

SAN JOSE STATE UNIVERSITY

KIN 053A: BEGINNING KARATE

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1. Download green-sheets for your classes:
<http://www.sjsu.edu/kinesiology/GreenSheet/>
2. Download the policy sheet:
http://www.sjsu.edu/kinesiology/programs/activity_program/policies/class/

**SAN JOSE STATE UNIVERSITY
KIN 053A: BEGINNING KARATE**

GREEN SHEET

Semester: Spring 2013
Sections: 01, Class #21190 M 1730-1920, SPX 89

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Office Hours: By appointment

I. COURSE OVERVIEW

A. Description

This course is designed to teach the beginning concepts of Shotokan Karate-Do. Its goal is to provide the student with the skills and knowledge necessary for belt promotion and insights into the martial arts.

Karate-do (the way of karate) is a Japanese martial art. It consists primarily of punches, kicks and blocks that are practiced in the form of kihon (basics), kata (pre-arranged forms) and yakusoku kumite (pre-arranged sparring).

The Beginning Karate class will introduce the traditional karate training environment and the basic stances, techniques and sequences.

No prerequisites are required.

B. Objectives

1. To understand and demonstrate the etiquette and courtesies of karate training.
2. To understand and demonstrate the basic striking, blocking and kicking techniques.
3. To understand and demonstrate the first two kata: Taikyoku Shodan & Heian Shodan.
4. To understand and demonstrate the first set of the pre-arranged sparring: Gohon Kumite.

C. Activity Program Learning Objectives

1. Demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. Demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.

GREEN SHEET

II. COURSE CONTENT

A. Understanding

1. Basic terminology
2. Karate-do versus karate-jutsu
3. Etiquette and protocols of karate
4. Applications of beginning-level techniques

B. Performance

1. Beginning-level karate striking, blocking and kicking techniques
2. Kata: Taikyoku Shodan and Heian Shodan
3. Yakusoku kumite: Gohon and Sanbon Kumite
4. Demonstration of concepts within the beginning-level kata and kumite
5. Application, timing and distance drills
6. Intermittent vigorous aerobic and anaerobic activity

III. COURSE REQUIREMENTS

- A. Active and regular class participation **
- B. Comfortable, non-restrictive clothing
- C. Recognizable and acceptable effort in class
- D. Practical and written examinations

IV. EVALUATION

- | | |
|---------------------------|--------|
| A. Mid-Term, Written Exam | 25% * |
| B. Final, Written Exam | 25% * |
| C. Final, Practical Exam | 25% * |
| D. Active Participation | 25% ** |

* See accompanying Examination Requirements document

** “Active participation” will be determined by factors such attentiveness, timeliness, recognizable and acceptable efforts, willingness to assist with demonstrations, willingness to engage in discussion (as appropriate), etc.

Specific behavioral examples including the following:

- Using correct protocol and etiquette in the appropriate manner at all appropriate times
- Using salutations and terminology in the appropriate manner at all appropriate times
- Responding to instruction and making corrections as needed
- Demonstrating active engagement throughout each two-hour class

According to University Policy F69-24 (<http://www.sjsu.edu/senate/f69-24.htm>), “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”

GREEN SHEET

V. IMPORTANT DATES

- Monday, March 18 Mid-Term Exam
- Monday, May 13 Final Exam Schedule
- ***Subject to change with reasonable notice

Note: If a student is absent on an examination day, make-up examinations will be administered only with prior arrangements. Exceptions are at the discretion of the instructor.

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

A+=98%	B+=88%	C+=78%	D+=68%	F=<62%
A=95%	B=85%	C=75%	D=65%	
A-=92%	B-=82%	C-=72%	D-=62%	

VI. REFERENCES

- A. Attached lists of terminology and examination requirements
- B. Videos:
 1. Heian Shodan: http://www.youtube.com/watch?v=PYke_bqSW5k
 2. Gohon Kumite: <http://www.youtube.com/watch?v=m3M6tdpoEUw&feature=fwrel>

VII. UNIVERSITY POLICIES (<http://www.sjsu.edu/senate/policies.html>, http://www.sjsu.edu/senate/pol_reg_grd_fee.html)

- A. 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, 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 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.
- B. 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.
- C. Expectations about classroom behavior: see Academic Senate Policy S90-5 on Student Rights and Responsibilities: <http://www.sjsu.edu/senate/s90-5.htm>.

