Karate

I. Course Description:
Karate Kine 1107
Instruction and practice of contemporary techniques of Karate-Do (the way of the empty hand). An introduction to the practice of traditional Shotokan Karate (Japanese Karate).

II. Rationale:
Karate is an activity course that presents the subject matter of Karate-Do (the way of the empty hand). The student will be introduced to the core elements and techniques of karate practice (physical). The student will also get an insight into the mental aspect of practicing (ideals, demeanor, fighting spirit etc.) of traditional martial arts practice.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
N/A

IV. TExES Competencies
N/A

V. Learning objectives:
The student will learn:
X Learn basic exercises and stretches from Okinawan Karate.
X Learn Karate stances and stepping.
X Learn traditional Okinawan kata.
X Learn basic partner drills.
X Learn basic kotekitai exercises.
X Learn martial applications of the kata.

VI. Course topics
The major topics to be considered are:
Stance and Posture
Basic kicks and strikes
Kata
Ippon and Sanbon kumite
Self-defense applications

VII. Instructional methods and activities:
A. Traditional experiences - lecture/discussion, demonstration, drill and video.
B. Clinical experiences - Practice exercises and drills with partners.
C. Field experiences - Optional seminar participation possible with different instructors.
VIII. Evaluation and grade assignment:
Attendance and participation: 50%
Tests:
Midterm: 10%
Final: 30%
Magazine article or book report - typed 10%
The report should be on Okinawan karate. The article can come from a book, a magazine or the internet. If from the internet, print out the article and hand it in. The report should be one page, double spaced and in 12 point Times New Roman font. One inch margins.

IX. Course schedule and policies:
Students are allowed two unexcused absences. Each non-excused absence is worth 3% of your final grade. Being late to class three times will count as one absence. Nonparticipation will count as an absence unless due to injury or illness. There are options for making up classes. Twelve or more absences that are not made up may result in failure.
Students must put away all electronic devices and any notes before accepting tests. Failure to do so will result in a zero for that test.

Academic Integrity/Plagiarism
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.). In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test will result in a zero for that assignment or test.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometime occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class.

Tentative Schedule
1st 4 weeks: Stances, stepping, strikes, kicks and kotekitai.

2nd 4 weeks: Traditional Okinawan kata. Ippon and Sanbon kumite
March 9-17 Spring Break
March 20 Written midterm.

3rd 4 weeks: Kata bunkai, practical application and self-defense

Final 2 weeks: Refine and review.
May 6 Final

X. Textbook
Recommended but not required supplementary textbooks are:
XI. Bibliography

*The knowledge bases that support course content and procedures include:*
Thirty years of martial arts training.

XII. Grade Appeals

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accomodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.