

KIN A127: KARATE

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

The study of the elements of Karate, with an emphasis on Karate basics through advanced fundamentals, Kata, and sparring (including Kumite). Karate students progress from beginning fundamentals to intermediate techniques. 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 beginning, intermediate and advanced karate blocks, stances and kicks and apply the techniques of Karate to counter a physical attack.
2. Complete Kata forms one, two, three, four and five with proper execution of movement patterns in the proper sequence.
3. Compete in Karate sparring using one and three step fighting techniques.

Course Objectives

- 1. Practice self-discipline as demonstrated by execution of Katas.
- 2. Practice self-control as demonstrated by sparring with partners without injury.
- 3. Express self-respect and respect for others as demonstrated through cooperation in class activities.
- 4. Demonstrate hand, leg, and eye coordination as evidenced by correct execution of Karate movement patterns.
- 5. Perform Kata, forms one through five.
- 6. Progress to advanced concepts of karate.
- 7. Demonstrate karate techniques by means of class participation and fulfilling test requirements.

Lecture Content

I. Introduction of proper breathing orientation. a. dress, safety, etiquettes, sitting posture, bowing, b. attendance, grading, handouts, information on testing both written and physical.II. Warm-ups, stretching.III. Front punch, front kick, and face level blocks.IV. Explanation of Japanese terms (with handout) used in class.V. Introduce front stance and use of punch and kick and face block in front stance.VI. Katas Pinan Ni-Dan, Pinan Sho-Dan, Pinan San-Dan, Pinan Yon-Dan and Pinan Go-DanVII. Partners attack face with students blocking and countering; Partners attacking stomach level with students blocking and countering.VIII. Introduction to kumite (fighting) with use of a variety of blocks and stances.IX. Introduction of back kick and three step fighting; three step fighting using different blocks, changing partners.X. Physical endurance and aerobic conditioning will be emphasized.

Lab Content

listed in course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture; demonstration (basic techniques, katas, one step/three step fighting); small group exercises; student feedback; individual exercises; work with mirrors as learning tool; question/answer period at end of class

Reading Assignments

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

Writing Assignments

They will submit a written assignment based on the syllabus, as well as lectures given throughout the course.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Student will be required to practice what they have learned in class during the week.

Demonstration of Critical Thinking

The student will physically demonstrate critical thinking skills by determining which different techniques to use against an opponent, with the use of another student. In writing, the student will be required to submit an assignment based on the syllabus, as well as lectures given throughout the course.

Required Writing, Problem Solving, Skills Demonstration

The student will physically demonstrate problem solving by determining which different techniques to use against an opponent, with the use of another student. In writing, the student will be required to submit an assignment based on the syllabus, as well as lectures given throughout the course.

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. Selected handout material to be provided and distributed by the instructor.