

**PE 129 Karate and Self-defense**  
**(Fall 2009, MWF 12:50 to 1:40 pm)**

**Instructor: Dr. Yang, Guibao**

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**Office hour: MWF: 11:00 to 11:45 am**

**MW: 2:00 to 2:30 pm**

**Office: Gym 103 H**

**Fax: 770-784-4677**

**Location: Williams Hall**

**TTh: 10:30 to 11:30 pm**

**Also by an appointment.**

**Catalog Description:**

Introduction to the history, philosophy, and basic knowledge of karate, self-defense and martial arts in general. Students are introduced and taught with 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 sessions, discussions, and a various exercise programs such as punching, kicking, blocking 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 a various 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 etc.; 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 lecture and 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/presentation	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** for 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 all of 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 should only be used for serious illness and emergencies. There are no UNEXCUSED absences in this class.** It is strongly suggested that you communicate with me before or immediate after you plan or have missed a class for whatever reasons you have.
- B. After allowed 3 absences, each following absence will face consequence of deduction of points off from your participation grade. **50 points will be deducted for each absence from number four to six (4,5,6). 100 points will be deducted**

**for number seven (7). After that, if you have eight (8) or more absences, you will automatically fail this class.**

- C. Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.
- 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 for **two times without a penalty**. After two times, **10 points will automatically be deducted from each tardy**.
- 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 and the student has no control of the situations. For example, if you have to use your allowed two absences for illness and emergency legitimately, and you cannot help to miss more classes, in this case, **it is your responsibility to initiate the meeting with me and present to me the justifiable reasons and record for the missed classes**. I will discuss with you and make decision accordingly. **If such a meeting called upon by you and you are giving opportunities to make up those missed classes, you are responsible to give effort and make them up within certain period of time.**

#### **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 cell phone**, food, drinks, or gum chewing is allowed in the class.
- B. Dress: Loose sportswear, 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 not be allowed to take part in the class and marked as an absence.**
- C. Try not to wear jewelry during classes and glasses worn should be secured.
- 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 me 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 fax a letter immediately 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
	<b>August</b>		
1	26-Aug	W	Introduction
	28-Aug	F	Skill preparation
2	31-Aug	M	Skill practice
	<b>September</b>		
	2-Sep	W	Skill practice
	4-Sep	F	Skill practice
3	7-Sep	M	Labor Day
	9-Sep	W	Lecture
	11-Sep	F	Skill practice
4	14-Sep	M	Skill practice
	16-Sep	W	Lecture
	18-Sep	F	<b>Skill Test 1</b>
5	21-Sep	M	Skill practice
	23-Sep	W	<b>First Written Exam and Lecture</b>
	25-Sep	F	Skill practice
	<b>October</b>		
6	28-Sep	M	Skill practice
	30-Sep	W	Go over First Written Exam and Lecture
	2-Oct	F	Skill practice
7	5-Oct	M	Skill practice
	7-Oct	W	Lecture
	9-Oct	F	<b>Skill Test 2</b>
8	12-Oct	M	<b>Fall Break-No class</b>
	14-Oct	W	Lecture
	16-Oct	F	Skill practice
9	19-Oct	M	Skill practice
	21-Oct	W	<b>Second Written Exam</b>
	23-Oct	F	Skill practice
10	26-Oct	M	Skill practice
	28-Oct	W	Go over Exam 2 and Lecture
	30-Oct	F	<b>Skill Test 3</b>
	<b>November</b>		
11	2-Nov	M	Skill practice
	4-Nov	W	Lecture
	6-Nov	F	Skill practice
12	9-Nov	M	Skill practice
	11-Nov	W	Skill practice
	13-Nov	F	<b>Third Written Exam</b>
13	16-Nov	M	<b>Skill Test 4</b>
	18-Nov	W	<b>Final Exam Reviewing</b>
	20-Nov	F	Skill practice
14	23-Nov	M	Skill practice
	25-Nov	W	<b>Thanksgiving Recess</b>
	27-Nov	F	<b>Thanksgiving Recess</b>
	<b>December</b>		
15	30-Nov	M	<b>Final Skill Test Review</b>
	2-Dec	W	<b>Final Skill Test</b>
	4-Dec	F	<b>Final Exam Review</b>
16	7-Dec	M	<b>Final Exam</b>

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