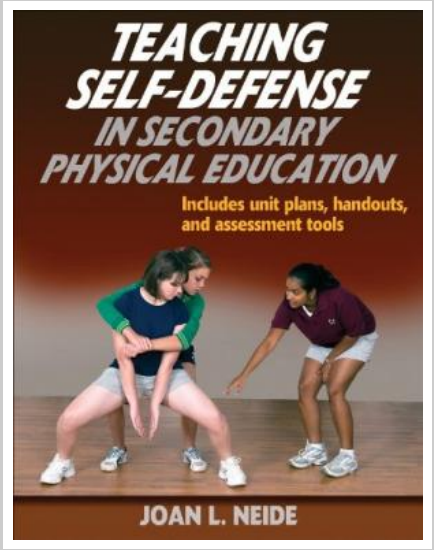


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Teaching Self-defense in Secondary Physical Education (Paperback)

By Joan Neide

Human Kinetics Publishers, United States, 2009. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book. This book will help equip students with the knowledge and skills to minimise their chances of being the victims of violence and handle an attacker with minimal confrontation. Even if the readers have no knowledge of self-defence strategies, with this book the reader can teach students personal safety, conflict-resolution techniques and self-defense tactics. Joan Neide, a physical education teacher with a seventh-degree black belt in Uechiryu karate, has created an easy-to-use resource that will help increase students awareness and avoidance abilities and learn the basic physical skills they need in order to defend themselves.This book will help students think critically and make sound decisions about their homes and personal safety, learn the motor skills and movement patterns they need in order to defend themselves, develop poise and confidence to react effectively in dangerous situations and define their own limitations as they apply to self-defence. The book supplies 19 detailed lesson plans that cover up to 20 days for a two or four week unit. These plans are designed for classes in 50 to 60 minute periods, but also provided are...

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