

**KCOMB 3.1 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: KCOMB 3.1 Title: BEGINNING KARATE

Full Title: Beginning 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	1.50	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: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 71.1

**Catalog Description:**

The course will emphasize beginning karate techniques, fundamentals, and strategies that include, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: The course will emphasize beginning karate techniques, fundamentals, and strategies that include, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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:	Fall 1981	Inactive:	Fall 2023
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate the appropriate physical skills of karate
2. Develop strategies for specific offensive and defensive responses
3. Communicate the appropriate vocabulary of karate

### **Objectives:**

Upon completion of this course students will be able to:

1. Demonstrate the fundamental skills of karate relating to:
  - A. Coordination
  - B. Balance
  - C. Reaction
  - D. Muscular strength
  - E. Muscular and cardiovascular endurance
2. Communicate in the language of karate and discuss karate history.
3. Develop a simple individual fitness regimen.
4. Apply practical and general knowledge of sparring principles
5. Demonstrate an understanding of karate principles exhibited in kata

### **Topics and Scope:**

- I. Analyze and Practice the Basic Physical Karate Principles of:
  - A. Stability
  - B. Posture
  - C. Breathing
  - D. Focus
  - E. Hip and Leg Dynamics
- II. Analyze and Develop an Elementary Knowledge of Sparring Principles:
  - A. Distancing
  - B. Timing

- C. Effective Technique
- III. Analyze and Develop Karate Principles Exhibited through Kata Performance:
  - A. Awareness
  - B. Visualization
  - C. Imagination
  - D. Creativity
- IV. Communicate in the Language of Karate and Discuss Karate History
  - A. Discussion of karate history and development
  - B. Using the vocabulary related to karate
- V. Develop a Simple Individual Fitness Regimen
  - A. Karate related fitness regimens and concepts
  - B. Warm-ups, focusing on muscular strength and endurance

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Written quizzes (1 - 3)
2. Online research in preparation for quizzes
3. Reading assignments
4. Observation of Karate tournament procedures
5. Karate techniques & strategies
6. Participation in classroom sparring

**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.

Karate techniques, strategies, and participation in classroom sparring

Skill Demonstrations  
20 - 40%

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

Quizzes, Multiple choice, True/false, Matching items,  
Completion

Exams  
20 - 40%

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

Participation and attendance

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Karate Techniques and Tactics: Skills for Sparring and Self Defense (Martial Arts Series), Patrick  
M. Hickey: 1997

Instructor prepared materials