

WALTON, Winter 2005

DEPARTMENT OF EXERCISE & SPORTS SCIENCE
PAC 190, KARATE

All information provided on this syllabus and all handouts are available on <http://www.timberhillkarateclub.com/>

Instructor Information: Chris Walton is a go-dan (5th degree black belt) in Shorin-ryu Kishaba-juku, Timberhill Karate Club; he began his training in 1979 and has been teaching in Corvallis since 1990. Mailbox in Langton 123; phone messages 752-7639, or 715-6112; e-mail: waltonch@onid.orst.edu; Office Hours: 15 minutes after each class or by appointment. Assistant Instructors: Luana Lindsey, Jayme Hauck, Scott Hazenboom

Course Description: This is a beginning martial arts class. Specifically we teach the traditional/classical Okinawan art of Shorin-ryu Kishaba-juku Karate-do. Kishaba-juku is a traditional style of karate with origins in Okinawa and China empathizing the development of powerful striking and blocking techniques though the use of dynamic tension and proper body alignment. As the student progresses, Shorin-ryu involves more varied and complex technique for the creation and releasing of power. Shorin-ryu is a particularly effective beginner's style of karate because of the emphasis in the beginning on highly effective fundamentals that are relatively easy to learn and apply. For more information about Shorin-ryu Kishaba-juku see web site listed above. This class will emphasize physical preparation of the body through the traditional practice of kihon (basics) and kata (forms), to execute powerful karate techniques. The class will also explore the theory behind karate techniques, the history of martial arts as well as provide exposure to Japanese karate vocabulary.

Risk: Karate is a contact sport. The art of effectively striking one or more opponents and also defending one's self from strikes is a significant part of karate. In order to learn how to defend and attack effectively, you must practice all aspects of karate including teaching the body how to move properly, learning how to time the delivery of strikes and blocks, and learning how and where to strike on an opponent's body.

There is a risk of injury in an activity such as karate, where the tension can be high, the body is pushed hard, and strikes and blocks are exchanged between students practicing techniques. Because this is a beginning karate course, sparring practice will be restricted to controlled "one-step" sparring rather than free-fighting, thus reducing the risk of contact-related injuries. **Nevertheless, there is risk of physical injury.** The aerobic nature of much of karate training must be taken into consideration if you have a heart condition, asthma, or other physical limitation. It is highly recommended that you give serious thought to providing yourself with a student health/accident insurance policy if you are not already covered by insurance. Policies are available through the University, private carriers, or family coverage.

Students with documented disabilities who may need accommodations, who have any emergency medical information of which the instructor should be aware, or who need special arrangements in the event of evacuation, should make an appointment with the instructor as early as possible, no later than the first week of the term.

If you have a physical or mental condition that might affect or be affected by participation in this activity class, inform the instructor either verbally or in writing. If you become ill or injured during a class, notify the instructor immediately. *Do not leave class before doing so.*

There is a fee for PAC class registration. This amount is billed to your account. All PAC fees will be refunded according to University guidelines as listed in the Schedule of Classes.

Course Objectives Upon completion of this class, the student should be able to demonstrate:

- Basic karate stances, strikes and blocks
- 3 Shorin-ryu Kishaba-juku kata (forms) and explain the techniques
- Ippon kumite (one-step sparring) self defense combinations against a grab, kick, and punch
- An understanding of martial arts history
- An understanding and use of simple Japanese karate vocabulary

Class Format: Please be prompt to class. Each class will begin and end with a brief, traditional karate ritual that

includes breathing and bowing. Each class will include some stretching and warm-up exercises. Karate uses virtually every part of the body. Proper warm-up is important for preventing injuries and allowing the body to move freely. If possible, try to stretch and warm-up before class.

After stretching and warming up for a few minutes, the class will proceed with the practice of kihons which are basic karate stances and techniques. Following kihons will be practice of kata. Kata is the essence of traditional karate-do practice. The class will usually end with a few minutes of ippon kumite or practicing punching and kicking techniques against a person holding pads.

Class Attire: Uniforms (gi) are highly recommended, though not required. Gi must be white. Gi can be purchased from any retail source, and are available from Timberhill Karate Club. If you do not purchase a gi, wear loose-fitting clothing to allow full range of body motion. Bare feet are required. Fingernails and toenails should be trimmed to reduce the risk of inadvertently cutting other class participants. *Do not wear any body accessories, such as jewelry or hats.*

There is no belt ranking in this class. If you have rank from another martial arts style, please wear a white belt or no belt with your gi.

Class Grading and Evaluation:

- 50 points: Participation.** Based on a percentage of the total number of days of participation out of 18 classes. This allows for one absence without penalty.*
- 25 points: Written Exam.** One exam will be given about 2/3 through the term, covering the history of martial arts, the fundamentals of karate theory, and some Japanese karate vocabulary. A written exam is required of all PAC classes. The exam will be conducted online using Blackboard.
- 25 points: Skills demonstration.** Students will be graded at the end of the term, during the last class on skills learned in the class. Students are individually graded on their personal progress over the term (not compared to other students.)
- Extra Credit – 5 points, optional.** Students can receive 5 extra credit points by writing a two paged, typed, double spaced and referenced paper on any aspect of martial arts. Due by Wednesday March 2nd.

*It is the student's responsibility, not the instructor's, to add or drop
(or request an incomplete) and secure the necessary paperwork.*

Important Dates:

- January 17 (Mon): Martin Luther King Jr. Holdiay – no class.
- February 16 (Wed – first part of class): Pre-exam review and question/answer session for written exam.
- February 16 (Wed): Exam available on Blackboard.
- February 23 (Wed – 5pm): Written Exam Due – access to exam on Blackboard stops.
- No classes during the week of finals.

* Students can make-up classes by attending class at Timberhill Karate Club, located at Timberhill Athletic Club (757-8559), 2855 NW 29th Street, Tues. or Thurs. 7:15-9 PM. There is no-charge for 2 make-ups. After two make-ups there is a charge to participate in the classes by the athletic club (\$9/one time or \$50/month). Students will be allowed to attend TKC up to 5 times to make-up absences.

Grading Scale: 93-100= A, 90-92= A-, 87-89= B+, 83-86 = B, 80-82 + B-, 77-79 = C+, 73-76 = C, 70-72 = C-/S, 67-69 = D+, 63-66 = D, 60-62 = D-, below 60 =