

Kinesiology Department  
San Jose State University  
Instructor: Sandy Olliges  
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Spring 2009  
MW 10:30-11:20  
Class location: YUH 202  
Office location: YUH 206  
Office hours: MW 3–4:30 pm

## KIN 51B: INTERMEDIATE AIKIDO

### COURSE DESCRIPTION:

This class will offer the student an opportunity to improve upon the basic movement patterns and falling skills that were introduced in Beginning Aikido: 51A. The techniques required for first level (5<sup>th</sup> kyu) belt ranking will be presented and practiced. This course will continue to explore the role of martial arts in contemporary society, and ways the aikido student can practice peace.

### PREREQUISITES:

1. One semester of Aikido 51A, the equivalent, or permission of the instructor.
2. Students must be in good mental and physical health.

### COURSE OBJECTIVES:

- A. To increase skills in the fundamentals of aikido.
- B. To deepen understanding of how the evolution and philosophy of aikido can manifest as a path of peace and means of conflict resolution.
- C. To practice more advanced aikido techniques and falling skills.
- D. To increase the ability to maintain a calm, centered presence in a conflict situation, through an increased understanding of the body/mind relationship.
- E. To explore the applications of aikido in resolving destructive patterns in contemporary society.

### CLASS PROCEDURES:

- The training room will be treated as a traditional dojo (a place of the “way” or the spiritual path).
- Proper dojo etiquette is required.
- Training uniforms (gi) are encouraged, but not required. In place of gi, students should wear sturdy, loose-fitting clothes. Long pant legs are encouraged.

### EVALUATION:

Class Participation	50%
Written Midterm Paper 1 ( <i>The Art of Peace Part Three</i> )	10%
Written Midterm Paper 2 ( <i>On the Warrior’s Path</i> )	10%
Skills Testing	10%
Field Trip to Aikido of San Jose	10%
Final Paper	10%

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.

### 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, resulting in a grade of F for the class. Absences can be 'made up' by arranging with the instructor 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 late.

### ASSIGNMENT SCHEDULE:

- Midterm Paper 1 9-23-09
- Midterm Paper 2 10-28-09
- Skills Testing 11-25-09
- Field Trip 11-30, 12-1, 12-2, 12-7
- Final Paper 12-7-09

### REQUIRED READING:

*The Art of Peace* by Morihei Ueshiba, translated and edited by John Stevens  
*On the Warrior's Path* by Daniele Bolelli

### WRITTEN ASSIGNMENTS

Papers may be submitted by email to [SandyOlligesSensei@comcast.net](mailto: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 when I receive your paper. If you have not received a reply by the due date, your assignment will be considered late. Alternately, you can

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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 One**  
**Due September 23, 2009**

Read *The Art of Peace*, Part 3, Osensei's collected sayings, called *doka*. Choose one of the *doka* as the subject of your paper. Include the text of *doka* in your paper. Write a one to three page essay describing your interpretation of the *doka* you have chosen.

**Midterm Paper Two**  
**Due October 28, 2009**

Read *On the Warrior's Path*, Chapters 1-9. Choose one of the chapters as the subject of your paper. If you choose from Chapters 1-8, you may either: write a one to three page essay in which you summarize the chapter and describe how it relates to Aikido, or choose a portion of the chapter that is particularly meaningful to you; quote that passage, and write a one to three page essay about it. If you choose Chapter 9, write a one to three page essay describing which typology(s) apply to Aikido.

**Final Paper**  
**Due December 7, 2009**

Choose one of the following topics: global ecological destruction, terrorism, the wars in Iraq and Afghanistan, or nuclear proliferation. Write a one to three page essay on the application of the principles of Aikido in resolving the issue you have chosen.

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. 4<sup>th</sup> Street, San Jose. You must sign in at the event to receive credit for this assignment.

SKILLS TEST 11-25-09

Katate dori shihonage omote  
Katate dori shihonage urawasa  
Shomen uchi ikkyo omote  
Shomen uchi ikkyo urawasa  
Shomen uchi iriminage

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Students who have already advanced past 5<sup>th</sup> Kyu will be required to demonstrate additional skills at an appropriate level.

### 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](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.

### **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.

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