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| You enjoyed the course | | |
| Strongly Agree | 50% |  |
| Agree | 50% |  |
| Neither Agree nor Disagree | 0% |  |
| Disagree | 0% |  |
| Strongly Disagree | 0% |  |

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| You feel the course helped you learn self defense techniques | | |
| Strongly Agree | 50% |  |
| Agree | 45.5% |  |
| Neither Agree nor Disagree | 4.5% |  |
| Disagree | 10% |  |
| Strongly Disagree | 0% |  |

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| Your rating of the instructor | | |
| Excellent | 59% |  |
| Good | 36.5% |  |
| Average | 4.5% |  |
| Below Average | 0% |  |
| Horrible | 0% |  |

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| What did you like about the course? |
| |  | | --- | | * I like that we only spent a small amount of time talking in class then we jumped right into learning. | | * I enjoyed learning various strikes, kicks and counters. I feel like I learned some solid self defense skills if I'm ever in a sticky situation. Filming the fight scene was a good way to recap what we had learned throughout the semester. It made it fun. | | * I liked the laid back feel, but also learned a lot. | | * I liked the different moves and techniques learned. | | * That i learned to defend myself! | | * I liked how I could practice the moves with my friends and review moves I haven't done in a while. | | * Learning new moves that were helpful in real life. | | * I really liked that we got to actually practice self defense on other people, it made the experience feel more like real life. I thought that the amount of material we learned was just the right amount. I also liked when we started practicing more than one move at a time because it helped it all come together. | | * I was able to learn self-defense techniques and the final was a fun interactive skills test. | | * The video and leaning some of the escapes from chocks. | | * I liked the instructor and all the people in the class. I liked when we listened to music while we practiced and it was fun to practice throwing each other around. | | * It wasn't made of simple breaking grips or shouting at people to leave you alone, we were shown how to realistically handle ourselves if physical confrontation could not be avoided. | | * I liked that we did hands on stuff and we could actually perform the techniques we learned. | | * The moves, the video, the day we went outside for a break, those attendance sheets. | | * I liked everything, it was very fun and i enjoyed it! Thank you | | * It was fun being able to learn different moves | | * I liked the material I learned and also I liked that we were able to make a video instead of having a skills tests. | | * Everything about this course was informative and helpful to learn. I liked how the professor was very helpful and understanding on each students' level of self defense. | | * The interaction among students and instructor was GREAT..... | | * I really liked the instructor. He was very enthusiastic and really had a good sense of the class and what we wanted and needed to do. He obviously loves teaching. | | * I like that we got to practice the moves a lot.  It seemed boring at times but until you really get into a bad situation one does not know how one will respond.  I think that practicing the moves that much greatly help you remember what to do and almost make it second nature. | | * The course overall was amazing. Somedays were harder than others. Overall great calss. wouldent change a thing. | |

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| What did you dislike about the course? |
| |  | | --- | | * The class time was sometimes too long. We can only do so many moves and after a while it's hard to stay motivated. | | * I didn't like how we really didn't get to fight. If we could've gotten some marshmallow man suits to fight that would've been awesome. | | * Nothing really. Good overall experience | | * I wish the class was smaller so we could have all gotten to know one another better and felt more comfortable with each other. | | * It was repetitive and sometimes got boring doing the same moves to much. | | * Some days it felt like we were going really fast and it was hard to remember everything we had covered. | | * It got boring since it was the same thing every day.. Nothing to look forward too | | * After awhile the course starts to seem the same. I would have liked to find a way to have more variety. | | * Most of the grade is on attendance. | | * possibly more situational, trial runs, differentiate between take down, escape, fight. sometimes by halfway in class, we had the moves down, so we were bored. | | * I didn't dislike anything about this class. | | * I wish that they had more equipment to use so we could make the moves more real.  Sometimes we have to do the stuff so slow to prevent from hurting each other that it doesn't feel real. | | * The skills seemed to get repetitive. | | * There was nothing i disliked about the course! | | * The repetition at times. | | * Nothing! | | * Nothing it was a very great course! | | * I think the course was a little too long. All my other activity classes I've taken are condensed to about one or two months. By the end of the semester it was tough to stay engaged, and I felt like we had most everything covered. | | * I felt that sometimes the space was really crowded, but it's also a small gym. Oh, and the gym was creepy... | | * I wished tought more advanced techniques. | |

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| General comments on the course, instructor, what could be better, etc |
| |  | | --- | | * Keep up the amazing work. you are a great teacher. | | * I enjoyed the course a lot! Keep it how it is! With maybe a few more fun/sports days. | | * Take a little more time on each move set and maybe offer more scenario set-ups (when you could find yourself in need to use a certain maneuver) | | * The class overall was successful and I believe will be beneficial. It taught me techniques I could use. The instructor was good at what he taught and was respectful of students. | | * The idea to do a film instead of a skills test was genuis. | | * More counters and get the to renact the situation in a common pace.... | | * Loved the class, everyone was great. | | * Self defense was a very interesting class and it is something I can use in the future. The course would be better if it was a one day a week instead of two days a week,  considering we are only getting one credit for it. I enjoyed the instructor's teaching style, but next time it would be good to change it up and have people work with new partners rather than the same one every day. The instructor's feedback was awesome and helped us perfect our self defense moves. It helped when we combined a couple of moves because it made everything flow, so it would be helpful if you did that from day one. Start with one move then have the students repeat that move while adding in another one. It allows for more practice and helps everything we learned come together. Other than that it was a great course and I really enjoyed it! | | * If anything just learn more moves per class. | | * I felt like the course went pretty smoothly.  I enjoyed it and had a good time. | | * I would have maybe more moves to learn. Also, maybe some techniques against someone who has a knife or other weapon. | | * Nothing! This was an excellent course! | | * Make it fun throughout the whole semester. It was hard to be motivated to go when I knew it was going to be boring. | | * To learn the basic staff of self defense and proceed to learn other materials, but I feel like this professor had a knowledge about what he was teaching. | | * instructor was nice, reasonable, approachable, helpful. | |