

Faculty of Medicine



EDPH2172 Combat sports and autodefense

[7.5h+30h exercises] 1.5 credits

Teacher(s): Etienne Fontenelle, Michel Jouniaux
Language: French
Level: Second cycle

Aims

To learn to the student with: - to preserve its physical integrity and its calms emotional vis-a-vis various types of aggression; - to try out the mechanism of the aggression: to evaluate quickly and correctly the situation, to become aware and to rely on its possibilities; - to develop its vigilance; - to carry help or organize the help with a person in danger.

Main themes

- avoidance of the contacts by dodging and the parades; - study of displacements, the placements and the techniques of counter and responses; - study of the techniques of release of various forms of catch or girdles upright or on the ground; - training of the various forms of falls or their avoidance by recovery of balance; - control of the attacker; - application in diversified situations; - methodology: differentiation and progression according to the groups of ages.

Content and teaching methods

This course consists in teaching the techniques used to avoid blows, to free oneself when one is seized by one's belt and / or body, and to throw one's opponent to the mat.

The warming-up constitutes a very specific preparation for the proposed opposition exercises or the exercises that are regarded as opposition skills

Some additional falling techniques and balance recovery techniques are also proposed in order to practise self-defence safely.

In order to meet varied aggressive situations, depending on the morphology and the strength of one's partners, every exercise is practised several times, but each time with a different partner.

Finally every technique is integrated either into a much more complex application that can necessitate several techniques in order to trick one's opponent, or into a very precise application in order to favour an appropriate response to the situation which has been caused by one's opponent.

Other information (prerequisite, evaluation (assessment methods), course materials recommended readings, ...)

No. of students by group: 30

Other credits in programs

EDPH21	Première licence en éducation physique	(1.5 credits)	Mandatory
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