



GRADE 12

Mixed Martial Arts 12

SD23 Central Okanagan

Mixed Martial Arts is a blend of many different systems of self-defense. Traditionally MMA includes systems such as Striking, Takedown & Ground Fighting. Striking includes Muay Thai kickboxing, Boxing, Karate or Taekwondo. Takedown system includes Wrestling, Judo or Sambo. Ground Fighting includes Brazilian/Japanese Jiu-Jitsu, catch wrestling or Sambo.

Credits: 4

Approval Date: Oct 2021

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

This course allows students another option to personal fitness other than traditional Physical Health Education courses. This course was developed to give students a practical system of personal self-defense. Students will acquire important & practical lifetime skills of self-defense, increased self-confidence, discipline, self-reliance, & self-control.

BIG IDEAS

Self-defense involves the deployment of technical & tactical techniques. Participation in Martial Arts contributes to overall health & well-being. The practice of Martial Arts promotes the development of self-awareness & personal responsibility. Teamwork encourages positive communication, fair play, & leadership.

ADDITIONAL INFORMATION

Big Ideas-Elaborations Technical self-defense techniques: striking, boxing, kicks, blocks, takedowns, submissions, escapes, footwork, joint locks, etc. Tactical self-defense techniques: standup to takedown, offensive strikes & defense, escaping a submission, applying a submission, etc.