

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 77 - Karate

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 of Karate. Basic moves and techniques for blocking, punching, kicking and sparring will be learned. Students will also learn the philosophy of proper use, attitude, defense techniques, and physical conditioning.

II. OBJECTIVES

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

- A. demonstrate basic blocking, punching, kicking and sparring.
- B. identify the basic principles, rules, strategy and etiquette of Karate.
- C. exhibit improved physical fitness in the forms of strength and flexibility.
- D. discuss the importance of self respect, respect for others, patience, and control in Karate.
- E. describe the basic history of Karate.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. History and Terminology	1.00
3. Rules and Safety Procedures	2.00
4. Karate-Personal Safety	2.00
5. Legal Responsibilities	2.00
6. Stance – Stretching/Flexibility Training	1.00
7. Basic Punches	2.00
8. Basic Blocks	2.00
9. Basic Kicks	2.00
10. Illegal Areas of Striking	2.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	2.00
2. Rules and Safety Procedures	3.00
3. Karate-Personal Safety	3.00
4. Stance – Stretching/Flexibility Training	5.00
5. Basic Punches	6.00
6. Basic Blocks	6.00

7. Basic Kicks	6.00
8. Illegal Areas of Striking	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

V. **METHODS OF EVALUATION**

- A. Demonstration
- B. Class participation
- C. Written or Oral Examinations
- D. Practical Evaluations
- E. Essays and research papers

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read an article that illustrates the basic stances, punches, and kicks used in Karate. Be prepared to demonstrate in small groups.
 - 2. Read an article explaining the competition rules of Karate and plan to share information during class discussions.
- B. Writing Assignments
 - 1. Write an essay describing the basic history and rules of Karate. Paper should be typed and approximately two pages in length.
 - 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 Karate dojos to compare the differences in facilities and equipment.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Athletic apparel (Instructor may require the use of a Gi.)
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Jeffrey Jordan

Date: 10/29/2012