

Course Outline

COURSE: KIN 83C **DIVISION:** 40 **ALSO LISTED AS:** KIN 83

TERM EFFECTIVE: Fall 2018 **CURRICULUM APPROVAL DATE:** 11/13/2017

SHORT TITLE: KARATE - ADV

LONG TITLE: Karate - Advanced

| Units | Number of Weeks | | Contact Hours/Week | | Total Contact Hours |
|---------|-----------------|----------|--------------------|----------|---------------------|
| .5 OR 1 | 18 | Lecture: | 0 | Lecture: | 0 |
| | | Lab: | 1.5 OR 3 | Lab: | 27 OR 54 |
| | | Other: | 0 | Other: | 0 |
| | | Total: | 1.5 OR 3 | Total: | 27 OR 54 |

COURSE DESCRIPTION:

This course covers the advanced level skills and techniques of Japanese Karate. Emphasis will be on the advanced level skills of martial arts, including kicking, punching, striking, blocking, and combinations as well as advanced level Kata forms. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate the correct techniques for advanced level Karate kicks, punches, strikes, blocks, stances, and self-defense skills.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2019

Semester: Spring

2. Explain and utilize Karate sportsmanship, and advanced level Kata forms.

Measure of assessment: demonstration, discussion, quiz

Year assessed, or planned year of assessment: 2019

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 11/13/2017

9 - 18 Hours

Content: Continue working on physical conditioning including balance, flexibility, muscular strength and muscular endurance, and

body coordination. Review intermediate level Japanese language as it applies to Karate terminology and commands. Review safety skills and Karate etiquette including sportsmanship in competition. Review Karate kicks, punches, blocks, stances, strikes, and self-defense techniques learned at the intermediate level. Introduce the following advanced level Karate skills: kicks (jump flying front, spinning back), punches (triple, hook), strikes (fork, four knuckle), blocks (double knife, open hand parry), stances (ground positioning), and self-defense (grabs, chokes - rear forearm choke and ground chocking techniques).

Student Performance Objectives: Participate in the physical conditioning drills designed to improve balance, flexibility, muscular strength and muscular endurance, and body coordination. Utilize Japanese terminology used in Karate. Discuss the sportsmanship that is used during competition. Demonstrate the following advanced level Karate skills: kicks, punches, strikes, blocks, stances, and self-defense techniques.

6 - 12 Hours

Content: Continue working on breathing techniques, body position, and body alignment. Continue working on advanced level skills and techniques presented in earlier classes and incorporate them in combinations.

Student Performance Objectives: Practice proper breathing techniques. Participate in class workouts demonstrating the advanced level skills and techniques presented, including performing them in combinations.

6 - 12 Hours

Content: Continue working on all advanced level skills and techniques, including practicing the skills that are required for belt rankings. Continue to practice the various aspects of Karate such as: physical techniques, mental discipline, personal self-defense, character development, and spirit and competition. Review intermediate level Kata forms and introduce advanced level Kata forms including: Heian Nidan.

Student Performance Objectives: Discuss the advanced level Kata forms including: Heian Nidan. Participate in class workouts employing the advanced skills presented, including those required for belt rankings.

4.5 - 9 Hours

Content: Physical skills and performance skills tests on advanced level Karate techniques and advanced level Kata forms. Review the physical skills required for belt rankings.

Student Performance Objectives: Demonstrate the physical skills of advanced level Karate. Participate in testing for belt rankings. Analyze and demonstrate the advanced level forms of Kata.

2 Hours

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion, small groups

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours:

Assignment Description: As this is a lab course no Out of Class Assignments are required.

METHODS OF EVALUATION:

Skill demonstrations

Percent of total grade: 40.00 %

30% - 60% Demonstration

Objective examinations

11/8/2017

Percent of total grade: 10.00 %

0% - 10% Multiple Choice, True/False, Matching Items, Completion, Short Answer

Other methods of evaluation

Percent of total grade: 50.00 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201870

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 3

Minimum Hours: 1.5

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000