

**KCOMB 3.2 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: KCOMB 3.2 Title: INTERMEDIATE KARATE

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 | 1.50 | 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 71.2

**Catalog Description:**

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

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

Course Completion of KCOMB 3.1

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

Description: This course will emphasize intermediate karate fundamentals, techniques, 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: Course Completion of KCOMB 3.1

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: | 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**

### **Student Learning Outcomes:**

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

1. Demonstrate intermediate karate fundamentals and techniques
2. Develop intermediate strategies for specific offensive and defensive responses
3. Accurately communicate the history and vocabulary of karate
4. Demonstrate understanding of intermediate kata karate sparring principles

### **Objectives:**

Upon completion of this course students will be able to:

1. Demonstrate the intermediate 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 an intermediate kata karate fitness regimen
4. Apply intermediate kata karate sparring principles

### **Topics and Scope:**

- I. Analyze and Practice Intermediate Karate Principles
  - A. Stability
  - B. Posture
  - C. Breathing
  - D. Focus
  - E. Hip and Leg Dynamics
- II. Analyze and Develop Intermediate Sparring Principles
  - A. Distancing
  - B. Timing

- C. Effective Technique
- III. Analyze and Develop Intermediate Kata Karate Principles
  - 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 an Intermediate Karate 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
2. Online research in preparation for quizzes
3. Reading assignments
4. Observation of karate tournament procedures
5. 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.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

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

Written 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 in classroom sparring, tournament observations and attendance

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

The Essential Karate Book: For White Belts, Black Belts, and All Levels In Between, G. Lund: Tuttle Publishing, 2014

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

Instructor prepared materials