

PE 129 Karate and Self-defense
(Fall 13, MWF. 12:00 to 12:50 pm)

Instructor: Dr. Yang, Guibao

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Office hour: MWF: 12:50 to 1:50p and TTh: 11:15am to 11:50am, 1:05 to 1:40pm

Also by appointment.

Office: Gym 103 H

Fax: 770-784-4677

Location: Williams Gym 103

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.	45
Test 4: Heian Shodan Kata (Form)	45
Test 5: Final Skill Test:	170
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 and presentation (25%) 250 points

First Written Exam:	100
Presentation	50
Final Exam:	100

Participation and Motivation: 400 points (40 %)

Students may earn a total of **400 points** for their final grade if they do not miss any class or do not miss more than **three (3)** classes for serious illness and emergencies, and actively participating class activities. Student participation is a key for success in this class. 0 to 10 points will be given each day depending on how actively you are participating the class, for example, if you come class on time and follow instructions and actively work out, you will earn 10 points or even more, however, if you are in class but not very active, you might just earn 5 points etc.

100 points of your participation and motivation grade is from my observations and subjective evaluation of how motivated and active you are in class.

Grading Summary:

**A=920–1000 A-= 900-919 B+=880–899 B=820-879 B-800–819 C+=780–799
C=720-779 C-=700-719 D+=680-699 D=620–679 D-=600-619 F=0 – 599**

Department Class Attendance Policy: MWF (3) TTH (2) attendance policy

- a. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.
- b. You are expected to attend all classes at the scheduled time; therefore tardiness and absences will affect your final grade. **There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. A maximum of three (MWF)/two (TTH) absences for illness or emergencies maybe allowed with instructor's consent without penalty..** **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.
- c. **Five percent (5%) on MWF classes and seven percent (7%) on TTH classes of your final grade maybe deducted from your participation grade if you miss the class without a good reason. After the three or two (3/2) allowed absences for emergencies or**

serious illness, each additional and following absence will result in a 5% or 7% reduction of your **final grade**. If a cumulated deduction of your participation grade is over 35%, your final grade is going to be an automatic F.

d. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

e. At the end of the semester, **MAKE UP work may be provided at the instructor's discretion.** For make-up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Late Arrivals

Students are expected to come to the class on time. If you arrive after roll-call, you are late. **Three (3) late arrivals will be equivalent to one absence.** If you are late, you must see me **at the end of that class** to remind me to change your absence to a late. If you do not, **you may be counted absent even when you were in class.**

Leaving class early

Leaving class early without instructor's consent will be considered as an absent.

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.
- E.** No textbook are required and I will give handouts. You are responsible to take notes.

PE 129 MWF Karate/Self-defense

W	Month	Day	Activities
	August		
1	28-Aug	W	Introduction
	30-Aug	F	Skill preparation
	September		
2	2-Sep	M	Labor Day
	4-Sep	W	Skill practice
	6-Sep	F	Skill practice
3	9-Sep	M	Skill practice
	11-Sep	W	Lecture
	13-Sep	F	Skill practice
4	16-Sep	M	Skill practice
	18-Sep	W	Lecture
	20-Sep	F	Skill Test 1
5	23-Sep	M	Skill practice
	25-Sep	W	Lecture
	27-Sep	F	Skill practice
	October		
6	30-Sep	M	Skill practice
	2-Oct	W	Midterm Written Exam
	4-Oct	F	Skill practice
7	7-Oct	M	Skill practice
	9-Oct	W	Lecture
	11-Oct	F	Skill Test 2
8	14-Oct	M	Fall Break-No class
	16-Oct	W	Skill practice
	18-Oct	F	Skill practice
9	21-Oct	M	Skill practice
	23-Oct	W	Lecture
	25-Oct	F	Skill practice
10	28-Oct	M	Skill practice
	30-Oct	W	Skill practice
	November		
	1-Nov	F	Skill Test 3
11	3-Nov	M	Skill practice
	6-Nov	W	Lecture
	8-Nov	F	Skill practice
12	11-Nov	M	Skill practice
	13-Nov	W	Skill practice
	15-Nov	F	Skill practice
13	18-Nov	M	Skill practice
	20-Nov	W	<i>Thanksgiving Recess</i>
	22-Nov	F	<i>Thanksgiving Recess</i>
14	25-Nov	M	Skill practice
	27-Nov	W	Skill Test 4
	29-Nov	F	Final Skill Test Review
	December		
	2-Dec	M	Final Skill Test Review
15	4-Dec	W	Final Skill Test
	6-Dec	F	Final Exam Review
16	9-Dec	M	Final Exam

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