

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 75 - Jujitsu

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course teaches the basic self-defense application, strategies, history, philosophy and training practices of the Japanese art of Jujitsu. Emphasis will be placed on blocks, escapes, holds, and grappling strategies.

II. OBJECTIVES

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

- A. explain basic principles, rules, strategies, and etiquette used in Jujitsu.
- B. demonstrate basic blocking, escapes, holds, and grappling.
- C. exhibit improved physical fitness in forms of strength and flexibility.
- D. discuss the importance of self control and how it relates to Jujitsu.
- E. discuss the basic history of Jujitsu.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Jujitsu Roll	1.00
3. Jujitsu Sit-Down and Mat Rise	1.25
4. Front Kick and Jodan Uke (Block)	2.00
5. Yawara/7 – Hazushis (Escapes)	2.00
6. Yawara – Intro to Toris (Holds)	1.25
7. Intro to Sumo Wrestling	1.00
8. Goshin Jitsu, Deashi Harai (Foot Sweeps)	2.00
9. Chudan Uke, Nagashi Uke, and Basic Face Falls	2.50
10. Kata Forms and Self Defense	1.50
11. Grappling Strategies	1.50
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Jujitsu Roll	2.50
3. Jujitsu Sit-Down and Mat Rise	3.00
4. Front Kick and Jodan Uke (Block)	4.00

5.	Yawara/7 – Hazushis (Escapes)	4.00
6.	Yawara – Intro to Toris (Holds)	4.00
7.	Intro to Sumo Wrestling	2.00
8.	Goshin Jitsu, Deashi Harai (Foot Sweeps)	4.00
9.	Chudan Uke, Nagashi Uke, and Basic Face Falls	4.00
10.	Kata Forms and Self Defense	2.50
11.	Grappling Strategies	3.00
	Total Hours	34.00

IV. METHODS OF INSTRUCTION

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

V. METHODS OF EVALUATION

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

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Review the history of Jujitsu and the impact the martial art had throughout the world. Be prepared to discuss in small groups.
 - 2. Read and differentiate between "traditional Jujitsu" and "Sandalwood Mountain Sytem of Gentle Trick/Arts." Be prepared to discuss in class.
- B. Writing Assignments
 - 1. Maintain a journal describing personal fitness and skill progressions.
 - 2. Write a brief essay outlining the history and impact of Jujitsu as a martial art.
- C. Out-of-Class Assignments
 - 1. Observe at least two different martial arts and be prepared to present findings.
 - 2. Research and visit a local Jujitsu facility to observe the different strategies being used. Please report findings in a short essay.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Required attire: loose fitting sweat pants and t-shirt or Gi (martial arts uniform)
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Jim Lauer
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