BEGINNING KARATE
PHED 2160

Class Hours: 0.0  Credit Hours: 1.0
Laboratory Hours: 2.0  Date Revised: Fall 02

Catalog Course Description:

The introduction and development of fundamental skills and general knowledge related to karate for fitness, self defense, and sport. Particular emphasis will be placed on skill acquisition and physical conditioning.

Entry Level Standards:

The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

Prerequisites:

None

Textbook(s) and Other Reference Materials Basic to the Course:

Textbook:
No textbook required
Personal Equipment:
Athletic wear and athletic shoes. Students can feel free to wear karate garb.

I. Week/Unit/Topic Basis:

<table>
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<tr>
<th>Week</th>
<th>Topic</th>
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<tr>
<td>1</td>
<td>Locker distribution/ Review syllabus/ Introduction to Kickboxing equipment/ Adding Cardiovascular drills to your Karate workouts.</td>
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<td>2</td>
<td>Introduction to Kickboxing and Karate striking techniques/ is Kickboxing really king of the streets?</td>
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<td>3</td>
<td>Introduction to Muay Thai Kickboxing with knee and elbow striking/ is Muay Thai the most brutal martial art?</td>
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<tr>
<td>4</td>
<td>Introduction to holds escapes and self-defense/ The history of the arts from ancient Greece to the modern United States.</td>
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<tr>
<td>5</td>
<td>Kickboxing strategies for kicking and Karate sparring/ Self-defense/ Milestones in the Chinese Martial Arts.</td>
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<td>6</td>
<td>Practice / Milestones in the Korean Martial Arts.</td>
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7 Practice/ Taekwondo’s weapon of choice- the roundhouse kick.
8 Introduction to Grappling (Jujitsu)/ Striking strategies / Self-defense/ Milestones in the Japanese grappling arts.
9 Practice Jujitsu technique/ Classical Japanese Jujitsu.
10 Introduction to Isshin-ryu kata/ Practice/ The Original Isshin-ryu Karate system.
11 Practice Techniques/ Shorin-ryu Karate
12 Practice Techniques/ Goju-ryu Karate
13 Practice Techniques/ Sensei Richard Kim: The master answers questions.
14 Practice Techniques/ Summary
15 Skill test (Kata)
16 Skill test (Strikes)

II. Course Objectives*:

A. Perform karate and/or martial arts activities employing correct technique. II.2
B. Demonstrate knowledge of karate and/or martial arts etiquette and safety. I.5
C. Demonstrate knowledge of karate and/or martial arts terminology. I.5
D. Engage in a karate program employing rules and keeping score. II.2
E. Demonstrate knowledge of martial arts history. II.2
F. Evaluate and correct errors in karate form and execution. III.2
G. Demonstrate knowledge of karate and/or martial arts equipment and facilities. 1.5
H. Demonstrate knowledge of karate and/or martial arts strategies. II.2, III.2
I. Demonstrate knowledge of karate and/or martial arts form and technique. II.2
J. Set physical fitness goals and then develop an appropriate program to meet these goals. III.2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to karate. *Communication Outcome, Information Literacy Outcome
2. Read then demonstrate knowledge of karate technique, rules and other relevant factual information. *Communication Outcome, Information Literacy Outcome
3. Analyze, evaluate, and modify technique to improve performance. *Personal Development
4. Develop karate strategies. Problem Solving and Decision Making Outcome

5. Appreciate the intrinsic value of karate as a life-long recreational activity. Transitional Strategy

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge of adding cardiovascular drills to your karate workouts. D, J


4. Demonstrate knowledge of the history of the arts from ancient Greece to the modern United States. E


15. Perform karate kicks. A, D, F, H, I


17. Perform self defense grabs, locks breaks, and chokes. A, D, F, H, I

18. Perform knife and gun defense. A, D, F, H, I


20. Perform a variety of karate katas. A, D, F, H, I
21. Demonstrate knowledge of how to use pressure points. B, H, I

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 20 points
   Skill test: 20 points

B. Laboratory Expectations:
   N/A

C. Field Work: 80 points
   Weekly written reports: 50 points
   Attendance and participation: 30 points

D. Other Evaluation Methods:
   Extra Credit: 5 points
   Submit a two page typed report on relevant to topics covered in the course.

E. Grading Scale:
   A  93 -100 points
   B+  92 - 88 points
   B    87 - 83 points
   C+  82 - 78 points
   C    77 - 73 points
   D+  72 - 68 points
   D    67 - 62 points
   F    61 below points

VI. Policies:

A. Attendance Policy:
   Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:
   Injury Policy:
   Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor
   Tardy Policy:
   Students, who are more than fifteen minutes late to class, will be considered absent.
   Make-up policy:
   1. After one week, students will not be allowed to make-up written examinations.
   2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student
missed.