

PE 129 Karate and Self-defense
(Fall 2008, MWF 12:50 to 1:40 pm)

Instructor: Dr. Yang, Guibao
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Office hour: MWF: 11:15 to 11:45 am
MW: 3:15 to 3:45 pm

Office: Gym 103 H
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Location: Mezzanine
TTh: 4:00 to 5:00 pm
Also by an appointment.

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 definition of self-defense as it may be interpreted under the law and a philosophy that emphasizes avoidance of conflicts.
2. Explain the philosophy and history of karate.
3. Apply terminology and basic principles of karate.
4. Demonstrate basic skills such as punching, blocking, striking, and kicking.
5. Apply techniques such as release, grasp-re-grasp, and joint locks for self-defense and neutralization of an attack.
6. Improve personal health and fitness.
7. Demonstrate karate forms.
8. Explain variety perspectives on the sex assault avoidance.

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).

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:

A. Skill Tests (35%) 350 points

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. Written Exams (35%) 350 points

First Written Exam:	100
Second Written Exam:	100
Third Written Exam:	100
(One of the lowest exams' grades will be dropped)	
Final Exam:	150

C. Participation and Motivation (30 %) 300 points

Students will earn **200 points** toward their final grade if they do not miss more than **three (3)** classes.

Students will earn **100 points** if they are motivated and actively participating all of the activities of the class (it is my subjective evaluations to each student).

D. Grading Summary:

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

Class Attendance Policy:

- A. You are expected to attend the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. The Maximum **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 me 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 absence and after. If you miss more than Eight (8) classes, you automatically 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 automatically from each tardy.**
- E.** Under the special circumstances, I may give opportunities to let a student to make his/her absences if I consider the absences to be reasonable for example, family emergency and accident etc. The student must give me the solid reasons why he/she misses each class.

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.

General Requirements and Information:

- A.** No food, drinks, or gum chewing is allowed.
- B. Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C.** Glasses worn should be secured and try not to 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 are required and I will give handouts. You are responsible to take notes.

PE 129		MWF	Karate and Self-Defense Calendar
W	Month	Day	Activities
	August		
1	27-Aug	W	Introduction
	29-Aug	F	Skill preparation
	September		
2	1-Sep	M	Labor Day-No class
	3-Sep	W	Skill practice
	5-Sep	F	Skill practice
3	8-Sep	M	Skill practice
	10-Sep	W	Lecture
	12-Sep	F	Skill practice
4	15-Sep	M	Skill practice
	17-Sep	W	Lecture
	19-Sep	F	Skill Test 1
5	22-Sep	M	Skill practice
	24-Sep	W	First Written Exam and Lecture
	26-Sep	F	Skill practice
	October		
6	29-Sep	M	Skill practice
	1-Oct	W	Go over First Written Exam and Lecture
	3-Oct	F	Skill practice
7	6-Oct	M	Fall Break
	8-Oct	W	Lecture
	10-Oct	F	Skill Test 2
8	13-Oct	M	Fall Break-No class
	15-Oct	W	Lecture
	17-Oct	F	Skill practice
9	20-Oct	M	Skill practice
	22-Oct	W	Second Written Exam
	24-Oct	F	Skill practice
10	27-Oct	M	Skill practice
	29-Oct	W	Go over Exam 2 and Lecture
	31-Oct	F	Skill Test 3
	November		
11	3-Nov	M	Skill practice
	5-Nov	W	Lecture
	7-Nov	F	Skill practice
12	10-Nov	M	Skill practice
	12-Nov	W	Skill practice
	14-Nov	F	Third Written Exam
13	17-Nov	M	Skill Test 4
	19-Nov	W	Final Exam Reviewing
	21-Nov	F	Skill practice
14	24-Nov	M	Skill practice
	26-Nov	W	Thanksgiving Recess
	28-Nov	F	Thanksgiving Recess
	December		
15	1-Dec	M	Final Skill Test Review
	3-Dec	W	Final Skill Test
	5-Dec	F	Final Exam Review
16	8-Dec	M	Final Exam

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