

**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 Class Room = 200 Sq feet <hr style="width: 50%; margin: auto;"/> 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																																								
		Theory	Practical	Total																																						
		6 Hours	18 Hours	24 Hours																																						
13	Exam. System	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 5%;">Sr. No.</th> <th style="width: 15%;">Paper Code</th> <th style="width: 25%;">Name of Subject</th> <th style="width: 10%;">TH/PR</th> <th style="width: 10%;">Hours</th> <th style="width: 10%;">Max. Marks</th> <th style="width: 10%;">Min. Marks</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">41110511</td> <td style="text-align: center;">BASIC IN SELF DEFENCE</td> <td style="text-align: center;">TH-I</td> <td style="text-align: center;">3 hrs</td> <td style="text-align: center;">100</td> <td style="text-align: center;">35</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">41110521</td> <td style="text-align: center;">Defense & Fighting</td> <td style="text-align: center;">PR-I</td> <td style="text-align: center;">3 hrs</td> <td style="text-align: center;">100</td> <td style="text-align: center;">50</td> </tr> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">41110522</td> <td style="text-align: center;">Attack</td> <td style="text-align: center;">PR-II</td> <td style="text-align: center;">6 hrs</td> <td style="text-align: center;">200</td> <td style="text-align: center;">100</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">Total</td> <td></td> <td></td> <td style="text-align: center;">400</td> <td style="text-align: center;">185</td> </tr> </tbody> </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 :
