



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

Women's Self Defence Course Assessment Format

The point of a course assessment is not to pass or fail a person but to assess how each has learnt the course, how each has performed under pressure in an unknown situation and to assess how the course has aided each person.

An assessment should provide a person with a sense of achievement and the knowledge that they have earned the certificate with which they have been presented.

- A person being assessed may demonstrate techniques with a partner of their choice.
- Two-man attack is a main testing area for a person, so when possible use unknown attackers as neither defender nor attacker will know exactly what to expect.
- By using attackers that have not trained with or taught a defender an unknown element is introduced into an attack.

Exercise

Required basic elements

1. Strikes
2. Kicks

Optional basic elements

3. Breakfalls
4. Selection of elements, if taught

Jujitsu techniques

5. Techniques 1-17

Counter defence

6. Techniques 18-20

Knife defence

7. Techniques 21-22

Optional techniques

8. Selection of techniques, if taught

Multiple attack defence

9. Controlled two-man attack, restricted: non-competitive, Syllabus and optional techniques only attack and defence

Presentation

10. Present the group with:
 - 10.1 positive feedback on:
 - 10.1.1 their assessment performance
 - 10.1.2 the overall course
 - 10.2 certificates.