

PE 129 Karate
(Fall 2004, MWF 11:45 am to 12:35 pm)

Instructor: Dr. Yang, Guibao
Phone: 770-784-8371,
E-mail: gyang2@learnlink.emory.edu
Office hour: MWF: 10:30 to 11:30am
Also by appointment.

Office: Gym 103 H
Fax: 770-784-4677
Location: Mezzanine
TTh: 1:00pm to 2:00pm

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 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.

Exams and Grading

A. Skill Tests (35%)

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| Test 1: Step in and punching stomach and face, step back outside-center block and rising block; front snap kick, step back downward block. | 6% |
| Test 2: Step back inside block, Knife hand block, and Side snap kick. | 3% |
| Test 3: Three-step sparring: punching stomach, face, and front snap kick; outside-center, rising, and downward block. | 3% |
| Test 4: Heian Shodan Kata (Form) | 3% |
| Test 5: Final Skill Test: | 20% |
| 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%)

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

(The lowest exam grade will be dropped)

Final Exam:	15%
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C. Participation (30%)

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=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 (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. **5 points will be deducted from next 2 consecutive absences and 10 points will be deducted in the Sixth absence there after.**
- C. **Three (3) tardy 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. **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 , Fall 2004

Week	Day	Date	Activities
1.	W	8/25	Introduction
	F	8/27	Introduction, flexibility test, and skill preparation
2.	M	8/30	Skill practice
	W	9/1	Lecture
3.	F	9/3	Skill practice
	M	9/6	Labor Day
	W	9/8	Lecture
4.	F	9/10	Skill practice
	M	9/13	Skill practice
	W	9/15	Lecture
	F	9/17	Skill Test 1
5.	M	9/20	Skill practice
	W	9/22	First Written Exam and Lecture
	F	9/24	Skill practice
6.	M	9/27	Skill practice
	W	9/29	Go over First Written Exam and Lecture
	F	10/1	Skill practice
7.	M	10/4	Skill practice
	W	10/6	Lecture
	F	10/8	Skill Test 2
8.	M	10/11	Mid-semester break
	W	10/13	Lecture
	F	10/15	Skill practice
9.	M	10/18	Skill practice
	W	10/20	Second Written Exam
	F	10/22	Skill practice
10.	M	10/25	Skill practice
	W	10/27	Go over Exam2 and Lecture
	F	10/29	Skill Test 3
11.	M	11/1	Skill practice
	W	11/3	Lecture
	F	11/5	Skill practice
12.	M	11/8	Skill practice
	W	11/10	Lecture
	F	11/12	Skill Test 4
13.	M	11/15	Skill practice
	W	11/17	Third Written Exam and Lecture
	F	11/19	Skill Test 4
14.	M	11/22	Skill practice
	W	11/24	Thanksgiving recess
	F	11/26	Thanksgiving recess
15.	M	11/29	Final Skill Test reviewing, flexibility post test
	W	12/1	Final Skill Test
	F	12/3	Final Exam reviewing
16.	M	12/6	Final Exam