Los Angeles Mission Community College
Fall 2012 Physical Education 675 – Karate
Section #2932 MW 1935-2100 1 UNIT HFAC 206

Instructor: Nathan Carlen
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Office Hours: MW 1900-1930 or by appointment

Instruction will consist of:
Lecture in relation to principles, techniques and history/origin of various forms of martial arts.
Demonstration, participation and training in martial arts techniques and activities.
Appropriate physical fitness tests will be administered to reflect pre- and post-course fitness and knowledge levels.
Through active participation students will improve in the five components of fitness: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition.

Student Learning Objectives:
Students will:
1. Student will be able to demonstrate Karate movements and use course specific terminology. The student will also demonstrate improved fitness levels by regular participation in the martial arts activities.
2. Execute basic martial arts fundamentals and techniques at an advanced-beginner level or better
3. Learn and understand basic martial arts related terminology
4. Complete pre- and post-course fitness evaluation to determine fitness levels and improvements
5. Demonstrate clear understanding of basic fitness principles and components
6. Acquire and exhibit consistency behaviors

PARTICIPATION (100 POINTS): In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:
Attend and sign in for all class sessions;
Be on time for class and not leave early;
Dress appropriately for scheduled activities;
Engage in activities fully with effort;
Avoid distracting or disrupting the class (no cell phones, pagers, etc.);
Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).
Each day of non-participation will result in a deduction of 10 points from the student's participation grade.
Students who arrive more than 10 minutes late 2 times will receive a non-participation day.

FINAL EXAM – SKILLS TEST (100 POINTS): The skills test is based on the student's understanding and performance of the basic mechanics of the skills listed on the Student Checklist. The skills test will be administered in small groups in the sixth week of class and on the day of the final exam. Each skill will be scored using a three-level rubric (emerging skill, adequate understanding, movement mastery). Students who fail to participate in class on final exam day will earn an "F" for the entire course. *No Exceptions. Students may not take the final exam early or on alternate days.*

FINAL EXAM SCHEDULE:
Section #2935 MW 1935-2100 Final Exam is 12-10-2012 at 2000

GRADING POLICY: Grades will be assigned based on points earned.
90 –100 %=A 80 – 89%=B 70 – 79% =C 60 – 69%=D 0 – 59% =F

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IMPORTANT DATES:

LAST DAY TO ADD	9-10-2012
LAST DAY TO DROP WITHOUT INCURRING FEES	9-10-2012
LAST DAY TO DROP CLASSES WITHOUT A GRADE OF "W"*	9-9-2012

The No Penalty Drop Date is now the day before census (end of the 2nd week for full-term classes). You must drop by that date or you will be assigned a 'W' for the class.

W's count against your total attempts!

You can only attempt a class 3 times. That includes withdrawals, incompletes and substandard grades. Use your attempts wisely!

LAST DAY TO DROP CLASSES WITH A GRADE OF "W"	11-18-2012

If you stop attending it is your responsibility to drop the class. Failure to do so will result in a letter grade of "F" for the class.

CLASS POLICIES:

I. ATTENDANCE: Students are permitted, though not encouraged, to be absent from class. Each student is allowed *3 non-participation days without penalty* for the semester. All other days of non-participation will be considered unexcused and will result in a grade reduction *(see Participation Grade)*.

Non-participation for long-term injury or illness: Students who become injured or seriously ill and are physically unable to participate in class activity for an extended period of time are required to provide the instructor with medical documentation from a physician immediately after a diagnosis has been made. Based on the timing of the student's recovery, the instructor will determine if the student is able to fulfill the requirements of the course during the remainder of the semester or if other options need to be explored. Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. If material in class is missed, it is the student's responsibility to obtain missed material and information.

II. TARDINESS: Students are expected to arrive on time and to attend each meeting of the class. You are expected to contact the instructor if there is a problem with arriving to class on time. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Students who arrive late (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a grade reduction *(see Participation Grade)*.

III. LEAVING EARLY: Leaving early is only accepted and excused when pre-arranged with the instructor. Pre-arranged means the student notifies the instructor before class begins.

IV. ATTIRE: While a martial arts uniform is recommended, it is not required. Students should dress in light, comfortable clothing that does not restrict movement. While going barefoot is preferred, students may wear tennis shoes if they wish. *No dress clothes, dress shoes, sandals, jeans or denim will be permitted*. Students will not be permitted to participate if improper footwear or attire is worn. Improper dress will result in a non-participation mark.

V. FOOD & WATER: Students are encouraged to bring water with them to maintain hydration. No sodas, food or breakable containers are permitted in the fitness center/gymnasium/studio. NO GUM.

VI. DISRUPTIONS: All pagers, cell phones, watches, etc. should be silenced, remain off and put away during class. The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to, excessive interruptions, voluntary lack of participation, horseplay and talking during lecture or class activity.

VII. VISITORS: No visitors or spectators are permitted in the training area. This includes family, spouses, children etc.

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Other than basic calisthenics (push-ups, sit-ups, etc.) the following Checklist represents Skills and Material that will be covered as part of the program. While other skills may be introduced, these are the core-skills that students will be expected to understand and be able to perform. Please note that the amount of material presented will be based upon the ability of the class as whole to absorb the material. If a skill is not taught then the student will not be held accountable for it.

Stance & Movement	
Fighting Stance	
Horse Stance	
Front Stance	
Cross Movement	
Turning	
Triangular Stepping	
Circling	
Upper Art Techniques	
5 Basic Defenses	
Jab/Center Punch	
Cross/Reverse Punch	
Elbow Strike	
Palm Strike	
Hook Punch	
Back Knuckle	
High Punch	
Middle Punch	
Low Punch	
Hammer Fist	
Upper Cut	
Hook Punch	
Parry	
Forearm Guard	
Wedging	
Moving with Techniques	
Lower Art Techniques	
Scoop Kick	
Standing Front Kick	
Standing Round Kick	
Standing Back Kick	
Standing Side Kick	
Standing Hook Kick	
Standing Inside Crescent Kick	
Standing Outside Crescent Kick	
Knee Strike	
Moving with Kicks	

Patterns & Combos	
Appreciation Form	
Giecho Hyung Il Bu Basic Form #1	
Combination #1	
Combination #2	
Combination #3	
Combination #4	
Counter Punch #1	
Counter Punch #2	
Counter Punch #3	
1-Step Punching Techniques #1-4 Step 1	
Self Defense Techniques & Joint Manipulations	
Elbow Lock	
Wrist Escape	
Front Choke Defense	
Rear Neck Grab Escape	
Side Hand Choke Escape	
Headlock Defense	
Bear Hug Defense	
Hair Grab Defense	
Back Break-Fall	
Left & Right Side Break-Fall	
Back Shoulder Roll	
Skill Building Drills	
Hubud #1	
Hubud #2	
4 Corner Drill	
"DYI"	
#for#	
+1	