

**Common Course Outline**  
**PEIA 123/WMST 123**  
**Self-Defense for Women**  
**2 Credits**

**Community College of Baltimore County**

**Description**

**PEIA 123/WMST 123 – Self-Defense for Women** is a practical guide to personal defense, covering defense techniques, practical information, and specific topics related to violence and women. Students focus on principles and practical aspects of personal safety, methods and tactics of practical self-defense including alternatives for situational defense strategies. Students perform rigorous conditioning exercises and develop skills in perception, escape, compromise, avoidance, and blocking and striking.

**2 Credits**

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. identify potentially dangerous situations;
2. describe methods to avoid or reduce danger;
3. demonstrate the basic defensive stance, ground defense, strikes, kicks, blocks and parries;
4. demonstrate the ability to release from various holds;
5. explain sexual harassment, stalking, domestic violence, and sexual assault;
6. analyze personal habits and behaviors to determine vulnerability to assault;
7. analyze the home and neighborhood to identify weaknesses and strengths;
8. create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
9. demonstrate the use of natural weapons;
10. demonstrate the use of natural targets; and
11. demonstrate the ability to combine distractions, releases, and retaliations accurately and effectively.

**Major Topics**

- I. Safety at home and work
- II. Transportation safety
- III. Domestic violence
- IV. Sexual assault, harassment, and stalking
- V. Red flags for spousal abusers and sexual offenders
- VI. Avoidance
- VII. Natural weapons and natural targets
- VIII. Escapes
- IX. Grabs

X. Kicking and striking

**Course Requirements**

Grading will be determined by the individual faculty member but will include the following:

**Grading/exams**

1. A minimum of two written exams
2. A minimum of two practical exams
3. A minimum of one paper (1,000-word minimum)

Written Assignments: Students are required to use appropriate academic resources.

**Other Course Information**

This is a physically active course in which physical techniques are learned by doing. Active participation is mandatory to achieve success in this course. In order to actively participate all students must be dressed in workout clothes and gym shoes, no jewelry for safety.

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