

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 76 - Aikido

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills, moves and techniques of the Japanese Martial Art, Aikido. Students will learn to defend themselves while also protecting their attacker from injury. Basic self defense application and strategies, history, philosophy and training practices will be examined.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. list and define the rules applicable to different proficiency levels of Aikido.
- B. identify and perform the basic skills of Aikido.
- C. summarize Aikido philosophy and rules.
- D. apply the fundamental techniques such as Ukemi-Suwari Waza, Ukemi-Tachi Waza, basic holds and strike, and joint techniques.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction	1.00
2. History, Terminology, and Warm-up Exercise	2.00
3. Philosophy of Aikido	2.00
4. Ukemi-Suwari Waza (kneeling position)	2.00
5. Ukemi-Tachi Waza (standing position)	2.00
6. Basic Holds	2.00
7. Basic Strikes	2.00
8. Joint Techniques	2.00
9. Demonstration Skills	2.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction	1.00
2. Warm-up Exercise	4.00
3. Ukemi-Suwari Waza (kneeling position)	6.00
4. Ukemi-Tachi Waza (standing position)	6.00
5. Basic Holds	5.00
6. Basic Strikes	6.00

7. Joint Techniques	3.00
8. Demonstration Skills	3.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

V. METHODS OF EVALUATION

- A. Research Projects
- B. Demonstration
- C. Class participation
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Review the history of Aikido and the impact the martial art had throughout the world.
 - 2. Read an article describing the competition rules of Aikido and plan to discuss in class.
- B. Writing Assignments
 - 1. Create a lesson plan by comparing and contrasting different techniques of Aikido.
 - 2. Write a brief paper explaining the differences between offensive and defensive sparring techniques, giving specific examples of each.
- C. Out-of-Class Assignments
 - 1. Observe a martial arts competition and compare sparring and movement techniques.
 - 2. Visit two Aikido dojos and compare the facilities and equipment.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Athletic apparel b. Tennis or court shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Randy Maday

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