

PE 220 Karate

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Office hour: MWF—9:30-10:30 am;

Office: Gym 103 H
On campus phone: 4-8371
Location: Mezzanine
TTh---12:00-1:00pm

Course 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.

The Goals of the Course

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 Content (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 sparring; 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 a variety of practice sessions and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

Exams and Grading

A. Skill Tests

Test 1: Step in and punching stomach and face Step back and outside-center block and rising block front snap kick	5%
Test 2: Step in and punching stomach, step back inside block Side snap kick	5%
Test 3: Knife hand block, three step sparing in punching stomach, face, and front snap kick, blocking in outside-center, rising, and downward block.	5%
Test 4: Heian Shodan Kata (Form)	5%
Test 5: (Final Skill Test)	
a. Individual skills: step in attacking and step back Blocking (6 skills for each offense and defense)	
b. Sparing: Three step sparing	
c. Heian Shodan Kata	30%

B. Written Exams

First Exam:	10%
Second Exam:	20%
Third Exam:	20%

C. Grading Summary:

A=90 – 100 B=80 – 89 C=70 – 79 D=60 – 69 F=0 – 59

Attendance Policy

Students are expected to attend class regularly and punctually. Classes will begin promptly at scheduled times, thus tardiness and absences will be counted and considered in your final evaluation.

- A. Maximum three (3) absences will be allowed without penalty for the semester.
- B. Three (3) points will be deducted from the final grade on each of the absence thereafter.
- C. Three (3) tardy (5 min or more) will equal to one class absence.

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. **Attire:** Gym clothing is required in the class.
- 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 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

Secret of Shotokan Karate By Robin L Rielly

THE DIVISION OF PHYSICAL EDUCATION AND DANCE

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity that is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills
6. Awareness that there is an intrinsic relationship between body, mind and spirit and those inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions that espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

PE 220 Karate TTh Class Calendar, Fall 2001

Week	Day	Date	Activities	Assignment
1.	Th	8/30	Introduction	
2.	Tu Th	9/4 9/6	Introduction, flexibility test, and skill preparation Lecture, skill practice	
3.	Tu Th	9/11 9/13	Lecture, skill practice Lecture, skill practice	
4.	Tu Th	9/18 9/20	Lecture, skill practice Test 1, Form 1-6	
5.	Tu Th	9/25 9/27	First Written Exam Go over First Test and Exam	
6.	Tu Th	10/2 10/4	Lecture, skill practice No class, teacher goes to conference	
7.	Tu Th	10/9 10/11	Lecture, skill practice Lecture, skill practice	
8.	Tu Th	10/16 10/18	Mid-semester break Test 2, Form 7-12	
9.	Tu Th	10/23 10/25	Reviewing Exam 2, Skill practice Second Written Exam	
10.	Tu Th	10/30 11/1	Go over Exam 2, Skill practice Lecture, skill practice	
11.	Tu Th	11/6 11/8	Test 3, Form 13-18 Lecture, skill practice	
12.	Tu Th	11/13 11/15	Lecture, skill practice Lecture, skill practice	
13.	Tu Th	11/20 11/22	Test 4, Form 19-24 Lecture, Skill practice	
14.	Tu Th	11/27 11/29	Lecture, skill practice Final Skill Test reviewing, Flexibility post test	
15.	Tu Th	12/4 12/6	Final Skill Test Final Exam reviewing	
16.	Tu	12/11	Final Exam	