

SYLLABUS
PART I
EDISON COMMUNITY COLLEGE
PED 120S BEGINNING KARATE
1 CREDIT HOUR

COURSE DESCRIPTION

Introduction to the martial art of karate. Basic stances, strikes, blocks and kicks will be practiced along with formal exercises, pre-arranged sparring and self defense applications. History of karate, traditional martial arts etiquette and philosophy will also be included. Lab fee.

COURSE GOALS

The student will:

1. Practice the basic techniques of karate - stances, strikes, blocks and kicks
2. Demonstrate the first pre-arranged exercise (kata)
3. Apply the first prearranged sparring session
4. Employ basic Japanese terms used in karate
5. Demonstrate an understanding of traditional martial arts etiquette

CORE VALUES

The Core Values are a set of principles which guide in creating educational programs and environments at Edison. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goals, objectives, and activities in this course will introduce/reinforce those Core Values whenever appropriate.

TOPIC OUTLINE

1. Warm-up exercises
2. Basic stances
3. Strikes
4. Blocks (defensive techniques)
5. Front snap kick
6. First formal exercise
7. First prearranged sparring
8. First belt test