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Aikido I

KIN 1005 Sec 003 & 004  
Spring 2019

# Instructor Information

Instructor: Yukio Utada Course Day(s): MWF

E-mail:yutada@temple.edu Course Time: Sec 003 (10:00-10:50)

Sec 004 (11:00-11:50)

Telephone: (215)204-1940 (Kinesiology Dept.)

(Leave a message for Utada Sensei) Course Location: McGonigle Room 143

Office Location: McGonigle Room 143 Office Hours: MWF 9:30-10:00am;

10:50-11:00am; 11:50-12:10pm

Assistants: John Stapleton- [js8407@gmail.com](mailto:js8407@gmail.com)

Wayne Lamb- [wlamb89@gmail.com](mailto:wlamb89@gmail.com)

Other Information:

Doshikan Dojo, Aikido Association of North America

5836-38 Henry Avenue, Philadelphia, Pennsylvania 19128

Telephone: 215-483-3000

# Course Prerequisites or Co-Requisites

There are no pre-requisites or co-requisites for this course.

# Course Description

Aikido, “the way of harmony,” is a unique art which can be practiced by people of all ages and levels of physical fitness. Martial arts (budo) are often misrepresented as fighting. In reality, the Japanese character for budo represents the stopping of swords, or peacemaking. Developing self-control and self-discipline, the ability to focus and concentrate, listening skills and the ability to follow directions, independence and leadership skills are all part of this program. The atmosphere of our class is formal, but friendly and non-competitive.

Aikido is both an excellent form of physical exercise and self-defense. The study of Aikido techniques teaches smooth, balanced, and coordinated movement in a non-competitive, cooperative atmosphere. During class, students strive with one another to refine their movements and further their understanding of Aikido principles. The practice of Aikido combines the training of the mind, body, and spirit in a single, unified discipline.

Since Aikido is an ancient and formal Japanese discipline, traditional etiquette forms an important part of Aikido study. Classes begin with students bowing first to the Dojo (practice hall), and then to the Sensei (teacher). Bowing to the front of the dojo shows respect to the founders of Aikido, and gratitude that we have a place in which to train. Bowing between teacher and students shows a mutual gratitude – students are grateful to have someone to help them learn Aikido, and the teacher is grateful to have students to teach. Bowing in our class is ***never*** considered a form of worship or religious practice.

# Course Technology Requirements

Supplemental material will be added onto blackboard for study and assistance in learning technique, weapons, and stances. Additionally, canvas will be the site of the multiple choice midterm and final; due dates and information on completing the final can be found below under the “required course assignment” section.

# Course Format/Instructional Methods

This class is an in-person course. Concepts and techniques are taught via instructor, followed by students practicing the techniques taught via repetition

# Course Objectives and Competencies

The **Kinesiology Physical Activity Program (KPAP)** follows degree competencies as recommended by the American Kinesiology Association (AKA), (<http://americankinesiology.org/SubPages/Pages/Undergraduate%20Core%20Elements>).

**The degree competencies addressed are not just for specific courses but for the program overall.**

The Kinesiology Physical Activity Program (KPAP) courses are designed to introduce participants to a variety of physical activities as an academic discipline that involves the study of movement and its impact on health, society, and quality of life (AKA, <http://americankinesiology.org/Content/Documents/Position%20Statement_2.pdf>). The Kinesiology Physical Activity Program (KPAP) courses are supported by knowledge gained from professional practices centered on physical activity, and knowledge gained from personal physical activity experiences (AKA, <http://americankinesiology.org/SubPages/Pages/Learning%20Outcomes>)

