

San José State University
Department of Kinesiology
KIN 52A, Beginning Judo, Section-1, Spring 2013

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Office Hours: TR 10:30am-11:20am
Class Days/Time: TR 11:30-12:20pm
Classroom: SPX 218

Course Description

In order to become proficient in the sport of Judo, a student must practice a variety of moves continuously (uchikomi). We will study the basic techniques of Judo in this class: standing techniques (tachiwaza), mat techniques (newaza) and combinations (transition) of these two aspects of Judo. The goal of this class is to introduce you the student to the basics of Judo techniques and competitive rules for the purpose of recreational activity and/or for competitive nature.

Course Goals and Student Learning Objectives

It is hoped that by the end of the course that the student may consider the possibility of moving on to the intermediate, advanced and varsity levels of Judo training here at San Jose State University.

- A. This course will introduce a student to the sport of Judo. It will also prepare them, to move on to the next level of Judo, the intermediate Judo class by:
 1. Providing an in-depth knowledge of the history of Judo, World-wide and at San Jose State Univ.
 2. Providing a basic knowledge of Judo terminology.
 3. Providing a proficiency in basic etiquette principles.
 - How to wear the Judo gi (uniform), How to tie the obi (belt), How to use the rei (bow), How to enter/exit the dojo (exercise hall), How to behave as a Judoka (one who practices judo) in the dojo.
- B. This course will help the students understand the basic techniques, rules, regulations and etiquette of tournament Judo.
 1. Providing the basic skills of selected techniques- Newaza (Mat techniques), Ukemi (Falling methods), Tachi Waza (Standing techniques), Basic tournament strategies
- C. To expand the knowledge of techniques, so that students may come to understand and enjoy Judo on a competitive basis. Learning how to compete in a tournament format (tachiwaza, newaza).

Course Requirements

- A. **Active** and **consistent** class participation (i.e. working out is required) is essential to fulfilling these course objectives. For safety reasons, we will progress only as the entire class is ready to progress, therefore attendance is essential.
- B. Observations/Written summaries - Write a summary of what you observed and your opinions of each activity. Did you like it, hate it, could care less, etc.?
 1. Students must attend a local competition. You must submit a written observation of this activity as described on the first day.
 2. Video viewing and written observations will also be assigned during the term at the IRC.
- C. Handouts (you will be responsible for all information on the handouts given).
- D. Promotional and team tournament are optional and will be (extremely fun).

Recommended but not mandatory reading and actions:

My Video/DVD's that can be found for those interested on Youtube.com
Vital Judo – Isao Okano; Fundamentals of Judo – Yosh Uchida
Others will be available later in the term

Joining USA Judo \$55 – <http://www.usjudo.org/membership.asp>

**This membership is important for potential competitions, promotions, and additional insurance.
Belt - \$15 - Certificate - \$15**

Classroom Protocol

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, and tournament, and assignment, etc..
- b. Attending classes in a timely manner.
- c. Judo uniforms provided by the dept. or an approved by the instructor substitute is mandatory.
- d. Cooperation and mature behavior are expected in the class.
- e. At least 5 minutes warm-up period is required before any skill practice.
- f. Department's gi's are available, while students may bring their own gi. It is everybody's responsibility to take care of the equipment you are assigned and return them when the class is over.
- g. The last class meet will be the last day of the class before the “DEAD DAY” for the semester. All tests and exams will be conducted before the Dead Day. This class (and all activity classes) will not follow the university testing schedule.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](#) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](#) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop 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](#) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

- a. Mid Term skill test.....20%
 - evaluated by subjective and objective observation
 - no make-up for missing tests except in extreme cases
 - * Mid term will be held after the first of the basic ground moves
 - * Extra Credit assignments are available and will be explained later in the term

- b. Practical Final.....25%
 - based on the practice and lectures
 - no make-up for missing tests except in extreme cases
- c. Class Assignments and participation30%
- d. Written final.....25%
 - based on the textbook and lectures
 - no make-up for missing tests except in extreme cases

- e. Grading: A =90%--100%, B =80%-- 89%, C =70%-- 79%, D =60%-- 69%, F = 59% or lower

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 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. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Cell Phones:

Students will turn their cell phones off or put them on vibrate mode while in class. They will not answer their phones in class. Students whose phones disrupt the course and do not stop when requested by the instructor will be referred to the Judicial Affairs Officer of the University.

KIN 52A-1 Beginning Judo Tentative Schedule

Table 1 Course Schedule

| Week | Date | Topics, Readings, Assignments, Deadlines |
|------|----------------|---|
| 1 | 8/23 | Green-sheet, policy sheet, manners |
| 2 | 8/28 8/30 | Warm-up, counting to 10 in Japanese, about the gi, position exercises. |
| 3 | 9/4 9/6 | Continued exercise – Slapping, Pulls, Switches Continued exercise – Ebi, reverse ebi, pin #1 |
| 4 | 9/11 9/13 | Continued exercise – pin #1 and modification Continued exercise – pin #2 and modification |
| 5 | 9/18 9/20 | Continued exercise – pin #3 and modification Continued exercise – pin #4 and modification |
| 6 | 9/25 9/27 | Continued exercise – Ukemi, circle of pins, beginning of chokes Continued exercise – Turnovers, guard and guard passes |
| 7 | 10/2 10/4 | Continued exercise – practice matches Continued exercise – Practice matches and study day |
| 8 | 10/9 10/11 | Practical mid-term Standing positioning (rectangle drill), gripping, throw #1 |
| 9 | 10/16 10/18 | Continued exercise – Throw #2 Continued exercise – Throw #3 and #4 |
| 10 | 10/23 10/25 | Continued exercise – Throw #5 and #6 Continued exercise – Transitions |
| 11 | 10/30 11/1 | Continued exercise – more transitions Continued exercise – more transitions |
| 12 | 11/6 11/8 | Continued exercise – Throw #5 and #6 Continued exercise – Throwing and Transitions |
| 13 | 11/13 11/15 | Continued exercise – Throwing drills Continued exercise – Match rules and scoring - matches |
| 14 | 11/20 11/22 | Continued exercise – Throwing drills - Matches Thanksgiving – No class |
| 15 | 11/27 11/29 | Continued exercise – Throwing drills with transitions and matches Continued exercise – Throwing drills - Matches |
| 16 | 12/4 12/6 | Continued exercise – Prepare for final Continued exercise – Practical Final |
| 17 | 12/11 | Final written exam |

* December 9th – tentative date for optional tournament