



KIN 77 - Karate

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of Karate. Basic moves and techniques for blocking, punching, kicking and sparring will be learned. Students will also learn the philosophy of proper use, attitude, defense techniques, and physical conditioning.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate basic blocking, punching, kicking and sparring.
2. identify the basic principles, rules, strategy and etiquette of Karate.
3. exhibit improved physical fitness in the forms of strength and flexibility.
4. discuss the importance of self respect, respect for others, patience, and control in Karate.
5. describe the basic history of Karate.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Orientation		3.00
History and Terminology		1.00
Rules and Safety Procedures		5.00
Karate-Personal Safety		5.00
Legal Responsibilities		2.00
Stance – Stretching/Flexibility Training		6.00
Basic Punches		8.00
Basic Blocks		8.00
Basic Kicks		8.00
Illegal Areas of Striking		5.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written or Oral Examinations
- D. Practical Evaluations
- E. Essays and research papers

Examples of Assignments

Reading Assignments

1. Read an article that illustrates the basic stances, punches, and kicks used in Karate. Be prepared to demonstrate in small groups.
2. Read an article explaining the competition rules of Karate and plan to share information during class discussions.

Writing Assignments

1. Write an essay describing the basic history and rules of Karate. Paper should be typed and approximately two pages in length.
2. Write a brief paper explaining the differences between offensive and defensive sparring techniques, giving specific examples of each.

Out-of-Class Assignments

1. Observe a martial arts competition and compare sparring and movement techniques.
2. Visit two Karate dojos to compare the differences in facilities and equipment.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide athletic apparel (Instructor may require the use of a Gi.). Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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