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| **#** | **LEARNING OBJECTIVE** | **DEGREE COMPETENCIES ADDRESSED** | **DIRECT/INDIRECT ASSESSMENT TOOL** |
| 1. | Students will be able to have a Basic Knowledge of the history of Aikido. | Cultural, Historical, and Philosophical Dimensions of Physical Activity | Pop-Written Quizzes, Online Tests (#1/#2),  Written Tests (#1/#2) |
| 2. | Students will be able to understand and demonstrate for basic stances, basic movements, and basic techniques. | The Practice of Physical Activity | Pop-Written Quizzes, Online Tests ((#1/#2),  Final Practical,  Written Tests ((#1/#2) |
| 3. | Students will be able to understand and demonstrate how to fall backwards, roll backwards, and roll forwards safely. | The Practice of Physical Activity | Midterm and Final Practical |
| 4. | Students will be able to understand and demonstrate proper weapons handling (wooden knife and wooden sword) individually and with a partner. | The Practice of Physical Activity | Midterm and Final Practical, Written Tests ((#1/#2),  Online Tests ((#1/#2) |
| 5. | Students will be able to understand and demonstrate how to use bodyweight transfer through basic stances and basic technique. | The Practice of Physical Activity | Midterm and Final Practical, Written Tests ((#1/#2), Online Tests ((#1/#2) |

# Additional Course Information

N/A

# Course Materials

*Doshinkan Aikido: An Introduction*, by Yukio Utada- $30.00

* Purchase online at <http://www.doshikan-aikido.org/?page_id-216>
* Under the “Purchase Merchandise” tab, select “Doshinkan Aikido, Introduction Book.” You will be directed to PayPal for the final purchase.
* Required for mid-term and final Tests (written).

Dogi (Training Uniform)

* Must be white
* ProForce 5 oz. Ultra Lightweight Student Uniform ($20-$25 depending on size) can be purchased on Amazon. A general sizing guide has been included below.
* If a student already owns a dogi, they may use it for this course provided that it is plain white and absent of any writing, patches, insignia, and school names.

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| **Size** | **Height** | **Weight** |
| 1 | 4’3” – 4’8” | 70 – 100 lbs |
| 2 | 4’8” – 5’1” | 90 – 120 lbs |
| 3 | 5’1” – 5’6” | 110 – 150 lbs |
| 4 | 5’6” – 5’11” | 140 – 180 lbs |
| 5 | 5’11” – 6’2” | 170 – 210 lbs |
| 6 | 6’2” – 6’5” | 200 – 240 lbs |
| 7 | 6’5” – 6’8” | 230 – 270 lbs |

Both the handbook and dogi must be purchased within two weeks, the sooner the better. If you have not purchased them by this time, you must still attend class, but will not be allowed to participate until you have the necessary items. It is essential that all training materials be brought to class **every day**, as class preparation is factored into the “Attitude” portion of your final grade for this course.

**Please write you name on the inside of the front cover of your handbook.** Students frequently leave their handbooks in the room, and if we see a name we will know whom to return the book to.

# Required Course Assignments

Take-home assignments are not a component of this course. However, you will be expected to spend time outside of class studying for quizzes and Tests, and reviewing physical techniques. For this reason it is recommended that you exchange contact information with you training partners. Below you will find deadlines for the online Tests, and dates for in-class physical Tests; **canvas online Tests open on date below and close at the date of your in-class physical exam**.

Midterm Dates: Feb. 25 (Canvas/Online, In-Class Written), Feb. 27(In-Class Physical).

Final Dates: Apr. 24(Canvas/Online, In-Class Written), Apr. 26(In-Class Physical

# Grading Scale

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| --- | --- | --- | --- | --- |
| 93-100 A | 87-89 B+ | 77-79 C+ | 67-69 D+ | 0-59 F |
| 90-92 A- | 83-86 B | 73-76 C | 63-66 D |  |
|  | 80-82 B- | 70-72 C- | 60-62 D- |  |

Each assignment will receive a numerical grade and be weighted in the calculation of a final numerical grade as indicated above.

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|  | **Assignment** | **Format** | **% of Final Grade** |
| 1 | Knowledge | Chapter quizzes, online and written Tests | 30% |
| 2 | Skill | Physical Midterm and Final | 60% |
| 3 | Participation | Pop-quizzes, attendance, attitude, etc. | 10% |

Your grade may be curved according to how well your peers do. This is entirely at the discretion of Utada Sensei, and is decided on semester at a time.