GREEN SHEET

- D. If you would like to include in your paper any material you have submitted, or plan to submit, for another class, please note that SJSU's Academic Integrity Policy S07-2 (<http://www.sjsu.edu/senate/S07-2.htm>) requires approval by instructors.
- E. Students are responsible for understanding the policies and procedures about add/drops, academic renewal, withdrawal, etc.: http://www.sjsu.edu/senate/pol_reg_grd_fee.html.

VIII. MISCELLANEOUS

- A. Campus Facility Policy: No food or drink (other than water) is allowed in the gyms.
- B. 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.
- C. Learning Assistance Resource Center: The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit the LARC website for more information (<http://www.sjsu.edu/larc/>).
- D. Lockers: You can freely use the lockers. Bring your own lock and towel. Lockers must be emptied at the end of the semester on the last day of instruction. Any locks left behind will be cut off, and the belongings will be donated to Goodwill.

KIN 053A & 053B: BEGINNING & INTERMEDIATE KARATE EXAMINATION REQUIREMENTS

BEGINNING KARATE

Basics

- Oi zuki
- Jodan age uke
- Chudan soto uke
- Gedan barai
- Mae geri
- Shuto uke

Kata

- Taikyoku Shodan
- Heian Shodan

Kumite

- Gohon Kumite
 - Jodan
 - Chudan
 - Mae geri

INTERMEDIATE KARATE

Kihon

- Same as Beginning Karate, plus...
- Gyaku zuki
- Chudan uchi ude uke
- Yoko geri
- All kihon waza with gyaku zuki

Kata

- Same as Beginning Karate, plus...
- Heian Nidan

Kumite

- Same as Beginning Karate, plus...
- Sanbon Kumite 1 & 2, left/right

KIN 053A & 053B: BEGINNING & INTERMEDIATE KARATE TERMINOLOGY

GENERAL

Dojo	Training hall	Jodan	Upper body
Sensei	Instructor	Chudan	Middle body
Senpai	Senior student	Gedan	Lower body
Kohai	Junior student	Kime	Focus point
OSS!	OSS!	Maai	distance
Onegai shimasu	Please	Zanshin	Perfect beginning, perfect ending
Arigato gozaimashita	Thank you	Saho	Etiquette
Gi	Uniform	Yomi	“Seeing” your opponent’s intention
Obi	Belt		
Kyotsuke	Attention		
Rei	Bow		
Yoi	Ready position	Unsoku	Footwork
Hajime	Begin	Enbusen	Line/pattern of kata
Yame	End		
Yasume	Relax	Kaite	Hip rotation
Shizentai	Natural stance		
Ichi	One		
Ni	Two		
San	Three		
Shi	Four		
Go	Five		
Roku	Six		
Shichi	Seven		
Hachi	Eight		
Ku	Nine		
Ju	Ten		
Kyu	Rank, pre-black belt grades		
Dan	Rank, black belt degrees		

TERMINOLOGY

KIHON WAZA Basic Techniques

Musubi dachi	Heels together, toes apart; used for bowing
Heisoku dachi	Heels together, toes together; used in action
Heiko dachi	Toes forward, shoulder-width apart
Zenkutsu dachi	Forward stance
Kiba dachi	Side stance
Kokutsu dachi	Back stance
Neko ashi dachi	Cat stance
Fudo dachi	Immovable stance
Sanchin dachi	Hourglass stance
Choko zuki	Stationary punch
Oi zuki	Front punch
Gyaku zuki	Reverse punch
Nidan zuki	Double punch
Sanbon zuki	Triple punch
Kizami zuki	Jab
Age uke	Rising block
Soto uke	Outside-inward block
Uchi uke	Inside-outward block
Gedan barai	Downward sweep block
Shuto uke	Knife-hand block
Uraken uchi	Back-fist strike
Tettsui uchi	Hammer-fist strike
Empi uchi	Elbow strike
Mae geri	Front kick
Yoko geri keage	Side snap kick
Yoko geri kekomi	Side thrust kick
Mawashi geri	Roundhouse kick
Ushiro geri	Back kick
Ushiro mawashi geri	Back roundhouse kick
Ashi barai	Foot sweep

KATA—Pre-Arranged

Fighting Sequences

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan
Bassai Dai
Jion
Empi
Kanku Dai
Seisan
Annanku
Wanshu
Chinto

