

SYLLABUS
PART I
EDISON COMMUNITY COLLEGE
PED 121S INTERMEDIATE KARATE
2 CREDIT HOURS

COURSE DESCRIPTION

Continuation of the study of the martial art of karate. Basic stances, strikes, blocks and kicks will continue to be practiced along with additional formal exercises, more advanced pre-arranged sparring and self defense applications. History of karate, traditional martial arts etiquette and philosophy will also continue to be studied. Students may progress in this course up through the rank of Ni-Kyu (Brown Belt). Prerequisite: Successful completion of PED 120S or instructor permission. Lab fee.

COURSE GOALS

The student will:

Bloom's Level		Program Outcomes
	1. Continue to practice and perfect the basic techniques of karate - stances, strikes, blocks and kicks	
	2. Demonstrate the pre-arranged exercise (kata) up through and including the basic advanced (Naihanchi)	
	3. Apply the second through fourth prearranged sparring exercises	
	4. Employ basic and intermediate Japanese terms used in karate	
	5. Demonstrate a deeper 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, strikes, blocks
3. Front snap kick
4. Combinations (two and three) of offensive and defensive basics
5. Formal exercises up to and including Naihanchi Shodan
6. Additional prearranged sparring exercise two through four
7. Additional belt test