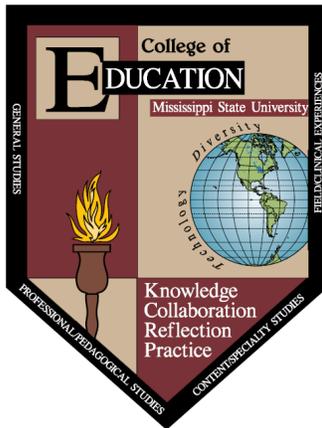


**MISSISSIPPI STATE UNIVERSITY
COLLEGE OF EDUCATION**

**DEPARTMENT of KINESIOLOGY
COURSE SYLLABUS**

| | |
|------------------------------------|---|
| Course Prefix & Number: | PE 1101 |
| Course Title: | Karate for Intermediates |
| Credit Hours: | One (1) semester hour |
| Course Type: | Activity |
| Catalog Description: | Two hours laboratory. Current events of the American Karate world. Advanced free-fighting and self-defense techniques. Interpretation of forms. |

College of Education Conceptual Framework:



The faculty in the College of Education at Mississippi State University are committed to assuring the success of students and graduates by providing superior learning opportunities that are continually improved as society, schools, and technology change. The organizing theme for the conceptual framework for the College of Education at Mississippi State University is educational professionals - dedicated to continual improvement of all students' educational experiences. The beliefs that guide program development are as follows:

1. **KNOWLEDGE** - Educational professionals must have a deep understanding of the organizing concepts, processes, and attitudes that comprise their chosen disciplinary knowledge base, the pedagogical knowledge base, and the pedagogical content knowledge base. They must also know how to complement these knowledge bases with the appropriate use of technology.
2. **COLLABORATION** - Educational professionals must continually seek opportunities to work together, learn from one another, forge partnerships, and assume positions of responsibility.
3. **REFLECTION** - Educational professionals must be willing to assess their own strengths and weaknesses through reflection. They must also possess the skills, behaviors, and attitudes necessary to learn, change, and grow as life-long learners.
4. **PRACTICE** - Educational professionals must have a rich repertoire of research-based strategies for instruction, assessment, and the use of technologies. They must be able to focus that array of skills on promoting authentic learning by all students or clients, while exhibiting an appreciation and commitment to the value and role of diversity.

Course Objectives:

1. To understand and demonstrate the etiquette and courtesies of karate training. CFPO 3,8,9
2. To understand and demonstrate the intermediate-level punching, striking, blocking and kicking techniques. CFPO 3,8,9
3. To understand and demonstrate pre-determined and ad hoc combinations of the basic techniques. CFPO 3,8,9
4. To understand and demonstrate the third and fourth katas: Heian Nidan and Heian Sandan. CFPO 3,8,9
5. To memorize and perform the complete set of three-step sparring, or Sanbon Kumite. CFPO 3,8,9

Topics Covered in Course:

1. Intermediate-level terminology (3 hr)
2. Applications of intermediate-level techniques (3 hr)
3. Karate-do versus karate-jutsu (3 hr)
4. Etiquette and courtesies of karate (3 hr)
5. Distinguishing concepts between beginning- and intermediate-level kata and kumite (6 hr)
6. Intermediate-level karate striking, blocking and kicking techniques (6 hr)
7. Kata (forms): Heian Nidan and Heian Sandan (6 hr)
8. Yakusoku kumite (pre-arranged fighting sequences): Sanbon Kumite (6 hr)
9. Demonstration of distinguishing concepts between beginning- and intermediate-level kata and kumite (6 hr)
10. Intermittent vigorous aerobic and anaerobic activity (3 hr)

Required Texts: None

Methods of Instruction: Demonstration

MSU Honor Code:

"As a Mississippi State University student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do."

The Mississippi State Honor Code can be found at <http://www.honorcode.msstate.edu/>.

Technology: Not an aspect of this course.

Diversity: No special teaching on diversity is done in this course.

Disability:

Students with disabilities will be accommodated in every possible way via Student Support Services (325-3335).

Field Component: None

Evaluation of Student Progress:

| | |
|-----------------------|------------------|
| Skills | 50 points |
| Knowledge | 35 points |
| Participation | <u>15 points</u> |
| TOTAL POSSIBLE POINTS | 100 |

Participation is defined as the student's involvement in all assigned drills and activities during class. It is during this time that the instructor will monitor and evaluate student progress.

A = 100 - 90%, B = 89% - 80%, C = 79% - 70%, D = 69% - 60%, F < 60%

Expectations of Students

1. Wear loose-fitting clothing suitable for activity. No shoes are allowed on the practice floor.
2. Purchase of karate uniforms is completely optional.
3. Do not wear jewelry, watches, etc.
4. Do not chew gum.
5. If you need to leave a class early, let the instructor know beforehand.
6. Follow all procedural guidelines that are presented by the instructor.
7. Since books are not necessary, regular attendance in classes is essential.
8. Follow the rules of etiquette.
9. Practice good personal hygiene.
10. Consider the safety of fellow students whenever performing a technique.
11. Emphasis is placed on students learning control of their emotions and their bodies to avoid injury during training. Body contact is intended only during blocking of a controlled punch, strike, or kick. This contact is designed to strengthen, rather than injure body parts.
12. Karate begins and ends with courtesy.

Bibliography:

Videos:

1. Heian Shodan: http://www.youtube.com/watch?v=PYke_bqSW5k
2. Heian Nidan: <http://www.youtube.com/watch?v=lbsTuTVohOY>
3. Kihon Gohon Kumite:
<http://www.youtube.com/watch?v=m3M6tdpoEUw&feature=fvwrel>

4. Kihon Sanbon Kumite: http://www.youtube.com/watch?v=rv0vp_wY6oE
5. Kihon Ippon Kumite: <http://www.youtube.com/watch?v=rYoY0J4MQSg>