

San José State University

Kinesiology

51A, Beginning Aikido, Sections 1 & 2, Spring 2013

Instructors:	Jack Wada and Sandy Olliges
Office Location:	SPX 301
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Office Hours:	Mondays 12:45 – 1:15 p.m., Monday mornings by appointment
Class Days/Time:	Section 1: MW 10:30 a.m. – 11:20 a.m. Section 2: MW 11:30 a.m. – 12:30 p.m.
Classroom:	SPX 218
GE/SJSU Studies Category:	Activity
Course Fees:	\$5.00 donation for field trip

Course Description

Aikido is a martial art based on the practice of peace and the philosophy of resolving conflict through nonresistance. It is a way of harmony with oneself, one's community, and the 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. This syllabus is posted on the Kinesiology website: <http://www.sjsu.edu/kinesiology/GreenSheet/>

Course Goals and Student Learning Outcomes

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) and will be able to demonstrate:

- A. an understanding of the applicable history, guidelines, strategies, current research, safety, and etiquette appropriate to the practice of aikido;
- B. an understanding of basic aikido terminology;
- C. an understanding of how the evolution and philosophy of aikido has manifested as a path of peace and means of conflict resolution;

- D. an understanding of the benefits of overall physical conditioning and flexibility attained through aikido warm-up exercises and the practice of basic aikido techniques; and
- E. 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.

Required Texts/Readings

Textbook

Ueshiba, M. (2002). *The Art of Peace*. John Stevens (Trans. & Ed.), full size edition. Shambala Books.
Available at the SJSU bookstore.

Classroom Protocol

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 hands and feet clean, keep and 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.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, and so forth. Refer to the current semester’s [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/provost/Academic_Calendars/) web page at http://www.sjsu.edu/provost/Academic_Calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

EVALUATION:

Demonstrates Appropriate Skills During Class Participation	50%
Written Midterm Exam (<i>The Art of Peace</i> Parts One and Two)	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:

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 12 or more classes will result in inadequate demonstration of Appropriate Martial Interaction and Skills During 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 May 13, 2013.
- 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.
- **There are no make ups for the skills test or field trip.**
- 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 2-25-13
- Midterm Paper 3-18-13
- Skills Testing 4-15, 4-22, 4-29, 5-6
- Field Trip 4-29, 4-30, 5-6, or 5-7
- Final Paper 5-13-13

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 Paper Assignment Due March 18, 2013

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 May 13, 2013

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.

SKILLS TEST Beginning 4-15-13

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:

Monday	April 29	12 noon – 1 p.m.
Tuesday	April 30	12 noon – 1 p.m.
Monday	May 6	12 noon – 1 p.m.
Tuesday	May 7	12 noon – 1 p.m.

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.

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Students with disabilities requesting accommodations must register with the [Disability Resource Center \(DRC\)](http://www.drc.sjsu.edu/) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available on the the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become Peer Connections. Peer Connections is the new campus-wide resource for mentoring and tutoring. Our staff is here to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. Students are encouraged to take advantage of our services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center

The SJSU Writing Center is located in Suite 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center staff](http://www.sjsu.edu/writingcenter/about/staff/) can be found at <http://www.sjsu.edu/writingcenter/about/staff/>.

KIN 51A / Beginning Aikido, Spring 2013, Course Schedule

Schedule is subject to change, which will be announced in class.

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1-23	Introduction to Aikido
2	1-28	Beginning reading <i>Art of Peace</i> , Parts 1 and 2. Begin completing take-home midterm exam.
5	2-18	No classes
6	2-25	Midterm exam due.
9	3-18	Midterm paper due.
10	3-25 & 3-27	Spring Break – No classes
11	4-1	Cesar Chavez Day – No classes
13	4-15	Skills testing
14	4-22	Skills testing
15	4-29 4-30	Skills testing, Field trip Field trip Regular aikido classes also at SJSU
16	5-6 5-7	Skills testing, Field trip Field trip Regular aikido classes also at SJSU
17	5-13	Final paper due