

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 51A Sections 1 & 2, Beginning Aikido**

**Contact Information**

Instructor: Jack Wada  
Office Location: SPX 170  
Telephone: 4-4182  
Email: jack@aikidosj.com  
Office Hours: Mondays 10:30-11:30am  
Wednesdays 10:30-11:30am  
And by appointment

Class Meetings & location Section 1: MW 8:30-9:30am YUH 208  
Section 2: MW 9:30-10:30am YUH 208

Course Fees \$5 donation for Field Trip to Aikido of San Jose

**Course Description**

This course is focused on the philosophy, history, and basic skills related to the Japanese martial art of Aikido.

**Web Resource**

Course materials may be found at [www.My.SJSU.com](http://www.My.SJSU.com) and may be sent to you via MySJSU email. Please keep your MySJSU email address updated. It is your responsibility to start a Canvas account. :

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, technique, terminology, and philosophy related to Aikido.
- Proficiency in execution of the Aikido skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Aikido.
- An understanding of the mental and physical health benefits to be derived from Aikido.

- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
- An understanding of how to reduce mental and emotional stress levels through breath work, physical training, and an increased understanding of the body/mind relationship.
- An understanding of how the evolution and philosophy of aikido has manifested as a path of peace and means of conflict resolution.

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Text/Readings**

Required Text (available from SJSU Bookstore):

Holiday, L. (2013). *Journey to the heart of aikido: The teachings of Motomichi Anno Sensei*. Berkeley, CA: Blue Snake Books. **Please buy from bookstore, not online.**

Read the following sections:

pp. 59 – 62 “The Founder’s Awakening” pp. 64 - 66 “The Emergence of Aikido” pp. 97 – 99 “Introduction to Part II” p. 101 “All Things Are Born of Ki”  
 pp. 102 – 104 “Stand on the Floating Bridge of Heaven” pp. 134 – 135 “What Is Aikido?” p. 136 “The Fundamentals”  
 p. 164 “A Paradox”  
 p. 166 “Unity With Nature” pp. 167 – 168 “*Muri, Muda, Mura*” pp. 168-169  
 “Goals” pp. 169-171 “Don’t Wait for an Attack”

### **Course Notes**

The training room will be treated as a traditional dojo (a place of the “way” or the spiritual path). The following serves as introductory etiquette:

∞ Students are expected to be punctual and remain to the end of the class. If you must leave early please let the instructor know in advance.

- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Training uniforms (gi) are encouraged, but not required. In place of gi, students should wear sturdy, loose-fitting clothes. Shorts are not recommended.
- Jewelry must be removed and pockets emptied. Shoes and socks must be removed. Keep hands and feet clean; keep fingernails and toenails trimmed.
- No eating or chewing gum.
- An attitude of respect is to be maintained for all participants at all times. **Aikido is a cooperative learning effort. Training is joyful.**
- All injuries will be immediately reported to the instructor.
- Bowing is a fundamental aspect of aikido training, which reflects respect and humility – it does not hold religious significance.

#### IMPORTANT COURSE INFORMATION AND REQUIREMENTS:

- Active class participation is essential to fulfill the course requirements. Make-up work must be completed by Dec10, 2018.
- Class time lost due to injury or illness: Timely communication between the student and the instructor regarding an ongoing illness or injury is a must. Special arrangements regarding such issues need to be handled at the onset of the condition.
- Three minutes will be given to “dressing out” at the beginning of each class period. Allowing for this, class will begin promptly 3 minutes later than scheduled.
- **There are no make-ups for the skills test or field trip.**
- Three points will be deducted for each class day that an assignment is turned in late.

#### **Course Requirements, Assignments, and Grading Tests and Other Assignments:**

#### ASSIGNMENT SCHEDULE:

- 10% Final: Takehome test/Essay      Sec1:12-12(7:15-9:30) Sec2:12-14(7:15-9:30)
  - Based on readings in required text (see above) ○ **online only AFTER exam times.**
- 15% Skills Testing 1      10-15&17
- 15% Skills Testing 11-26&11-28
- 10% Field Trip      12-3,4,5

- 50% Skill development through class participation .

### PAPERS

- Papers/exams may be submitted by email to [jack@aikidosj.com](mailto:jack@aikidosj.com). Papers must be in 12point font, double-spaced.
- I will deduct up to 10% of the paper's grade for mistakes in grammar and/or punctuation. The papers are expected to be written at a college level of proficiency.
- If submitted by email, papers must either be Word or Pages or be copied into the body of the email. I will send you a reply within 24 hours of receiving your paper. If you have not received a reply by the due date, your assignment will be considered late. Alternately, you can hand in a hard copy in class, on or before the due date. □ Points will be deducted for late assignments (3 points per class day).

