

Course Syllabus FCA Basic Training
Personal Security & Practical Self Defense
Winter Semester 2010

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Required Materials: Completed Waiver, Street Clothes (No Gi, No Sweats), Pencil & Notepad

Required Text: *FCA BASIC TRAINING: COURSE PACKET*

Course Description: This course is designed to prepare students to secure and protect themselves from hostile encounters. It is not a martial arts class; however, we will cover various martial arts systems to build a foundation and a frame of reference from which we can create a customized system of self defense for each participant. Participants will develop two force magnifiers – knowledge and skill. To increase knowledge, we will include lectures, discussions, and presentations. To increase skill, we will identify and learn effective techniques, which we will practice in drills and apply in sparring. We will also study three force multipliers: strength, numbers, and weapons. Participants will receive instruction in understanding and utilizing these force multipliers. Each class will last two hours. The first hour will be dedicated to the scheduled unit (See Schedule). During the second hour, participants will practice techniques and receive personal coaching from the instructor. The course is scheduled for 16 days and will cover two sections with three units in each section. Qualified participants will receive an FCA Certificate of Completion at the end of the course.

Attendance & Participation: Attendance and participation are mandatory. Any missed course material must be reviewed during lab hours in order to complete the course.

Labs: Application labs are held each Saturday. Labs are optional but should be attended if possible.

Presentations: Students will be required to give two presentations throughout the course.

Unit Reviews: Students will be required to submit a one-page, unit review for each unit to help them understand and retain what they have learned.

Final Exam: The final exam will consist of three sections, a take-home written exam, an exit interview, and a physical skills test.

Late Work: Late work will be accepted. All assignments must be completed before the end of the course to receive FCA Certificate of Completion.

Grading (500 Points): 95-100% = A, 90-94% = B, 85-89% = C, 75-84% = D, 0-74% = E

Unit Reviews: 20 points each	120 Points
Presentations: 50 points each	100 Points
Written Exam & Interview	200 Points
Physical Skills Test	80 Points

Course Requirements: Come to class on time and attend all class sessions. Contact your instructor if you are ill or must miss a class or assignment. Complete all assignments. Complete final exam.

Rules: Respect the instructor and the other participants: cell phones off, pay attention, etc. Follow instructions exactly. Do not attempt to use techniques until instructed to do so.

Accommodative Services: If you have any disability which may impair your ability to successfully complete or participate in this course, please notify your instructor during the first week of class.

CLASS SCHEDULE
FCA Personal Security & Practical Self Defense

SECTION ONE: KNOWLEDGE

Week One

Introduction

- Course Description
- Syllabus
- Creative vs. Destructive Martial Arts
- Q & A

Week Two

Unit One: Martial Arts Frame of Reference

- MMA
- Karate
- Tai Chi
- Wing Chun

Week Three

Unit One Continued: Martial Arts Frame of Reference

- Muay Thai
- Jiu-Jitsu
- Auto-kinematics
- Review

Week Four: S1 Unit One Review Due

Unit Two: Reality Check

- Martial Arts Fact or Fiction
- Survivability Equation
- Survivability Scale
- Physics 101
- Human Biology 101

Week Five

Unit Two Continued: Reality Check

- Survivability Principles
- Applied Physics
- Applied Biology
- Review

Week Six: Unit Two Review Due, Presentation One Due

Unit Three: Mental/Emotional Preparation

- Preparation
- Knowledge as a Force Magnifier
- Presentations
- Group Discussion

Week Seven

Unit Three Continued: Mental/emotional Preparation

- Adrenal Dump
- Confidence vs. Fear
- Speed & Aggression
- Lethal Force
- Stress Immersion Training

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SECTION TWO: SKILL

Week Eight: S1 Unit Three Review Due

Unit One: Prevention & Escape

- Risk Avoidance vs. Risk Management
- Personal Security
- Threat & Combat Readiness Assessments
- Communication & Defense Systems
- Awareness and Planning

Week Nine

Unit One Continued: Prevention & Escape

- Evasive Action
- Nature's Way: The Art of Escape
- Overt & Covert Withdrawal
- Unknown Assailants

Week Ten: S2 Unit One Review Due

Unit Two: Preemption & Resistance

- Drawing the Line
- Verbal & Spatial Skills
- Asymmetrical Warfare
- Lethal vs. Non-Lethal Resistance

Week Eleven

Unit Two Continued: Preemption & Resistance

- Effective Attacks
- Damage Control
- SIT System Drills

Week Twelve: S2 Unit Two Review Due, Presentation Two Due

Unit Three: Force Multiplication

- Strength & Endurance Training
- Reinforcements
- Use of Non-Lethal Weapons
- Use of Lethal Weapons
- Gun & Knife Defense

Week Thirteen

Unit Three Continued: Personal Combat Skills

- Basic Principles of Maneuver
- Basic Principles of Fire

Week Fourteen

- Course Review
- Skills Test Preparation

Week Fifteen: S2 Unit Three Review Due, Take-Home Test Due

- Skills Test
- Exit Interview

Week Sixteen

- Course Certification Ceremony