

PE185Q Karate – Winter 2017

CRN: 30086 & 30704

Instructor: Lou Donadio

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Class will meet: Tuesday & Thursday; 1:00pm – 2:20pm, Room AC-120

Course Description

This is a beginning level karate class with intermediate options given. The focus of training will be the system of American Kenpo Karate and will include; warm-up, calisthenics, stretching, basics, kata (forms) and self defense movements. Students will benefit from increased strength, flexibility and body awareness from a self-defense perspective.

Class Format:

Attendance: Roll will be called in every class. It is your responsibility to respond.

Warm-up: 15 min. -- aerobic activity (Basics, calisthenics, etc.)

Curriculum: 30 min. – Basics / Self-Defense / Forms

Application: 30 min. – Drills / Body work / Bag Work

Cool-down: 5 min. -- cardiovascular cool down, stretching

Course Outcomes

Upon completion of the course, students should be able to:

- Recognize and describe the importance of consistent and effective participation
- Demonstrate knowledge of the techniques and/or strategies involved in karate.
- Demonstrate proper technique, based on the student's personal ability in karate.

Course Objectives

The Objectives of this course will be to improve; Physical conditioning, Develop strong basics, Develop basic kata, Develop basic self-defense skills, Explore the principles of American Kenpo and the Martial Artists mind set.

Dress Code/Equipment/Advice

Training will be practiced barefoot. Students must wear appropriate athletic attire. This means no street clothes like jeans, shorts, belts, button down shirts, etc. Acceptable clothing is sweat pants, t-shirts, sweat shirts, or workout clothes, (no tank top or sleeveless shirts). Long hair needs to be tied back with hair bands. Groin protection is recommended as well as bringing water to drink before and after class. Please come see me before or after class with any questions.

Safety

The majority of karate injuries are self inflicted. The most common injury is a sprained muscle, tendon, or ligament. If you are not completely warmed up prior to training, proceed slowly and with caution. The second most common injury involves a partner, when one or both are rushing their technique. Accuracy and timing are as important as speed and power. **ALL** techniques must be controlled! Always consider the size and ability of your training partner.

Cell phones and other electronics must be turned off before class

Grading

Attendance/Participation	200 points (10 points per class)
Scope of Knowledge	25 points
Basics and Application	25 points
Fitness (improvement)	25 points
Assignments	<u>25 Points</u>
Total	300 Points

A-F grades will be assigned based on a percentage of the total possible points with 90% and above being an "A", 80-89% a "B", etc. For individuals who specifically request P/NP Grading a "P" grade can be issued for those individuals who earn more than 70% of the possible points for the class. P/NP students must attend at least fifteen out of twenty classes.

Note: evaluations will not be based on a student's gender, color, size, strength, religious and cultural affiliation, or sexual preference

Attendance: 2/3 of available points come from attendance. Missed classes will affect your grade. All absences are excused, however, points are only earned through attendance and participation. Kenpo training is an ongoing process; success in the development of Kenpo techniques requires persistence and practice.

Make up for missed classes...

- A maximum of 3 MWF classes or 2 Tues/Thurs. classes are allowed.
- No more than 1 make up per day or 2 per week will be accepted.
- Permission from the class instructor must be granted before attending the makeup session.
- Absences should be made up in advance of an anticipated absence or within a week of an unanticipated absence. Make ups are allowed through LBCC only.

Training Journal (10 bonus points): Use the available training journal to track and record your attendance, practice and exercise as it relates to your Kenpo training and your fitness. Your training journal will need to be checked off during weeks five and ten to receive credit.

Knowledge: Each student should have Curriculum Requirement Sheets as part of their notebook. Although effort is rewarded, more so at the beginning levels, students must be able to perform all movements in their curriculum at an acceptable level of skill.

Basics and Application: Good basics are the foundation of a good Martial Artist. Student should be able to demonstrate proper application of the techniques they are learning.

Fitness: No specific fitness level is required to participate and train, however, students are expected to improve their level of fitness throughout the course.

Assignments: All class handouts should be kept in a notebook / folder. I will ask that you maintain a training log.

Etiquette: BOWING TO YOUR PARTNER IS NOT AN INDICATION OF SUBSERVIENCE. Bowing to each other is an agreement that you are practicing something dangerous, and will take care not to injure each other. ALWAYS TREAT YOUR PARTNER WITH CONSIDERATION AND RESPECT.

STUDENTS WITH DISABILITIES: If you are in need of academic support because of a documented disability, you may be eligible for academic accommodations through disability services. Contact the Disability Services Office in HO103 or at 917-4789.

ADMINISTRATIVE WITHDRAWAL: Faculty may administratively withdraw a student for nonattendance during the first two weeks of the term. Students who do not attend 50% of the class sessions during the first or second week of classes will be administratively withdrawn.

LINN-BENTON COMMUNITY COLLEGE

**INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS LIABILITY WAIVER & INDEMNIFICATION FORM
PLEASE READ CAREFULLY BEFORE SIGNING**

WARNING OF RISKS

Participation in any Physical Fitness, Exercise or Weight Training class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a Physical Fitness, Exercise or Weight Training class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfit or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

STUDENT: I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights. A complete copy of this form will be provided to me upon request.

Student Signature: _____ **Date:** _____

IF STUDENT IS UNDER 18 YEARS OF AGE, MUST BE SIGNED BY A PARENT / GUARDIAN

PARENT/LEGAL GURDIAN (if student is under 18 years of age):

I have read the above WARNING and I understand that this class may potentially involve the RISK OF INJURY OR DEATH and that by permitting my child/ward to participate in this class they may be subject to the possibility of injury or death. I acknowledge that I do understand the contents of this form and I voluntarily choose to permit my child/ward to participate and by my signature do hereby release, indemnify and hold the college, its officers, employees and agent s harmless from any claims, damages, demands, liabilities and costs incurred including attorney's fees. I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights. A complete copy of this form will be provided to me upon request.

Parent/Guardian's Signature: _____ **Date:** _____