

Self Defense Practical Evaluation

The final grade for this course will be determined according to the following:

Final Exam	40
Sit-up Test	10
Self Defense Skills	50
Total	100

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F	S = 70% & above	U = Below 70%

Self Defense Skills (50%)

1. Escape Defense – 20%
2. Ground Defense – 10%
3. Punch Defense – 5%
4. Knife Defense – 10%
5. Gun Defense – 5%

Final Exam (40%)

Multiple choice and short answer questions

Sit-up Test 1 Min (10%)

45 = 10 pts

44 = 9.8

43 = 9.6

42 = 9.4

41 = 9.2

40 = 9.0

39 = 8.8

38 = 8.6

37 = 8.4

36 = 8.2

35 = 8.0

34 = 7.8

33 = 7.6

32 = 7.4

31 = 7.2

30 = 7.0

29 = 6.8

28 = 6.6

27 = 6.4

26 = 6.2.

25 = 6.0

$$24 = 5.8$$

$$23 = 5.6$$

$$22 = 5.4$$

$$21 = 5.2$$

$$20 = 5.0$$

$$\text{Below } 20 = 0$$