

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,
MUMBAI - 51**

1	Name of Syllabus	C. C. In Self defense (411105)																																									
2	Max.Nos of Student	25 Students																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	Workshop = 200 Sq feet <u>Class Room = 200 Sq feet</u> TOTAL = 400 Sq feet																																									
8	Entry Qualification	S.S.C.																																									
9	Objective Of Syllabus/ introduction	To intrude skill, and of self defense in men/women																																									
10	Employment Opportunity	Can Stan self defense learning institute can work as form recognized institute.																																									
11	Teacher’s Qualification	Diploma certificate holder																																									
12	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>							Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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13	Exam. System	<table><tr><td>Sr. No.</td><td>Paper Code</td><td>Name of Subject</td><td>TH/PR</td><td>Hours</td><td>Max. Marks</td><td>Min. Marks</td></tr><tr><td>1</td><td>41110511</td><td>BASIC IN SELF DEFENCE</td><td>TH-I</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>41110521</td><td>Defense & Fighting</td><td>PR-I</td><td>3 hrs</td><td>100</td><td>50</td></tr><tr><td>3</td><td>41110522</td><td>Attack</td><td>PR-II</td><td>6 hrs</td><td>200</td><td>100</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>400</td><td>185</td></tr></table>							Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	41110511	BASIC IN SELF DEFENCE	TH-I	3 hrs	100	35	2	41110521	Defense & Fighting	PR-I	3 hrs	100	50	3	41110522	Attack	PR-II	6 hrs	200	100			Total			400	185
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Theory - I – Basic in Self Defense

- 1] Self Protection
Adrenaline Response -
Psychology of Confrontation & Use of Minimum Force
- 2] Self Protection Response:
How to respond to Eye Contact, Verbal Contact, Physical Touch -
Assault -

PRACTICAL - I - Defense & Fighting

- 3] Basic Exercises:
 - a] Warm Ups Joints,
 - b] Stretching of Upper & Lower Body &
 - c] Exercises: Pushup, Squat, Abs Situps
- 4] Upper Quarter Defense
- 5] Lower Quarter Defense
- 6] Inside Quarter Defense
- 7] Outside Quarter Defense

PRACTIAL: II - ATTACK

- 8] Lead Punch
- 9] Rear Punch
- 10] Lead Hook
- 11] Rear Hook
- 12] Lead Uppercut
- 13] Rear Uppercut
- 14] Front Kick Shin
- 15] Front Kick Groin
- 16] Front Kick Body
- 17] Side Kick Shin
- 18] Side Kick Knee
- 19] Side Kick Body
- 20] Round House Kick Shin

- 21] Round House Kick Knee
- 22] Round House Kick Groin
- 23] Round House Kick Body
- 24] Back Kick Groin
- 25] Back Kick Body
- 26] Elbow to Face
- 27] Elbow to Body
- 28] Elbow to Groin
- 29] Knee up Groin
- 30] Knee up Abdomen
- 31] Knee up face
- 32] Groin Slam
- 33] Groin Punch
- 34] Eye Job
- 35] Head Butt
- 36] Sternum Punch
- 37] Chop to Neck
- 38] Sweeping Throw
- 39] Ground Pin
- 40] Ground Pin Escape
- 41] Defense to Wrist Grab
- 42] Defense to Collar Grab
- 43] Defense to Handshake
- 44] Defense to Rear Bear Hug
- 45] Defense to Front Bear Hug
- 46] Defense to Neck Choke from Front
- 47] Defense to Neck Lock from Behind
- 48] Free Sparring

List of tools\ Equipment: Course Resources Required:

a] Training Equipment

3 feet or more Punching Bag,

Punching Pads x 2

Air Shield x 1

Boxing Gloves x 2 pairs

b] Suitable Lighting.

c] First Aid Box

d] Doctor in Faculty or on Call

Reference Book :-

Bruce lees fighting method vol-1-vol-4-Ohara Publication.

Recommendations for Evaluation Committee :