KUMITE—Fighting

Yakusoku kumite	Pre-arranged sparring
Gohon kumite	Five-step sparring
Sanbon kumite	Three-step sparring
Kihon ippon kumite	Basic one-step sparring
Jiyu ippon kumite	Free one-step sparring
Kaeshi ippon kumite	Shifting one-step sparring
Jiyu kumite	Free sparring

KIN 053A & 053B: BEGINNING & INTERMEDIATE KARATE SYLLABUS

KIHON WAZA

Etiquette/protocol

- OSS!
- Kyotsuke
- Rei
- Yoi
- Yame
- Yasume

Stances, universal characteristics

1. foot placement
2. weight distribution
3. knee positions

Stances

- Musubi dachi
- Heisoku dachi
- Heiko dachi
- Zenkutsu dachi
 - one shoulder width wide, two shoulder widths long; front toes point pigeon-toed, back toes point as far forward as possible
 - 60% on front leg; 40% on back leg
 - front knee bent to cover the foot, back knee straight
- Kiba dachi
 - two shoulder widths wide
 - 50%/50% weight distribution
 - knees bent to cover the feet
- Kokutsu dachi
 - front toes point forward, back toes point 90° to the side
 - 40% on front leg; 60% on back leg
 - front knee slightly bent to avoid injury; back knee bent to cover the foot

Kihon waza criteria, general

- stances

- techniques
- speed
- power
- kime
- kaiten
- chakugan
- targeting
- unsoku
- deashi
- breathing
- balance
- posture

Kihon waza criteria, specific

Choku tsuki

- punch to the centerline, chest height
- maintain posture; do not raise or turn shoulders
- hikite hand to the waist, not hip or ribs
- rub elbows on the waist of the extending and retracting arms
- make contact with the knuckles of the index and middle fingers

Jodan age uke

- preparatory position should be at the waist, same as the hikite hand
- ending position elbow should be rounded like an arc
- blocking forearm should be two fists from forehead
- make contact with the wrist half of the outer forearm

Chudan soto uke

- preparatory position is directly to the side, elbow at shoulder height and at 90°

SYLLABUS

- ending position fist should be at shoulder height
- elbow should be at 90°
- one fist in armpit
- forearm should be vertical along the center of the chest
- make contact with the wrist half of the outer forearm

Chudan uchi uke

- preparatory position fist should be at the opposite waist
- ending position fist should be at shoulder height
- elbow should be at 90°
- one fist in armpit
- forearm should be vertical hiding the bicep
- make contact with the wrist half of the inner forearm

Gedan barai

- preparatory position fist should be at the opposite ear, palm side to the ear
- ending position fist should be one or two fists above the thigh
- make contact with the wrist half of the outer forearm

Chudan shuto uke

- preparatory position palm should be at the opposite ear
- ending position fingers should be at shoulder height
- elbow should be at 90°
- one fist in armpit
- palm should face out and down at 45°
- make contact with the knife hand edge of the palm

Mae geri

- preparatory position knee should point to the target; ankle bent, toes pulled back
- in kicking, extend the knee and ankle simultaneously
- make contact with the ball of the foot, ankle extended and toes pulled back
- trajectory of the ball of the foot should extend horizontally through the target

Yoko geri keage

- preparatory position knee should point to the target
- make contact with the heel half of the blade of the foot, big toe pulled back, small toes down
- trajectory of the contact point should be up and in

SYLLABUS

KATA

Kata criteria, general

- rhythm
- expansion/contraction
- fast/slow
- hard/soft

Kata criteria, key learnings

Taikyoku Shodan

- zenkutsu dachi
- gedan barai
- oi zuki

Heian Shodan

- shizentai
- tettsui
- age uke
- kokutsu dachi
- shuto uke

Heian Nidan

- kaiten
- geri waza
- techniques with both hands, no hikite

Heian Sandan

- kiba dachi
- unsoku

Heian Yondan

- geri waza
- speed control

Heian Godan

- changing stances
- unsoku
- rhythm
- combinations
- jumping

KUMITE

Kumite criteria, general

- timing
- distance
- application
- zanshin
- saho
- yomi

Kumite criteria, specific

- Gohon Kumite
 - one step, one repeating technique per step
- Sanbon Kumite
 - one step, one different technique per step
- Kihon Ippon Kumite
 - one step, multiple techniques per step
- Jiyu Ippon Kumite
 - one step, multiple techniques per step
 - “live” application of techniques