

Kinesiology Department
San Jose State University
Instructor: Sandy Olliges
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Fall 2009
Section 2 MW 10:30-11:20
Class location: YUH 202
Office location: YUH206
Office hours: MW 3–4:30 pm

KIN 51A: BEGINNING AIKIDO

COURSE DESCRIPTION:

Aikido is a martial art based on the philosophy of resolving conflict through nonresistance and the practice of peace. It is a way of harmony with oneself, and with one's community and environment. This course is designed to teach basic level training skills and to foster an understanding of the role of martial arts in contemporary society.

COURSE OBJECTIVES:

- A. To provide an introduction to the fundamentals of aikido.
- B. To learn basic aikido terminology.
- C. To understand how the evolution and philosophy of aikido has manifested as a path of peace and means of conflict resolution.
- D. To increase overall physical conditioning and flexibility through aikido warm up exercises and the practice of basic aikido techniques.
- E. To reduce mental and emotional stress levels through breath work, physical training, and an increased understanding of the body/mind relationship.
- F. To understand and practice traditional martial arts etiquette.

***Upon the successful completion of this course, the student will have the knowledge and fundamental training skills required to comfortably transition into a formal aikido dojo (school).

PREREQUISITES:

The student must be in good mental and physical health. The training will not be physically severe, yet the student should be prepared to sweat, to learn "tumbling type" falling skills, and to be in close physical contact during paired-practice training.

EVALUATION:

Class Participation	50%
Written Midterm Exam (<i>The Art of Peace</i> Parts One and Two)	10%
Written Midterm Paper	10%
Skills Testing	10%
Field Trip to Aikido of San Jose	10%
Final Paper	10%

GRADING SCALE:

A+ = 97-100	B+ = 87-89	C+ = 77-79	D+ = 67-69
A = 93-96	B = 83-86	C = 73-76	D = 63-66
A- = 90-92	B- = 80-82	C- = 70-72	D- = 60-62
			F = 59 and below

IMPORTANT COURSE INFORMATION AND REQUIREMENTS:

- Active class participation is essential to fulfill the course requirements. Sideline attendance will not be recorded. You will be allowed to miss two classes without any deduction of participation points. Missing 8 or more classes will result in a zero score for Class Participation, which will result in a grade of F for the class. Absences can be ‘made up’ by arranging with the instructor for an alternate assignment, which must be completed by December 7, 2009.
- 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 three minutes later than scheduled.
- No make ups for skills testing will be given.
- To obtain a passing grade in the class, at least one written assignment must be completed at a satisfactory level. Three points will be deducted for each class day that an assignment is turned in late.

ASSIGNMENT SCHEDULE:

- Midterm Exam 9-23-09
- Midterm Paper 10-28-09
- Skills Testing beginning 11-16-09
- Field Trip 11-30, 12-1, 12-2, or 12-7
- Final Paper 12-7-09

CLASS PROCEDURES:

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.
- Training uniforms (gi) are encouraged, but not required. In place of gi, students should wear sturdy, loose-fitting clothes. Long pant legs are encouraged.
- Jewelry must be removed and pockets emptied. Shoes and socks must be removed. 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.

REQUIRED READING:

December 7 is the last day of classes. No classes during finals week.
October 7, 12, and 19 are furlough days – no classes or office hours.

The Art of Peace by Morihei Ueshiba, trans. and ed., John Stevens, full size edition

PAPERS

Papers may be submitted by email to SandyOlligesSensei@comcast.net They must either be Microsoft Word or PDF attachments, 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).

Remember – you must complete at least one of the written assignments at a satisfactory level in order to receive a passing grade in the class.

Midterm Assignment

Due October 28, 2009

Choose one or more of the following concepts related to the practice of Aikido: Center, Ground, Extend, Blend, Lead, or Ki. Write a one to three page essay, describing your experience of the concept(s). You may describe your experience with the concept(s) in Aikido class, in another aspect of your life, or both.

Final Paper

Due December 7, 2009

Write a one to three page paper on the following:

Describe the application of the principles of Aikido to resolving conflict or creating peace in your daily life.

Instead of writing the final paper, you may attend a video showing and discussion on the hidden internment, which is about the role of racism in the war system. It will be Sunday, September 13, from 2-4 pm at the Yu-Ai-Kai Building, 588 N. 4th Street, San Jose. You must sign in at the event to receive credit for this assignment.

SKILLS TEST Beginning 11-16-09

Right and Left Hanmi with Extension
Standing Forward Roll
Standing Back Roll
Wrist Stretches
Knee Walking

Basic Blend
Seated Kokyu Ho

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FIELD TRIP

When: Pick one of the following days:

Monday	Nov 30	12 noon – 1 pm
Tuesday	Dec 1	12 noon – 1 pm
Wednesday	Dec 2	12 noon – 1 pm
Monday	Dec 7	12 noon – 1 pm

Location: Aikido of San Jose
190 Martha St., San Jose
408-294-3049
www.aikidosj.com

\$5 Donation Requested, 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.

Furlough Information

There will be no classes or office hours, and I will not be grading papers or checking email or voicemail on October 7, 12, and 19. In addition, I will not be grading papers or checking email or voicemail on September 22 and 25, November 13 and 19, and December 4 and 11.

December 7 is the last day of classes. No classes during finals week. October 7, 12, and 19 are furlough days – no classes or office hours.