### SKILLS TEST                      Beginning 10-15-18

- Right and Left Hanmi with Extension(10-15 &10-17)
- Standing Forward Roll(10-15 & 10-17)
- Standing Back Roll(10-15 & 10-17)
- Knee Walking(10-15 & 10-17)
- Wrist Stretches(11-26 &11-28)
- Basic Blend(11-26 &11-28)
- Seated Kokyu Ho(11-26 & 11-28)

There is no make up for the Skills Test.

### FIELD TRIP

When:      Pick one of the following days:

Monday	Dec 3	12 noon – 1 p.m.
Tuesday	Dec 4	12 noon – 1 p.m.
Wednesday	Dec 5	12 noon – 1 p.m.

Location: [Aikido of San Jose](#)

190 Martha St., San Jose  
408-294-3049

### **Final Exam: Take home exam and essay:**

The take home exam will be based on the reading sections highlighted in the text. Answers you get from Wikipedia may not be answers I accept. Essay topic:

**Osensei said the first and most important thing in Aikido was to stand on the Floating Bridge of Heaven. What might he have meant? Why does he choose a reference from the Japanese myths of creation? What might that mean to you? 1 to 3 pages.**

<http://www.aikidosj.com>

\$5 Cash or Check payable to **Aikido of San Jose**

Arrive about 10 minutes early, remove shoes, sign in, change, and line up on the mat. You will participate in the class, which will be taught by Jack Wada Sensei.

There is no make up for the Field Trip. If you cannot attend at scheduled times, see me about attending class at Aikido of San Jose at an alternate time.

## Grading

### EVALUATION:

---

Skill Development During Class Participation	50%
Instructor will observe students' development of Aikido skills during their class participation.	
Take-Home Test/Essay (Based on readings from required text)	10%
Skills Test 1	15%
Skills Test 2	15%
Etiquette and Skills During Field Trip to Aikido of San Jose	10%

**grading Scale used to determine letter grade for each component above.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+

63% - 66%	D
60% - 62%	D-
below 60%	F

### **Class Make-Ups**

The instructor continually assesses the students' performance of skills during class participation. Students can make up for missed participation by attending classes in the other section and/or by completing additional written assignments. See instructor for information on written assignments.

**There are no make-ups for field trip.**

### **Penalty for Late Take-Home Tests and Papers**

There will be a 3-point penalty for each class day that the take-home test or a paper is turned in late. All late assignments and all make-up work must be turned in by Dec 6<sup>th</sup>.

### **University Policies**

Information pertaining to university programs and policies designed to facilitate student success can be found here: <http://www.sjsu.edu/gup/syllabusinfo/> Course Calendar (subject to change with fair notice by announcement in class and/or email)

<b>Dates</b>	<b>Course Content (Assignments, Exams/Quizzes, Activities)</b>
Sept 3	Introduction Begin reading the following sections in <i>Journey to the Heart of Aikido</i> and begin working on the Take-Home Test: p. 56 pp. 59 – 62 “The Founder’s Awakening” pp. 64 - 66 “The Emergence of Aikido” pp. 97 – 99 “ Introduction to Part II” p. 101 “All Things Are Born of Ki” pp. 102 – 104 “Stand on the Floating Bridge of Heaven” pp. 134 – 135 “What Is Aikido?” p. 136 “The Fundamentals” p. 164 “A Paradox” p. 166 “Unity With Nature” pp. 167 – 168 “ <i>Muri, Muda, Mura</i> ” pp. 168-169 “Goals” pp. 169-171 “Don’t Wait for an Attack” Seated Forward Roll
	Seated Forward Roll Seated Back Roll

	Seated Back Roll Kneeling Forward Roll
	Kneeling Forward Roll Standing Forward Roll
	Standing Forward Roll Standing Back Roll
	Standing Back Roll Practice Rolls and Aikido Techniques
Oct 15/17	First Skills Test : Standing back & forward rolls, knee walk' Hanmi(triangle) with extension
	Practice Rolls and Aikido Techniques
	Practice Rolls and Aikido Techniques
<b>Dates</b>	<b>Course Content (Assignments, Exams/Quizzes, Activities)</b>
Nov 26/28	Second skills test: back roll standing, seated kokyu ho,
Dec 3	Practice Rolls and Aikido Techniques <b>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</b>
Dec 3,4,5	Regular Class at SJSU and <b>Field Trip to Aikido of San Jose</b>
Dec12 sec 1  Dec 14 sec 2	<b>Final:Take home test and essay due online only. Both section 1 and section2 times are 7:15-9:30. They must NOT be emailed before the exam times.</b>
Dec10	Last day to email any late assignments or make-up work