

Women's Self-Defense Plus Fall 2007 – GSPE 147 70

Day: Monday Evening

Time: 4:40 pm to 5:30 pm

Location: Upstairs Cafeteria

Instructor: Marcyanna Millet, Nidan (2nd degree black belt, Kobayashi Shorin Ryu)

Telephone: (304) 270-4380 X2404 (W), (304) 258-3846 (H)

E-mail: mmillet@blueridgectc.edu

Office: CTC – Dunn Building, Room A05

Textbooks: N/A - Hand-outs

Student Learner Outcomes: Students will gain confidence, awareness, poise, muscle tone

Objectives: Gain awareness of surroundings and people
Increase self-confidence
Identify danger areas
Develop poise
Achieve a positive state of mind
Use these new skills in everyday life

Course Description: This course can be tailored up or down to suit students' needs and wants. They will get some exercise, apply new principles learned in a controlled simulated environment, cool down with some stress relieving "partner stretching exercises".

Grading: Pass/Fail based on **PARTICIPATION**

Attendance Policy: Five missed classes means a failing grade

Requirements: Loose fitting comfortable clothes and sneakers, no jewelry or piercings