

**PE 129 Karate and Self-defense  
(Spring 2008, MWF 8:30 to 9:20 am)**

**Instructor:** Albert Ikeda

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**Office hours:** MWF: 8 to 8:30 am  
10:30 to 11:00 am  
By appointment.

**Office:** Gym 103 H

**Fax:** 772-365-2471

**Location:** Mezzanine

**TTh:** 9:30 to 10:00 pm

**Catalog Description:**

The course focuses on the history, philosophy, and basic knowledge of karate, self-defense and martial arts in general. Students are introduced and taught a variety of skills in karate, self-defense, and martial arts with an emphasis on self-discipline. These are to be accomplished by participating in lectures, discussions, and various exercise programs such as punching, kicking, blocking, and with emphasis on physical fitness, respect, and attitudes.

**Course Objectives:**

At the conclusion of the course, students will be able to:

1. Explain the philosophy and history of karate.
2. Apply terminology and basic principles of karate.
3. Demonstrate basic skills such as punching, blocking, striking, and kicking.
4. Improve personal health and fitness.
5. Demonstrate karate forms.
6. Apply techniques such as release, grasp-re-grasp, and joint locks for self-defense and neutralization of an attack.

**Course Topics:**

- A. Lectures: Class orientation, general introduction; history, legend, styles and development of modern karate; principles, philosophy, and fundamental knowledge of karate.
- B. Class Activity: Basic karate skills such as punching, blocking, kicking and so on; applications in self-defense; sparing; Shotokan Karate Kata (form).

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**Instructional Activities and Methodology:**

A developmental and systematic approach will be employed for teaching this course. Students will be provided with a variety of practice sessions and activities to improve their cognitive knowledge and motor skills.

**Evaluation:**

<b>A. Skill Tests (35%)</b>	<b>350 points</b>
Test 1: Step in punching face and stomach, step back rising block & outside-center block; front kick, step back downward block.	60
Test 2: Step back inside block, knife hand block, & side snap kick.	30
Test 3: Three-step sparing: punching stomach, face, and front snap kick; outside-center, rising, and downward block.	30
Test 4: Heian Shodan Kata (Form)	30
Test 5: Final Skill Test:	200
a. Fundamental skills: five blocks, two punches (face and stomach), two kicks (front and side snap).	
b. Sparing: Three step sparing.	
c. Shotokan Karate Kata Form: Heian Shodan	

<b>B. Written Exams (35%)</b>	<b>350 points</b>
First Written Exam:	100
Second Written Exam:	100
Third Written Exam:	100
(The lowest exams' grades will be dropped from the three above exams)	
Final Exam:	150

<b>C. Participation and Motivation (30 %)</b>	<b>300 points</b>
Students will earn <b>200 points</b> toward their final grade if they do not miss more than <b>three (3)</b> classes.	
Students will earn <b>100 points</b> if they are motivated and actively participating all of the activities of the class (it is my subjective evaluations for each student).	

**D. Grading Summary:**

**A=900 – 1000   B=800 – 890   C=700 – 790   D=600 – 690   F=0 – 590**

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**Class Attendance Policy:**

- A.** You are expected to attend the class at the scheduled times. If you are tardy, your absence will be counted and considered for your final grade. The Maximum of **three (3)** absences (one-week class) will be allowed without penalty for the semester. **These three allowances are only to be used for illness and emergencies. There are no UNEXCUSED absences in this class.** It is strongly suggested that you communicate with the instructor before and after you miss the class for whatever the reason you have.
- B.** After 3 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted for the next two absences, and 100 points will be deducted from the Sixth (6) absence. If you miss more than Eight (8) classes, you will fail the class.**
- C.** Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D.** Students are expected to come to the class on time. If you arrive after roll call, you are late. You are allowed to be late **two (2) times**. After two times, **10 points will be deducted for each tardy occurrence.**
- E.** Under the special circumstances, I may give opportunities to let a student to make up his/her absences if I consider the absences to be reasonable. For example, family emergency and accident are reasonable absences.

**Honor Code:**

*Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences.*

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**General Requirements and Information:**

- A.** No food, drinks, or gum chewing is allowed.
- B. Dress:** Loose sports wear, t-shirts, shorts, sweat pants, etc. are required and highly recommended. **No Jeans except at lecture sessions.**  
**Failure to wear proper Gym cloth may result in a penalty absence.**
- C.** Glasses worn should be secured and do not wear jewelry in class.
- D. Attention:** Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

**Text Book**

No textbook is required and I will provide handouts. You are responsible to take notes.

PE 129		MWF	Karate and Self-Defense Calendar
W	Month	Day	Activities
	<b>January</b>		
1	Jan 16	W	Introduction
	Jan 18	F	Skill preparation
2	Jan 21	M	<b>No Class – Martin Luther King Jr. holiday ☺</b>
	Jan 23	W	Skill practice
	Jan 25	F	Skill practice
3	Jan 28	M	Skill practice
	Jan 30	W	Lecture
	<b>February</b>		
	Feb 1	F	Skill practice
4	Feb 4	M	Skill practice
	Feb 6	W	Lecture
	Feb 8	F	<b>Skill Test 1</b>
5	Feb 11	M	Skill practice
	Feb 13	W	<b>First Written Exam and Lecture</b>
	Feb 15	F	Skill practice
6	Feb 18	M	Skill practice
	Feb 20	W	Go over First Written Exam and Lecture
	Feb 22	F	Skill practice
7	Feb 25	M	Lecture
	Feb 27	W	Skill practice
	Feb 29	F	<b>Skill Test 2</b>

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	<b>March</b>		
8	Mar 3	M	Skill practice
	Mar 5	W	Skill practice
	Mar 7	F	<b>Second Written Exam</b>
9	Mar 10	M	<b>No Class – Spring recess ☺</b>
	Mar 12	W	<b>No Class – Spring recess ☺</b>
	Mar 14	F	<b>No Class – Spring recess ☺</b>
10	Mar 17	M	Skill practice
	Mar 19	W	Skill practice
	Mar 21	F	Go over Exam 2 and Skill practice
11	Mar 24	M	<b>Skill Test 3</b>
	Mar 26	W	Skill practice
	Mar 28	F	Lecture
12	Mar 31	M	Skill practice
	<b>April</b>		
	Apr 2	W	Skill practice
	Apr 4	F	Skill practice
13	Apr 7	M	<b>Third Written Exam</b>
	Apr 9	W	Skill practice
	Apr 11	F	<b>Skill Test 4</b>
14	Apr 14	M	Skill practice
	Apr 16	W	Skill practice
	Apr 18	F	Skill practice
15	Apr 21	M	Final Exam Review
	Apr 23	W	Final Skill Test Review
	Apr 25	F	<b>Final Skill Test</b>
16	Apr 28	M	<b>Final Exam</b>

All dates and activities are subject to change. Instructor will give proper notice of such change(s).