:***

1. Leverage
2. Force
3. Opposition
4. Reaction Time
5. Explosive Power
6. Agility
7. Coordination
8. Aware of Surroundings
9. Response