

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

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<b>Office Hours:</b>	TR 1:30am-11:20am
<b>Class Days/Time:</b>	TR 12:30-1:30pm*
<b>Classroom:</b>	SPX 218

### **Course Description**

In order to become proficient in Judo at the intermediate level, a student must be practicing a variety of moves continuously at a higher level. We will continue the study of fundamental techniques of Judo: standing techniques (tachiwaza), mat techniques (newaza) and combinations of the two. The goal of this class is to introduce the student to more advanced Judo techniques for the purpose of recreational activity and/or a competitive basis. We will also endeavor to provide techniques that are best suited to the individual students liking including submissions (shimiwaza - chokes, and kansetsuwaza – arm locks).

### **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.

1. Conditioning exercises and drills (uchikomi), so the body can become more fluid in the application of techniques.
2. To expand the knowledge of techniques, so that student may come to understand and enjoy Judo on a competitive basis. Learning how to compete in a tournament format (randori, newaza) and learn skill particular to their bodies.
3. To further understand the rules and regulations and tactics of tournament style Judo.
4. To properly prepare a student, at his/her discretion, to join the and /or compete in a local competition.
5. We will also look at the teaching of Judo - these aspects will help the student become more proficient in performing sets of throws used to help share not only the knowledge of, but also the control of Judo techniques that will be required for high levels promotion, and for helping teach new students learn more.

### **Skills:**

1. Katame waza (newaza) attacking techniques: offensive and defensive; 2. Shime waza (choking/submission holds); 3. Kansetsu Waza (arm locks/submissions); 4. Nage waza (tachi waza); 5. Knowledge of the Kata - for promotion purposes may be required

## **Methodologies and Requirements:**

1. Lecture demonstrations;
2. Correction and critique by instructor;
3. Observation/participation in a local Judo tournament, with written opinion of the experience.  
\*Participation in local competitions is optional, and at the instructors discretion.

### **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 gis. 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/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). 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

- 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 participation .....30%
  
- 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 52B Intermediate Judo Tentative Schedule

**Table 1 Course Schedule**

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
1	8/23	Green-sheet, policy sheet, manners – warm up & cardio Training
2	8/28 8/30	Warm-up, cardio training, throws revisited from 52A. Warm-up, body weight training, throws revisited from 52A,
3	9/4 9/6	Continued exercise – Newaza regroup from 52A Continued exercise – Newaza randori
4	9/11 9/13	Continued exercise – Guard Review and Guard Attack Continued exercise – Throw transition to guard attack and defense
5	9/18 9/20	Continued exercise – New throw #1 and #2 Continued exercise – New throw #3 and #4
6	9/25 9/27	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza drills and randori
7	10/2 10/4	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza Combination drills and randori
8	10/9 10/11	Practical mid-term Continued exercise – Gripping patterns
9	10/16 10/18	Continued exercise – Newaza combination and randori Continued exercise – Tachiwaza combinations and randori
10	10/23 10/25	Continued exercise – Newaza combination and randori Continued exercise – Tachiwaza combinations and randori
11	10/30 11/1	Continued exercise – Advanced newaza transitions Continued exercise – Advanced newaza transitions
12	11/6 11/8	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza drills and randori
13	11/13 11/15	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza drills and randori
14	11/20 11/22	Continued exercise – Throwing drills with matches Thanksgiving – No class
15	11/27 11/29	Continued exercise – Throwing drills with matches Continued exercise – Throwing drills with matches
16	12/4 12/6	Continued exercise – Prepare for final Continued exercise – Practical Final
17	12/11	<b>Final written exam</b>

\* December 9<sup>th</sup> – tentative date for optional tournament