San José State University
Kinesiology
Fall 2016, KIN 51A Sections 1 & 2, Beginning Aikido

Contact Information

Instructor: Sandy Olliges
Office Location: SPX 170
Telephone: 4-4182
Email: sandyolligessensei@comcast.net
Office Hours: MW 10:45 - 11:45 a.m., Tues. by appointment
Class Meetings & location
Section 1: MW 8:30 - 9:20 YUH 208
Section 2: MW 9:30 - 10:20 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-derived martial art of Aikido.

Web Resource
Course materials may be found at https://sites.google.com/a/sjsu.edu/olliges-sjsu/ and may be sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is also posted on the Kinesiology website: http://www.sjsu.edu/kinesiology/GreenSheet/.

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):


Read the following sections:
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”
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.
• 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 co-operative 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 December 12, 2016.
• 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% Take-Home Test 9-21–16
  • Based on readings in required text (see above)
  • Bring completed hard copy to class on or before the due date
• 10% Midterm Paper 10-19–16
• 10% Skills Testing 11-14, 11-16, or 11-21
• 10% Field Trip 11-29, 11-30, 12-5, or 12-6
• 10% Final Paper 12-12-16
• 50% Skill development through class participation 8-24 through 12-12

PAPERS
• Papers may be submitted by hard copy in class or by email to SandyOlligesSensei@comcast.net Papers must be in 12-point 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).

Midterm Paper Assignment
Due October 19, 2016

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 12, 2016

Write a one- to three-page paper on the following:

Describe the application of the Aikido principles of nonviolence and/or loving protection for all beings to resolving conflict or creating peace in your daily life.

SKILLS TEST Beginning 11-14–16

• Right and Left Hanmi with Extension
• Standing Forward Roll
• Standing Back Roll
• Wrist Stretches
• Knee Walking
• Basic Blend
• Seated Kokyu Ho

FIELD TRIP
When: Pick one of the following days:

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Nov 29</th>
<th>12 noon – 1 p.m.</th>
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</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Nov 30</td>
<td>12 noon – 1 p.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>Dec 5</td>
<td>12 noon – 1 p.m.</td>
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<tr>
<td>Tuesday</td>
<td>Dec 6</td>
<td>12 noon – 1 p.m.</td>
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Location: Aikido of San Jose
190 Martha St., San Jose
408-294-3049
http://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.

Grading

**EVALUATION:**

- Skill Development During Class Participation 50%
  - Instructor will observe students’ development of Aikido skills during their class participation.
- Take-Home Test (Based on readings from required text) 10%
- Written Midterm Paper 10%
- Skills Testing 10%
- Etiquette and Skills During Field Trip to Aikido of San Jose 10%
- Final Paper 10%

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
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<td>77% - 79%</td>
<td>C+</td>
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<tr>
<td>73% - 76%</td>
<td>C</td>
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<tr>
<td>70% - 72%</td>
<td>C-</td>
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<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
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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 skills tests or 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 the last day of class, December 12.

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)

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, Activities)</th>
</tr>
</thead>
</table>
| 1 Aug 24 | Begin reading the following sections in *Journey to the Heart of Aikido* 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”  
  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” |
| 2 Aug 29 & 31 | Seated Forward Roll |
| 3 Sept 5  
 Sept 7 | Labor Day - No Class  
 Seated Back Roll |
| 4 Sept 12 & 14 | Kneeling Forward Roll |
| 5 Sept 19  
 Sept 21 | Standing Forward Roll  
 Take-Home Test Due – Bring Hard Copy to Class |
| 6 Sept 26 & 28 | Standing Back Roll |
| 7 Oct 3 & 5 | Practice Rolls and Aikido Techniques |
| 8 Oct 10 & 12 | Practice Rolls and Aikido Techniques |
| 9 Oct 17  
 Oct 19 | Practice Rolls and Aikido Techniques  
 **Midterm Paper Due** |
| 10 Oct 24 & 26 | Practice Rolls and Aikido Techniques |
| 11 Oct 31 & Nov 2 | Practice Rolls and Aikido Techniques |
| 12 Nov 7 & 9 | Practice Rolls and Aikido Techniques |
| 13 Nov 14 & 16 | **Skills Test**, Practice Rolls and Aikido Techniques |
| 14 Nov 21  
 Nov 23 | **Skills Test**, Practice Rolls and Aikido Techniques  
 **No Class** |
<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, Activities)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Nov 28</td>
<td>Regular Class at SJSU</td>
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<tr>
<td>Nov 29</td>
<td>Field Trip to Aikido of San Jose</td>
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<tr>
<td>Nov 30</td>
<td>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</td>
</tr>
<tr>
<td>16 Dec 5</td>
<td>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</td>
</tr>
<tr>
<td>Dec 6</td>
<td>Field Trip to Aikido of San Jose</td>
</tr>
<tr>
<td>Dec 7</td>
<td>Regular Class at SJSU</td>
</tr>
<tr>
<td>17 Dec 12</td>
<td>Last Class, Final Paper and any Make-Up Work Due</td>
</tr>
</tbody>
</table>