

# KIN A126: AIKIDO

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Aikido is a Japanese art of self defense which is both non aggressive and non competitive. Besides offering students a method of self defense and all around physical conditioning, Aikido contributes greatly to self confidence. In addition, it teaches patience, self discipline, awareness, and respect. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate Aikido strikes and throws, applying the techniques of Aikido to counter a physical attack.
2. Apply knowledge gained about Aikido's history and philosophy to engage in cross-cultural exchanges that require understanding of Japanese culture.
3. Participate and practice Aikido movements and breathing patterns for improved well-being over the lifespan.

## Course Objectives

- 1. Discuss the history and philosophy of Aikido.
- 2. Execute the physical movements of Aikido, using proper techniques in a slow concentrated manner with a emphasis on proper form.
- 3. Demonstrate improved motor skills and coordination through the practice of a selected set of basic Aikido techniques.
- 4. Identify the theoretical implications of Aikido technique.
- 5. Demonstrate improved aerobic fitness.
- 6. Demonstrate fast-paced repetition, responding quickly and acting quickly in the execution of the technique, thereby improving body quickness and muscular endurance.
- 7. Examine and discuss the Japanese culture.

- 8. Explain the role and extent of cooperation in society, and the implications of increasing cooperative behavior on both an individual and societal level.

## Lecture Content

Aikido is a very sophisticated art which can be taught at a variety of levels and from a number of different perspectives. In P E A120 the same basic movements and basic techniques are taught each semester.

However, course content changes each semester insofar as the movements and techniques are taught from four different perspectives (i.e., with concentration on four different aspects). Both new and returning students are thereby accommodated.1. Aikido history and philosophy2. Sitting method and bowing in3. Front strike 1st control #1, Front strike elbow lock #1, Front strike step-in throw #14. Basic stance5. Elbow power #1, Elbow power #26. Cross hand grasp step-in throw, one hand grasp 2nd control #1, one hand grasp all-direction throw #1, one hand grasp all-direction throw #2, and both hands grasp all-direction throw #27. Japanese history and culture8. Front step-in with cross-step9. Back break falls without hitting10. Back break falls with hitting11. Front step-in with shuffle, front strike step-in throw #2, Front strike elbow lock #212. Martial art etiquette13. 90 degree pivot, 180 degree pivot, 180 degree pivot with cross-step14. Front strike 2nd control #1, Front strike 1st control #2, Cross hand grasp 2nd control #1Taking the course four times enhances skills by supervised repetition and practice.

## Lab Content

listed in course content

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Demonstration of techniques; demonstration of selected basic movements; observation of progress and performance assessed

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

## Writing Assignments

A short written paper

## Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

## Demonstration of Critical Thinking

A short written paper

## Required Writing, Problem Solving, Skills Demonstration

A short written paper, demonstration of techniques; demonstration of selected basic movements; observation of progress and performance assessed, written final examination

## Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors

degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

### **Other Resources**

1. Tourda, Wayne and David Dye. Intermediate Aikido. Costa Mesa: Aikido Federation of California, latest edition.