

PHED 17B: INTERMEDIATE KARATE

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses; not open to students with credit in H P 84A.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable
Formerly:	H P 84A

Description

Intermediate karate skills and techniques. Analysis and application of biomechanics, individual and group interaction, and uses of karate.

Course Objectives

The student will be able to:

- demonstrate intermediate karate techniques.
- analyze the physical principles of karate movements.
- explain offensive and defensive strategies for self-defense and sparring.
- identify and interpret the important elements of karate katas.
- employ proper warm-up and stretching exercises for injury prevention.
- recognize the various karate styles and their applications.
- examine the Japanese language in the usage of commands and vocabulary in karate.

Course Content

- Intermediate karate techniques
 - Blocking applications
 - Jump and spin kicks
 - Sparring combinations
 - Closed and open-hand strikes
 - Intermediate Heian katas
- Physical principles of karate
 - Balance
 - Power
 - Speed
- Offensive and defensive strategies of sparring
 - Two-person drills
 - Circle drill
 - Prearranged drills
 - Free-style fighting
 - Distancing
 - Perception of attack
- Elements of karate katas
 - Correct order

- Meaning of each movement
- Proper breathing
- Timing
- Awareness of target
- Karate styles
 - Okinawan
 - Japanese
 - Korean
 - Chinese
 - European
 - American
- Japanese commands and vocabulary
 - Bowing in and out
 - Addressing students and instructor
 - Tournament vocabulary
 - Karate techniques

Lab Content

All lab content is covered in Course Content.

Special Facilities and/or Equipment

Karate gi. Punching and kicking bags.

Method(s) of Evaluation

- Direct instructor evaluation of student
- Physical skills tests
- Final written exam on Japanese karate vocabulary, commands, and katas

Method(s) of Instruction

Discussion, cooperative learning exercises, laboratory, demonstration.

Representative Text(s) and Other Materials

Martin, Ashley. *The Shotokan Karate Bible: Beginner to Black Belt*. 2nd ed. Bloomsbury USA, 2016.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Assignments covering karate history and famous figures, as well as observing karate classes in local dojos.

Discipline(s)

Physical Education