**Karate 1**

**Spring Semester 2016**

**INSTRUCTOR Name: Tony Ingram**

**Office Hours: By appointment**

**E-mail:** aingram@mail.valenciacollege.edu (Please use “Blackboard” for communication)

**Phone: 407-276-4697**

**COURSE DESCRIPTION:**

This course will teach history, terminology, principles, and basic self-defense applications of USA GOJU Karate. Students will be required to articulate key points learned throughout the course and effectively demonstrate techniques learned.

**COURSE PURPOSE:**

Provide students a deeper understanding of martial arts. Build self-confidence and assertiveness of students. Teach students to perform prearranged sequences of techniques (Kata). Build situational awareness and avoidance techniques. Create healthy habits of physical activity.

**STUDENT CORE COMPETENCIES:**

This course will help you develop and demonstrate the abilities to think clearly, critically and creatively, communicate with others: make reasoned value judgments and responsible commitments and act purposefully, reflectively and responsibly.

**COURSE ATTIRE:**

1. Wear workout clothes. All shirts must have sleeves and be full length at the waist. You can wear a Karate uniform (Gi) if you have one.
2. Remove all movement-restrictive jewelry (watches, bracelets, rings, necklaces)
3. Remove all large objects from pockets as this might damage your clothing and restrict movement.
4. Students will train barefoot

**CLASSROOM ENVIRONMENT:**

 Students are expected to assist in maintaining a classroom environment that is positive and conducive to learning. This requires mutual respect on behalf of the student and the instructor. The instructor and students should not be subjected to any student behavior that is in any way rude or disruptive. Rude or disruptive behavior includes but is not limited to the following:

* Making or receiving text messages or cell phone calls during class. Students are required to turn off all cell phones before the beginning of each class.
* Coming to class late or leaving class early.
* Using inappropriate language.
* Talking out of turn.
* Doing assignments for other classes or doing your labs assigned as homework during class time.
* Sleeping or engaging other activities that detract from the classroom learning experience.

**STUDENTS WITH DISABILITIES:**

 Students with disabilities who qualify for academic accommodations must provide a notification from the Office for Students with Disabilities (OSD) and discuss specific needs with the instructor, preferably during the first class meeting. The Office for Students with Disabilities determines accommodations based on appropriate documentation of disabilities. East Campus OSD is located in 5-216 and can be reached at (407) 582-2229.

**ACADEMIC HONESTY:**

 Each student is expected to be in complete compliance with the college policy on academic honesty as set forth in the college catalog. Academic dishonesty includes, but is not limited to plagiarism, cheating, furnishing false information and alterations or misuse of documents. Falsifying a workout or signing in and leaving are examples of dishonesty. Violations of this policy may result in an immediate “F” in the course.

**ATTENDANCE:**

Absences will result “0” participation points for that day. No make-up classes will be provided.

**COURSE EVALUATION:**

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| **Course Activity** | **Point Value** | **Percentage of Grade** |
| Participation  | 300 | 30% |
| Application (measured throughout)  | 350 | 35% |
| History of Goju Paper  | 100 | 10% |
| Final Exam Kata: 50 points each (150 points total), Written test 100 points   | 250 | 25% |

There are a total of 1000 points possible in this class. Your grade is based on the following four areas:

1. **PARTICIPATION** = 300 POINTS
* **30 points** will be deducted for each class missed.
* You are expected to be in class on time. Two tardy classes will constitute 1 absence and points will be deducted.
1. **APPLICATION AND DEMONSTARTION** = 350 POINTS
* Successfully perform techniques on command, understand their purpose and apply them.
1. **History of Goju Paper** = 100 POINTS
* 700 word paper on the history of Goju Karate.
1. **FINAL EXAM** = 250 POINTS
* Written exam based on history and terminology
* Execution of all 3 katas learned (Teikyoku Circle block, Teikyoku Fan-Hook, and Teikyoku Low-Arc) as well as techniques.

**GRADING SCALE:**

 Earned grade is based on the following scale:

 100 – 90 % = A

 89 – 80 % = B

 79 – 70 % = C

 69 – 60 % = D

 < 59 % = F

**Withdrawals**

Withdrawal Deadline: To receive a "W" for the course, the withdrawal deadline is April 1, 2016. You will not able to withdraw from class after the deadline.  Visit the school calendar at <http://www.valenciacollege.edu/calendar/> for important dates and deadlines.

No Show Status: Class attendance is required beginning the first week of the term. If you do not attend class during the first week, you may be withdrawn from the class as a "no show".

**DAILY PROCEDURES FOR KARATE CLASSES:**

* Arrive to class early.
* Place all books and bags along the wall and out of the way. Leave valuables at home.
* Remove all jewelry.
* Remove shoes.

**WEEKLY SCHEDULE**

* Week 1: Introduction to Goju Karate, How to warm-up/stretch, and etiquette.
* Week 2: Stances, strikes, and soft blocks
* Week 3: Hard Blocks and kicks
* Week 4: Kata
* Week 5: Kata
* Week 6: Kata, falling
* Week 7: Punching drills
* Week 8: Kicking drills
* Week 9: Self-defense (1 hand grab, 2 hand grab)
* Week 10: Self defense (grab from front, grab from rear)
* Week 11: Ippon Kumite (1 step sparring)
* Week 12: Ippon Kumite (1 step sparring)
* Week 13: Ippon Kumite (1 step sparring)
* Week 14: Review
* Week 15: Final exam

(Each will include a review of the prior week)

**DISCLAIMER:**

Changes in the syllabus and/or schedule may be made at any time during the term by announcement of the professor. It is your responsibility to stay informed of any changes.

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