

PE 129 Karate
(Spring 2005, MWF 10:40 to 12:30 pm)

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Office hour: MWF: 1:00 to 2:00 pm
Also by appointment.

Office: Gym 103 H
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Location: Mezzanine
TTh: 10:30 to 11:30 am

Catalog Description:

The course focuses on improving students' fundamental knowledge, history, philosophy, and a variety of skills in modern karate and martial art. This is accomplished by participating in lectures, discussions, and various exercise programs such as punching, kicking, blocking, and with emphasis on physical fitness, attitudes, and self-discipline.

Course Objectives:

At the conclusion of the course, the student 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 of Karate and its history.
3. Apply the fundamental terminology and principles of Karate.
4. Demonstrate basic skills such as punching, blocking, striking, and kicking.
5. Use and apply techniques such as release, grasp-re-grasp, and joint locks in self-defense and neutralization of an attack.
6. Improve the fitness components for self-defense and better health.
7. Demonstrate fundamental technique formation.
8. Explain varying perspectives on sex assaults avoidance.

Course Topics:

- A. Lectures: Class orientation and general introduction; history, legend, styles and development of modern Karate; principles, philosophy, and fundamental knowledge of Karate.
- B. Class Activity: Fundamental techniques of punching, blocking, kicking, striking, releasing, grasping, joint blocking; Application of self-defense; Three steps and one step sparing; First Shotokan Karate Kata (form).

Instructional Activities and Methodology:

A developmental and systematic approach will be employed to the content of this course. Students will be provided with variety of practice sessions and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

Evaluation:

A. Skill Tests (35%) 350 points

Test 1: Step in and punching stomach and face, step back outside-center block and rising block; front snap 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 (Rising, downward, inside, outside-center, and knife hand), two punches (face and stomach), two kicks (front and side snap).	
b. Sparing: Three step sparing.	
c. Heian Shodan Kata	

B. Written Exams (35%) 350 points

First Written Exam:	100
Second Written Exam:	100
Third Written Exam:	100
(The lowest exam grade will be dropped)	
Final Exam:	150

C. Participation (30%) 300 points

About one third of your final grade will be based on participation. Students will gain 30 points toward their final grade if they are actively participating classes and do not miss more than three (3) classes.

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 class at scheduled times, thus tardy and absences will be counted and considered in your final evaluation. Maximum **three (3)** absences (one-week class) will be allowed without

penalty for the semester. These are to be used for illness, emergencies, weddings, etc.

- B. After 3 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted from next 2 consecutive absences and 100 points will be deducted in the Sixth absence there after.**
- C. Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D. **Three (3)** tardy will equal to one class absence.
- E. I may give some opportunities to let you make up one or two absence if I consider them to be reasonable. However you must communicate with me in advance.

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 of disciplinary probation, suspension, and/or dismissal from the college.

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. Gym clothing is required in the class.
- D. Glasses worn should be secured and try not to wear jewelry in class.
- E. **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

Although a textbook will not be required for the course, handouts and class notes will be the responsibility of the students.

PE 129 Karate MWF Class Calendar, Spring 2005

Week	Day	Date	Activities
1.	W	1/19	Introduction
	F	1/21	Introduction, flexibility test, and skill preparation
2.	M	1/24	Skill practice
	W	1/26	Skill practice
	F	1/28	Skill practice
3.	M	1/31	Skill practice
	W	2/2	Lecture
	F	2/4	Skill practice
4.	M	2/7	Skill practice
	W	2/9	Lecture
	F	2/11	No Class, Teacher goes to conference
5.	M	2/14	Skill Test 1
	W	2/16	First Written Exam and Lecture
	F	2/18	Skill practice
6.	M	2/21	Skill practice
	W	2/23	Go over First Written Exam and Lecture
	F	2/25	Skill practice
7.	M	2/28	Skill practice
	W	3/2	Lecture
	F	3/4	Skill Test 2
8.	M	3/7	Skill Practice
	W	3/9	Second Written Exam
	F	3/11	Skill practice
9.	M	3/14-18	Spring Break
10.	M	3/21	Skill practice
	W	3/23	Go over Exam 2 and Lecture
	F	3/25	Skill practice
11.	M	3/28	Skill practice
	W	3/30	Lecture
	F	4/1	Skill Test 3
12.	M	4/4	Skill practice
	W	4/6	Lecture
	F	4/8	Skill practice
13.	M	4/11	Skill practice
	W	4/13	Third Written Exam and Lecture
	F	4/15	Skill Test 4
14.	M	4/18	Skill practice
	W	4/20	Lecture
	F	4/22	Skill Practice
15.	M	4/25	Final Skill Test reviewing, flexibility post test
	W	4/27	Final Skill Test
	F	4/29	Final Exam reviewing
16.	M	5/2	Final Exam