



5055 Santa Teresa Blvd  
Gilroy, CA 95023

### Course Outline

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

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

SHORT TITLE: KARATE - ADV

LONG TITLE: Karate - Advanced

<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 advanced level skills and techniques of Japanese Karate. Emphasis will be on the advanced level skills of martial arts, including kicking, punching, striking, blocking, and combinations as well as advanced 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 advanced level Karate kicks, punches, strikes, blocks, stances, and self-defense skills.
2. Explain and utilize Karate sportsmanship, and advanced level Kata forms.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Participate in class workouts demonstrating the advanced level skills and techniques presented, including performing them in combinations.
2. Participate in the required skills for intermediate to advanced belt rankings.
3. Discuss the sportsmanship that is used during competition.
4. Analyze the Kata forms of Heian Sandan and heian Yondan.
5. Utilize advanced Japanese terminology used in Karate.
6. Participate in the physical conditioning drills designed to improve balance, flexibility, muscular strength and muscular endurance, and body coordination.
7. Demonstrate the following advanced level Karate skills: kicks, punches, strikes, blocks, stances, and self-defense techniques.
8. Discuss the physical skills required for advanced belt rankings.

## 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 intermediate level Japanese language as it applies to Karate terminology and commands. Review safety skills and Karate etiquette including sportsmanship in competition. Review Karate kicks, punches, blocks, stances, strikes, and self-defense techniques learned at the intermediate level. Introduce the following advanced level Karate skills: kicks (jump flying front, spinning back), punches (triple, hook), strikes (fork, four knuckle), blocks (double knife, open hand parry), stances (ground positioning), and self-defense (grabs, chokes - rear forearm choke and ground chocking techniques).

6 - 12 Hours

Content: Continue working on breathing techniques, body position, and body alignment. Continue working on advanced level skills and techniques presented in earlier classes and incorporate them in combinations.

6 - 12 Hours

Content: Continue working on all advanced level skills and techniques, including practicing the skills that are required for belt rankings. Continue to practice the various aspects of Karate such as: physical techniques, mental discipline, personal self-defense, character development, and spirit and competition. Review intermediate level Kata forms and introduce advanced level Kata forms including: Heian Nidan.

5 - 10 Hours

Content: Physical skills and performance skills tests on advanced level Karate techniques and advanced level Kata forms. Review the 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: CCC000588315

Sports/Physical Education Course: Y

Taxonomy of Program: 127000