

PE185Q Karate - Spring 2015

CRN: 40156 / 40157

Instructor: Lou Donadio

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Class will meet: Tuesday & Thursday; 1:00pm - 2:20pm, Room AC-120

Course Description

This is a beginning level karate class with intermediate options given. The focus of training will be the system of American Kenpo Karate and will include; warm-up, calisthenics, stretching, basics, kata (forms) and self defense movements. Students will benefit from increased strength, flexibility and body awareness from a self-defense perspective.

Course Outcomes

Upon completion of the course, students should be able to:

- Recognize and describe the importance of consistent and effective participation
- Demonstrate knowledge of the techniques and/or strategies involved in karate.
- Demonstrate proper technique, based on the student's personal ability in karate.

Course Objectives

The Objectives of this course will be to improve; Physical conditioning, Develop strong basics, Develop basic kata, Develop basic self-defense skills, Explore the principles of American Kenpo and the Martial Artists mind set.

Dress Code/Equipment/Advice

Training will be practiced barefoot. Students must wear appropriate athletic attire. This means no street clothes like jeans, shorts, belts, button down shirts, etc. Acceptable clothing is sweat pants, t-shirts, sweat shirts, or workout clothes, (no tank top or sleeveless shirts). Long hair needs to be tied back with hair bands. Groin protection is recommended as well as bringing water to drink before and after class. Please come see me before or after class with any questions.

Safety

The majority of karate injuries are self inflicted. The most common injury is a sprained muscle, tendon, or ligament. If you are not completely warmed up prior to training, proceed slowly and with caution. The second most common injury involves a partner, when one or both are rushing their technique. Accuracy and timing are as important as speed and power. **ALL** techniques must be controlled! Always consider the size and ability of your training partner.

Cell phones and other electronics must be turned off before class

Grading

Attendance/Participation	200 points (10 points per class)
Scope of Knowledge	25 points
Basics and Application	25 points
Fitness (improvement)	25 points
Assignments	<u>25 Points</u>
Total	300 Points

A-F grades will be assigned based on a percentage of the total possible points with 90% and above being an "A", 80-89% a "B", etc. For individuals who specifically request P/NP Grading a "P" grade can be issued for those individuals who earn more than 60% of the possible points for the class.

Attendance: 2/3 of available points come from attendance. Missed classes will affect your grade. Kenpo training is an ongoing process, success in the development of Kenpo techniques requires persistence and practice. P/NP students must attend at least fifteen out of twenty classes. Talk to your instructor to arrange makeup classes.

Knowledge: Each student should have Curriculum Requirement Sheets as part of their notebook. Although effort is rewarded, more so at the beginning levels, students must be able to perform all movements in their curriculum at an acceptable level of skill.

Basics and Application: Good basics are the foundation of a good Martial Artist. Each student should also be able to demonstrate an understanding of the application of the movements they are learning.

Fitness: No specific fitness level is required to participate and train, however, students are expected to improve their level of fitness throughout the course.

Assignments: All class handouts should be kept in a notebook or folder. I will ask that you maintain a training log.

Note: evaluations will not be based on a student's gender, color, size, strength, religious and cultural affiliation, or sexual preference

Etiquette: BOWING TO YOUR PARTNER IS NOT AN INDICATION OF SUBSERVIENCE. Bowing to each other is an agreement that you are practicing something dangerous, and will take care not to injure each other. ALWAYS TREAT YOUR PARTNER WITH CONSIDERATION AND RESPECT.

STUDENTS WITH DISABILITIES: If you are in need of academic support because of a documented disability, you may be eligible for academic accommodations through disability services. Contact the Disability Services Office in HO103 or at 917-4789.

ADMINISTRATIVE WITHDRAWAL: Faculty may administratively withdraw a student for nonattendance during the first two weeks of the term. Students who do not attend 50% of the class sessions during the first or second week of classes will be administratively withdrawn.