

**PHYED 71.2 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 71.2 Title: KARATE - INTER.

Full Title: Intermediate Karate

Last Reviewed: 8/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 18.2

**Catalog Description:**

A intermediate level self defense course that develops the body, mind and spirit through training that uses the arms and legs as weapons. Training includes Karate basics, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility. Each course will emphasize a selected style including Japanese Shotokan, Okinawan Shito and Korean Taekwondo.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KCOMB 3.1 ( or PHYED 71.1 or PE 18.1 or PE 135.1)

**Limits on Enrollment:****Schedule of Classes Information:**

Description: The course will emphasize Karate basics, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KCOMB 3.1 ( or PHYED 71.1 or PE 18.1 or PE 135.1)

Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>		Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>		Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>		Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1988	Inactive: Fall 2023
<b>UC Transfer:</b>	Transferable	Effective:	Spring 1988	Inactive: Fall 2023

### **CID:**

**Certificate/Major Applicable:**  
Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

At the completion of this course the student will be able to:

1. Demonstrate an intermediate level knowledge and skill of karate's basic principles
2. Demonstrate an intermediate level knowledge and skill of karate's sparring principles
3. Demonstrate an intermediate level knowledge of kata principles and skills

### **Topics and Scope:**

- I. Analyze and practice at an intermediate level karate principles of :
  - a. Stability - As developed through training in the following stances: front, side, back, feet together, feet together toes apart, one legged, cross legged and natural.
  - b. Posture - As developed through proper alignment of feet, knees, hips, shoulders and head.
  - c. Breathing - As developed through initiating the breathe from the lower abdomen and directing it's energy out through the technique.
  - d. Focus - As developed through concentrating all mental, physical and spiritual energy to the target.
  - e. Hip and Leg Dynamics - As developed through body vibration, rotation and shifting.
- II. Analyze and develop an intermediate level knowledge of sparring principles:
  - a. distancing - By increasing an awareness of the distance

between oneself and one's opponent and the distance required to block an attack or execute a counterattack. In addition to do this relative to the time required to execute an attack or defense.

- b. Timing - By further developing a practical understanding of the time required to block an attack or execute a counterattack in relation to the distance between oneself and one's opponent.
- c. Effective Technique - Further practice in executing an effect technique under the distancing and timing constraints of working with an opponent.

### III. Analyze and develop karate principles exhibited through kata performance:

- a. Awareness - Further develop an awareness of one's own body, the surrounding environment and other people and dangers or potential dangers in the surrounding environment.
- b. Visualization - Increase one's ability to see clearly in one's mind the outcome of the battle before it occurs.
- c. Imagination - Increase one's ability to imagine a variety of attacks.
- d. Creativity - Develop the ability to use intermediate level skills to create defenses against a variety of attacks.

### Assignment:

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
40 - 60%

**Representative Textbooks and Materials:**