Knowledge:

Based upon several quizzes, an online mid-term and final exam, as well as a written mid-term and final exam. All test questions are located in the back of your handbook and you can study for the Tests well in advance, should you choose to. Please note, that while the written Tests are included in the back of the book, you should **not** record you answers until the time of the actual test. Write out the questions and answers on a separate sheet of paper for studying.

Any quizzes or Tests taken late **without approval** from an instructor will be automatically be graded on a **20% deduction**.

Skill:

Throughout the semester, you will be taught the basic movements of Aikido, which form the basis of the open-hand techniques on which you will be tested. You will also be taught several exercises with weapons, performed both solo and with a partner, and different types of break-falls. The handbook provides significant description of these techniques, but is meant to be a supplement, not substitute, to your training. The physical midterm and final Tests are cumulative and will cover all the techniques learned in class. Physical tests are worth **twice as much** as written quizzes and Tests when it comes to calculating your final grade, so please do not waste the time provided for training in class.

Participation:

Your attendance and attitude during class will be factored into this portion of your grade. Remember that participation includes coming prepared for class each day with your Dogi and Handbook.

Extra Credit:

Details about off-campus opportunities (Clinics (Jan.26, Mar.26) & Workshops (Feb 23), Beach Training (Apr.19, 20, 21)will be provided during class; the dates for these off-campus opportunities have been scheduled below. Extra credit is applied only to your written Tests and quiz grades; it is not a substitute for coming to class.

# Policy on Attendance and Participation

Each student is allowed three excused absences, for any reason, without penalty. After three absences, each subsequent absence will result in a grade deduction. If you would normally receive an A then you would get an A-, B+ to a B, and etc. ***Exceptions after the three-day limit will be made for students with notes from a doctor.***

Please arrive on time to class each day. Not only will tardiness affect your grade, but it is also a distraction and inconvenience to others, since a great deal of your training will involve working with a partner. **If you are late to class three times, it will count as one absence. Any student arriving more than 15 minutes late for class will be considered absent.**

We are aware that many students have classes across campus and may need to be slightly tardy each day. If this is the case, please let us know as soon as possible so that we can ensure that your grade is not penalized.

If you do arrive to class late, as a safety measure, please wait at the edge of the mat for the instructor or an assistant to acknowledge you before coming onto the mat and training. Please remember that it is ***your*** responsibility to see an assistantafter class to make certain you have not been marked absent for that day. If you have not changed your attendance record by the end of class, there will be no further opportunity to change the attendance book records.

# E-mail

During the semester, I will try to return your e-mail within 36 hours unless I am out of the office or the university is closed. E-mails sent after noon on Fridays will generally not be returned until Monday—please plan accordingly. Additionally, please refer to assistant instructors emails, which are above (see 1st page), and please e-mail teaching assistants first.

# Course Minimum Grade

The College of Public Health requires that all students achieve a minimum grade of “C” for all courses which are considered required for their major. Please check the undergraduate bulletin (<http://bulletin.temple.edu/undergraduate/>) to confirm if this class is a major requirement for your program. For further questions, please see your academic advisor.

# Incomplete

A student will be eligible for a grade of “Incomplete” only if he/she: 1) has completed at least 51% of the work at a passing level, 2) is unable to complete the work for a serious reason beyond his or her control, and 3) files a signed agreement with the instructor outlining the work to be completed and the timeframe in which that work will be completed. The student is responsible for initiating this process and all incomplete forms must be sent to the Associate Dean for Academic Affairs prior to the start of study days in that semester. (Please refer to the following link for more details:  [http://policies.temple.edu/PDF/41.pdf)](http://policies.temple.edu/PDF/41.pdf).

