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**KINS 6.03: Self-Defense**

This course introduces the skills and philosophies of self-defense. Methods and techniques for recognizing and avoiding dangerous situations are presented. Karate techniques are also emphasized. Students have an opportunity to learn a sense of awareness and practical self-protection techniques in relation to gender, body type, and strength.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 0, Lab Hours: 48 – 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development