

CATEGORY D

SUBJECT:

SELF-DEFENSE

OBJECTIVE(S)

1. To begin to understand how to defend oneself.
2. To begin to recognize dangerous situations and how to avoid them.

PREREQUISITES

None.

INSTRUCTORS/EVALUATORS

Accredited, official or certified instructor, qualified in the discipline in which they are teaching.

REFERENCES AND MATERIALS

- Self Defense programs such as:

<i>Tae-Kwon doo</i>	<i>Judo</i>	<i>Kung Fu</i>	<i>Jui-Jitsu Dojo</i>	<i>Kaendo</i>
<i>Karate</i>	<i>Aikido</i>	<i>Ju Jutsu</i>	<i>Hapkido</i>	<i>Wen Do</i>

and other martial arts styles and self defense instruction.

- Internet

CONTENT

The candidate must have knowledge of:

1. Basic foot work.
2. Hand work.
3. Kicking techniques (if applicable).
4. Blocking/punching techniques (if applicable).
5. Throwing technique (as applicable).

DURATION

A minimum of 12 months.

CERTIFICATION

The candidate must:

- a) be a registered member of a club, team or organization;
- b) have turned out regularly (to the satisfaction of the officials) to practices, meetings, training sessions, etc. during the membership;
- c) have shown an acceptable improvement in skill and ability throughout their membership.

CERTIFICATION OF SUCCESSFUL COMPLETION OF PROFICIENCY SUBJECT

SELF-DEFENSE

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The candidate has completed the above content and meets the requirements to the satisfaction of the Instructor/Evaluator.

Name of Instructor/Evaluator: _____

Agency: _____

Address: _____ Tel #: _____

Instructor qualifications: _____

I certify that

_____ of _____
(candidate's name) (Division #)

meets the criteria of this proficiency subject, as laid out on the previous page(s).

Instructor/Evaluator (signature) Date

Divisional Superintendent (signature) Date