# Withdrawal from the Course

If a student wishes to withdraw from a course, it is the student’s responsibility to meet the deadline for the last day to withdraw within the current semester ([www.temple.edu/registrar/documents/calendars/](http://www.temple.edu/registrar/documents/calendars/) ). Please consult the University policy on withdrawals ([http://policies.temple.edu/PDF/337.pdf)](http://policies.temple.edu/PDF/337.pdf).

# Statement on Academic Rights & Responsibilities

Freedom to teach and freedom to learn are inseparable facets of academic freedom. The University has a policy on Student and Faculty Academic Rights and Responsibilities (Policy #03.70.02), which can be accessed at <http://policies.temple.edu/PDF/99.pdf>.

# Academic Honesty

According to the University Student Code of Conduct, students must not commit, attempt to commit, aid, encourage, facilitate, or solicit the commission of academic dishonesty and impropriety including plagiarism, academic cheating, and selling lecture notes or other information provided by an instructor without the instructor’s authorization. Violations may result in failing the assignment and/or failing the course, and/or other sanctions as enumerated in the University Code of Conduct, which can be accessed at <http://studentconduct.temple.edu/policies>.

# Disability Disclosure Statement

Any student who has a need for accommodation based on the impact of a documented disability should contact Disability Resources and Services (DRS), Ritter Annex 100, (215) 204-1280 or 215-204-1786 (TTY) or [drs@temple.edu](mailto:drs@temple.edu), to make arrangements. Students requesting accommodations should meet with the instructor as soon as possible after the start of classes to discuss their needs and to provide documentation from DRS. Accommodations are not retroactive.

# Counseling Services

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation. These concerns or stressful events may lead to diminished academic performance and ability to participate in daily activities. Counseling services are available to assist you. Please refer to the Tuttleman Counseling Center at <https://www.temple.edu/temple-students/health-and-wellness/health-and-counseling>

# Sexual Misconduct

Temple University is committed to providing a learning and working environment that emphasizes the dignity and worth of every member of its community, free from discriminatory conduct. Sexual harassment in any form or context is contrary to this commitment and will not be tolerated. Please refer to the University policy on sexual harassment at: <http://policies.temple.edu/PDF/366.pdf> Additional resources related to sexual harassment and ways in which to report an incident can be found at: <http://sexualmisconduct.temple.edu/>

# Permission to Record

Due to the potentially sensitive nature of the material discussed in class, recording of lectures and guest speakers is not permitted without express permission of the faculty member.  Recording of lectures as a disability accommodation is permitted, but individual students should speak with the course instructor in advance so that it can be done appropriately and respectfully of those participating in class discussion. Students may not reproduce, sell or otherwise distribute any recorded materials for purposes other than educational reasons.

# Library Resources

Students may request appointments with Librarians, who can provide targeted assistance at all stages of your project, including exploring a topic, test-driving Temple’s academic research tools, and identifying and citing sources. A Subject Librarian has particular skills to focus on your major or the class you are taking. If you don't know your Subject Librarian feel free to reach out to any librarian who will help you make that connection.Schedule appointments individually or in small groups. Easy access to program specific resources may be found in Library research guides <http://guides.temple.edu/hsl>.

College of Public Health students should be aware that there are multiple campus libraries available to them. The Health Sciences site highlights resources typically used by those in the health professions. Find it by clicking on the Health Sciences Libraries link in top left part of the TULibraries webpage<https://library.temple.edu/> or go directly there <https://library.temple.edu/hsl>.

Ways to make contact:

         Health Sciences Librarians <https://library.temple.edu/hsl/services/reference>

         Use the Ask a Librarian Service at <https://library.temple.edu/hsl/ask>

# Continuity of Instruction in Event of Emergency

Students are to register for the TUAlert System to be made aware of University closures due to weather or other emergency situations and follow all additional university-wide emergency instruction. Students can register for this system on the following site: <http://www.temple.edu/safety/tuready>/. In the event of an emergency, class materials/instructions will be provided in a web-based format via Canvas or web-ex. Students registered for the class will be alerted to any alternate testing procedures and submission of assignment requirements from the instructor via email.

