



Course: PE 72 Division: 10 Also Listed As:

Term Effective: 201070, CURRICULUM APPROVAL DATE: 02/22/2010

Short Title: AIKIDO

Full Title: Aikido

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	.5 OR 1	17.34	Lecture: 0
Lab: 1.5 OR 3			Lab: 26.01 OR 52.02
Other: 0			Other: 0
Total: 1.5 OR 3			Total: 26.01 OR 52.02

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade  
P - Pass/No Pass

Repeatability: Repeatability: R - Course may be repeated  
Maximum of 3 times

Schedule Types: 04 - Laboratory/Studio/Activity

Course Description:

An introduction to the Japanese-derived martial art. Emphasis will be on mind-body harmony, balance, and relaxation. Aikido self-defense techniques aim toward the creative resolution of conflict and the growth of the individual. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200570

CSU GE:

CSU E1, effective 200570

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200570

UC TRANSFER:

Transferable UC, effective 200570

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. The student will perform basic ukemi (basic falling or moving skills).

Measure: demonstration

ILO: 7, 2, 6

GE-LO: E1

2. The student will demonstrate the philosophy (practices) of Aikido.

Measure: performance

ILO: 7, 2, 1, 4, 6

GE-LO: A1, E1

3. The student will complete the 6th Kyuu exam.

Measure: test

ILO: 7, 2, 6

GE-LO: A1, E1

TOPICS AND SCOPE:

Curriculum Approval Date: 02/22/2010

Note:

Students who repeat the class will have the opportunity to improve their technique. Skills or proficiencies are enhanced by supervised repetition and practice within class periods.

6 - 12 Hours

Introduction to class, including course syllabus, course expectations, grading policy, and attendance policy. Handout and discussion on proper Dojo Etiquette.

Presentation and practice of backward and forward falling skills and basic body movement drills. Introduction of one technique (probably Aidori ikkyo).

Continue to work on basic movement. Work on back falls (show options).

Introduce backward rolls. Review aidori ikkyo and introduce katatedori shiho nage. Continue to work on basic falling skills and introduce forward rolls.

Review techniques learned to date. Introduce new technique of aidori kotegaishi.

SPO: Students will be able to describe proper Dojo Etiquette. They will demonstrate proper falling skills and basic body movements. The students will be able to properly perform forward and backward rolls.

7.5 - 15 Hours

Hand out information on Aikido philosophy. Continue to work on basic falling

skills. Introduce a previously learned technique using a different attack: Yokomenuchi shihonage. Work on smoothing out forward rolls. Review aidori ikkyo and introduce the same technique from another attack: shomenuchi ikkyo. Also introduce aidori higinage to work on drills for forward rolls with partner. Review aidori kotegaishi and introduce same technique from another attack: munetsuki kotegaishi. Continue to work with forward rolls using aidori higinage and katatedori kokyunage. Provide additional information on the Aikido philosophy. Introduce shomenuchi iriminage. Review techniques taught to date. SPO: Students will be able to demonstrate the skills and techniques presented. They will be able to perform combined skills. They will discuss the Aikido philosophy.

#### 6 - 12 Hours

Handout provided on what is expected in the 6th Kyuu test (first basic adult ranking). Review of all techniques that are on the exam. Provide another handout on the Philosophy of Aikido. Introduce Aidori nikkyo and review shomenuchi ikkyo and shomenuchi iriminage. Introduce the skill of "knee walking" or shiko. Using shiko, practice suwarwaza shomenuchi ikkyo. Review katatedori shihonage and yokomenuchi shihonage.

SPO: Students will participate in the 6th Kyuu test. They will be able to explain "knee walking" and demonstrate the skill of shiko.

#### 6 - 12 Hours

A handout describing the physical movement for the techniques on the 6th Kyuu exam will be provided. Review munetsuki kotegaishi and introduce ushiro dori kokyu nage and ushiro ryotedori ikkyo. Review requirements for the 6th Kyuu test and do some mock tests.

SPO: Students will perform the techniques presented. They will participate in the mock tests.

#### 2 Hours

Practical final.

#### METHODS OF INSTRUCTION:

Demonstration, paired and group practice.

#### METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason

Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 0 %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 30 % to 50 %

#### Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:  
Percent range of total grade: 0 %

CATEGORY 5 - Any other methods of evaluation:  
Percent range of total grade: 50 % to 80 %

Student participation required.

REPRESENTATIVE TEXTBOOKS:

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 72

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000257380

Sports/Physical Education Course: Y

Taxonomy of Program: 083500