

PE 129 Karate
(Fall 2006, TTh 2:30 to 3:45 pm)

Instructor: Dr. Yang, Guibao
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Office hour: MWF: 10:45 to 11:45 am
Also by an appointment.

Office: Gym 103 H
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Location: Mezzanine
TTh: 3:45 to 5:30 pm

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 sparring: 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. Sparring: Three step sparring.	
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 (2) 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 **two (2)** absences (one-week class) will be allowed without

penalty for the semester. These are to be used for illness, emergencies, weddings, etc. It is strongly suggested that you communicate with me before and after you miss the class for whatever the reason you have. You will be reported to **College Academic Services** after you have 3 absences.

- B. After 2 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deduced in the Third absence, 70 points in Fourth absence. 100 points will be deduced from Fifth absence there after.**
- C. Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D. Students are expected to be in class on time. If you arrive after roll-call, you are late. **10 points will be deducted automatically.**
- E. I may give some opportunities to let you make up one or two absence if I consider them to be reasonable. You must give me the reason why you miss 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 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 127 Karate Tu. & Thurs. Class Calendar, Fall 2006

AUGUST	
TH 31	Syllabus and course introduction
SEPTEMBER	
TU 5	Introduction, flexibility test, and skill preparation
TH 7	Lecture and Skill practice
TU 12	Lecture and Skill practice
TH 14	Lecture and Skill practice
TU 19	Lecture and Skill practice
TH 21	Skill Test 1 and lecture
TU 26	Written Exam 1 and Skill practice
TH 28	Go over Exam 1 and Skill practice
OCTOBER	
TU 3**	Lecture and Skill practice
TH 5	Lecture and Skill practice
TU 10	Fall break – No class ☺
TH 12	Lecture and Skill practice
TU 17	Skill Test 2 and Lecture
TH 19	Lecture and Skill practice
TU 24	Written Exam 2 and Skill practice
TH 26	No class, professor goes to conference
TU 31	Lecture and Skill practice
NOVEMBER	
TH 2	Skill Test 3 and Lecture
TU 7	Lecture and Skill practice
TH 9	Lecture and Skill practice
TU 14	Lecture and Skill practice
TH 16	Written Exam 3 and Skill practice
TU 21	Skill Test 4 and Lecture
TH 23	Thanksgiving – no class
TU 28	Lecture and Skill practice
TH 30	Lecture and Skill practice
DECEMBER	
TU 5	Final Skill Test Reviewing
TH 7	Final Skill Test, Final Exam Reviewing
TU 12	FINAL EXAM

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