# General Policies

All University (<http://bulletin.temple.edu/undergraduate/academic-policies/> and [www.temple.edu/grad/policies/index.htm](http://www.temple.edu/grad/policies/index.htm)) and College of Public Health policies will be upheld. The *Undergraduate Student Handbook* for the College of Public Health details College expectations: (<http://cph.temple.edu/student-handbooks>)

Course Specific:

Absolutely no food, drink, gum, or smoking is allowed in the room, or on the mat, at any time.

Out of respect for others, cell phones ***must*** be silenced at the beginning of each class.

We are not responsible for any lost/stolen articles. To prevent problems from arising, please place your personal belongings away from the doorway and along the side of the room in the spaces provided.

If you need to leave the mat during class, please let one of the assistants know so that we don’t assume you are sick or injured. This includes, but is not limited to, water breaks and bathroom trips.

Please remember that the room we use for class is an Aikido dojo. Before, during, and after class, please refrain from using this space for other purposes (i.e. dancing, gymnastics, other martial arts).

This class involves significant physical contact with other people. Under no circumstances are you ever to fight in class or sexually harass other students. If any problems arise, please talk to one of the assistants.

Clothing:

You are required to wear your Dogi during class ***every day***. Please do not wear any jeans or sweatpants. If you wear a shirt underneath your Dogi, please wear plain, preferably white, tee shirts. Sweatshirts are not permitted underneath uniforms. To prevent injury, please make sure that your clothing does not have any zippers, buttons, buckles, or snaps.

All jewelry and watches must be removed prior to class. If you have any body piercing which cannot be removed, please come prepared to cover it with sports tape every day.

Students most often train in bare feet, but socks are permitted on the mat. Feel free to wear cloth sweatbands and eyeglasses while training if necessary. Long hair should be tied back to prevent injury.

Injury & Medical Problems:

On the first day of class, you will be asked to fill out a form listing any physical limitations you have that may affect your participation in this course. You are welcome to discuss with the instructor or assistants any issues which you feel are relevant. It is important that we are aware of any problems or concerns so that we can help you benefit as much as possible from your training. If you find that you are unable to perform a movement in class because of a medical issue, please let someone know *immediately* so that injury is prevented.

# Course Schedule

**Week 1: January 14-January 17, 2019**

* Read Chapter 1 Introduction to Aikido (IA)
* In-Class: Kamae, Basic Moving in Aikido: Shuffle Forward and Backward, Open Step, Cross-Step In and Cross-Step Back
* Basic Movements: Pivoting (180° Pivot and 95° Pivot)

**Week 2: January 21-January 25, 2019**

* **Monday: Dr. Martin Luther King, Jr. Day! No Class ☺**
* Read Chapter 2 and 3 of IA
* Basic Breakfalls: Back Breakfall # 1 and Back Breakfall #2
* Basic Technique: One Hand Grasp Face Thrust # 2 (Opposite Stance [Gyaku Hamni])
* **Extra Credit Opportunity 1: January 26th,** Seminar with Utada Kancho, Doshinkan Aikido Dojo

**Week 3: January 28-February 1, 2019**

* Review Chapter 2; Read Chapter 4 Nikkajo and Sokumen Iriminage Sections in IA
* Basic Movements: Elbow Power # 1 (Hiriki No Yosei Ichi), Elbow Power #2 (Hiriki No Yosei Ni), Cross Step-In Body Change (Taihenko Ichi [2 kinds])
* Basic Techniques: Cross Hand Grasp 2nd Control Pin # 1 and Pin # 2 (Mutual Stance [Ai Hamni]), Sleeve Grasp Side Step-In Throw Number 1 (Mutual Stance [Ai Hamni])

