

Course Outline

COURSE: KIN 83B **DIVISION:** 40 **ALSO LISTED AS:** KIN 83

TERM EFFECTIVE: Fall 2023 **CURRICULUM APPROVAL DATE:** 10/10/2023

SHORT TITLE: KARATE - INTER

LONG TITLE: Karate - Intermediate

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54
		Total Learning Hrs:	27 OR 54	

COURSE DESCRIPTION:

This course covers the intermediate level skills and techniques of Japanese Karate. Emphasis will be on the intermediate level skills of martial arts, including kicking, punching, blocking and stances as well as intermediate level Kata forms. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the correct techniques for intermediate level Karate kicks, punches, blocks, stances, strikes, and self-defense skills.
2. Explain and utilize the appropriate Karate terminology and commands, and intermediate level Kata forms.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Analyze and interpret the intermediate level forms of Kata.
2. Continue working on intermediate level skills and techniques presented in earlier classes, including increased sequential development of Karate techniques employing kicks, punches, blocks, and strikes.
3. Discuss the physical skills required for belt rankings.
4. Discuss the intermediate level Kata forms including: Heian Shodan and Heian Nidan.
5. Utilize proper breathing techniques.
6. Demonstrate the following intermediate level Karate skills: kicks, punches, blocks, stances, strikes, and self-defense techniques.
7. Participate in the physical conditioning drills designed to improve balance, flexibility, muscular strength and muscular endurance, and body coordination.
8. Explain and utilize the Japanese terminology and etiquette used in Karate.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/10/2023

8 - 18 Hours

Content: Continue working on physical conditioning including balance, flexibility, muscular strength and muscular endurance, and

body coordination. Review beginning level Japanese language as it applies to Karate terminology and commands. Introduce additional terminology and commands, as well as the basics of the proper pronunciation and spelling. Review history of Karate and introduce various traditions. Review safety skills and Karate etiquette. Review Karate kicks, punches, and blocks learned at the beginning level. Introduce the intermediate level Karate skills: kicks (roundhouse, crescent), punches (double, reverse), blocks (augmenting, X block), stances (front, back, straddle, fighting, cat, standing horse), strikes (palm heel, back knuckle, elbow, knife, bear claw, outside knife) and self-defense techniques (grabs, chokes - head lock and hair pull, bear hugs, ground fighting).

6 - 12 Hours

Content: Continue working on breathing techniques and body position and alignment. Continue working on intermediate level skills and techniques presented in earlier classes, including increased sequential development of Karate techniques employing kicks, punches, blocks, and strikes.

6 - 12 Hours

Content: Continue working on all intermediate level skills and techniques. Review the various aspects of Karate such as: physical techniques, mental discipline, personal self-defense, character development, and spirit. Introduce information on competition. Review beginning level Kata forms and introduce intermediate level Kata forms including: Heian Shodan.

5 - 10 Hours

Content: Skills tests on intermediate level Karate skills and techniques and the intermediate level Kata forms. Demonstration of physical skills required for belt rankings.

2 Hours

Final Exam

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion, small groups

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

30% - 60% Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

0% - 10% Multiple Choice, True/False, Matching Items, Completion, Short Answer

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

40% - 60% Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201870

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000588317

Sports/Physical Education Course: Y

Taxonomy of Program: 127000