



Dempo Charities Trust's  
DHEMPE COLLEGE OF ARTS & SCIENCE  
Miramar, Panaji-Goa

## Self Defense

### Course objectives

1. The student can identify individual and social concerns and needs regarding self-defense and has the mean to address those concern and needs.
2. The students personal awareness of his/her surroundings in the immediate, short and long terms can be heightened.
3. The student can develops strategies for staying safe at all times

### Course contents

Unit I: Introduction to the concepts of Self Defence and Martial arts

Unit II: Techniques for eliminating dangers from daily living: Far range Combat

Unit III: Techniques for eliminating dangers from daily living: Close Combat

Unit IV: Grappling Techniques

### Course outcome

1. The students will be able to develop correct practice habits and a regular/daily training routine.
2. The students will have an increase in sense of personal relaxation, balance and confidence.
4. The student will be able to develops strategies for staying safe at all times.