**Week 4: February 4-February 8, 2019**

* Review Sokumen Iriminage Section; Read Chapter 5 and 6 All in IA
* Basic Movements: Shuffle Step-In Body Change (Taihenko Ichi [2 kinds])
* Basic Technique: Body Thrust Side Step-In Throw #1 (Mutual Stance [Ai Hamni])
* Weapons: Tanto Stances (6 Kinds) Gyakute, Junte, Hitoemi, Tsuki, Morote, Gedan Hitoemi
* Weapons With Partner: Ten Tanto Movements with Partner (Jyu No Kumi Tanto Ichi)

**Week 5: February 11-February 15, 2019**

* Practice for Midterm Practical Exam
* Review Tanto Section in Chapter 5 in IA

**Week 6: February 18-February 22, 2019**

* Review Chapter 6 in IA for Test Etiquette for midterm.
* Practice for Midterm Practical Exam
* Mock Test Exam
* Review
* **Extra Credit Opportunity 2: February 23rd,** Weapons Seminar with Utada Kancho at Doshinkan Dojo

**Week 7: Midterms, February 25-March 1, 2019**

* **February 25th, 2019: In-Class Written Midterm Exam**
* **Canvas Midterm Online Exam Opens February 25th, 2019 and Closes February 27th, 2019; Canvas Exam Will Close at the Start Time of Class for Your Section.**
* **February 27th, 2019: In-Class Physical Exam**
* Basic Movement: After Class Exercise #1 (Shumatsu Dosa Ichi)
* Basic Technique: Side Strike All Direction Throw Pin #1 (Mutual Stance [Ai Hamni])

**Week 8: March 4-March 10, 2019: HAPPY SPRING BREAK!**

**Week 9: March 11-March 15, 2019**

* Chapter 4: Shihonage and Iriminage sections
* Basic Movements: After Class Exercise # 2 (Shumatsu Dosa Ni)
* Basic Techniques: Side-Strike All Direction Throw Pin #2 (Opposite Stance [Gyaku Hamni]), Face Thrust Step-In Throw #1
* **Extra Credit Opportunity 3: March 16th**, Seminar with Utada Kancho at Doshinkan Dojo.

**Week 10: March 18-March 22, 2019**

* **Monday, March 18th 2019, LAST DAY TO WITHDRAW from a 16 week course.**
* Review Chapter 5.
* Basic Technique: Face Punch Step-In Throw # 2
* Weapons: Bokken Stances (5 Kinds) Chudan, Jodan, Hasso, Waki, Gedan
* Weapons with Partner: 10 Bokken Movements with Partner, (Jyu No KumiTachi Ichi)

**Week 11: March 25-March 29, 2019**

* **November 1, 2018: Priority Registration for Spring-semester 2019 Begins: Aikido II is Available for Spring Semesters.**
* Read Chapter 4: Kotegaeshi Section in IA, Review Chapter 3
* Basic Breakfalls: Forward Roll # 1 and # 2 (Zenpo Kaiten Ichi and Ni), Backward Roll #2 (Koho Kaiten Ni)
* Basic Technique: Cross Hand Grasp Reverse Hand Throw # 1 (Mutual Stance [Ai Hamni])

**Week 12: April 1-April 5, 2019**

* In Class Practice for Final.

**Week 13: April 8-April 12, 2019**

* In Class Practice for Final

**Week 14: April 15-April 19, 2019**

* Review Chapter 6 Test Etiquette and Chapter 5 in IA for Final and for Mock Test for Week of November 30, 2018.
* In Class Practice for Final
* Review and Mock Test
* **Extra Credit Opportunity 4:** Beach Retreat Training in New Jersey, **April 19th-April 21st**

**Week 15: April 22-April 26, 2019**

* **April 24th 2019: In-Class Written Final Exam**
* **Canvas Online Final Exam Opens April 24th and Closes April 26th 2019; Canvas Exam Will Close at the Start of Class for your Section.**
* **April 26th 2018: In-Class Final Physical Exam**

**Week 16: April 29-May 1,**

* **Study Week! GOOD LUCK ON FINALS and CONGRATULATIONS TO CLASS OF 2019 GRADUATES! OSU**