CONTENTS:

- GREEN SHEET
- EXAMINATION REQUIREMENTS
- TERMINOLOGY
- SYLLABUS

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 053B: INTERMEDIATE KARATE  
GREEN SHEET  

Semester: Spring 2013  
Sections: 01, Class #21191  W 1730-1920, SPX 89  

Instructor: Jay Castellano  
Email: jay_castellano@hotmail.com  
Cell: 408.757.8073  
Fax: 408.351.0330  
Office Hours: By appointment  

I. COURSE OVERVIEW  

A. Description  
This course is designed to reinforce basic level skills and to introduce intermediate-level skills required for higher levels of performance in Shotokan Karate-Do.  

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 basics, kata (pre-arranged forms) and yakusoku kumite (pre-arranged sparring).  

The Intermediate Karate class will re-emphasize the etiquette and courtesies of the karate training environment and will introduce intermediate-level stances, techniques and sequences.  

Beginning Karate 053A or its equivalent (i.e., beginning Shotokan Karate) is a prerequisite.  

B. Objectives  
1. To understand and demonstrate the etiquette and courtesies of karate training.  
2. To understand and demonstrate the intermediate-level striking, blocking and kicking techniques.  
3. To understand and demonstrate pre-determined and ad hoc combinations of the basic techniques.  
4. To understand and demonstrate the third and fourth katas: Heian Nidan and Heian Sandan.  
5. To memorize and perform the complete set of three-step sparring, or Sanbon 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.
II. COURSE CONTENT

A. Understanding
   1. Intermediate-level terminology
   2. Applications of intermediate-level techniques
   3. Karate-do versus karate-jutsu
   4. Etiquette and courtesies of karate
   5. Distinguishing concepts between beginning- and intermediate-level kata and kumite

B. Performance
   1. Intermediate-level karate striking, blocking and kicking techniques
   2. Kata (forms): Heian Nidan and Heian Sandan
   3. Yakusoku kumite (pre-arranged fighting sequences): Sanbon Kumite
   4. Demonstration of distinguishing concepts between beginning- and intermediate-level kata and kumite
   5. 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

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KIN 053B: INTERMEDIATE KARATE
GREEN SHEET

grading.”

V. IMPORTANT DATES

• Monday, March 13 Mid-Term Exam
• Monday, May 8 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

<table>
<thead>
<tr>
<th>Grade</th>
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<tr>
<td>D-</td>
<td>62%</td>
</tr>
<tr>
<td>F</td>
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</table>

VI. REFERENCES

A. Attached lists of terminology and examination requirements

B. Videos:
   1. Heian Shodan: [http://www.youtube.com/watch?v=PYke_bqSW5k](http://www.youtube.com/watch?v=PYke_bqSW5k)
   2. Heian Nidan: [http://www.youtube.com/watch?v=fbsTvTVohOY](http://www.youtube.com/watch?v=fbsTvTVohOY)
   3. Gohon Kumite: [http://www.youtube.com/watch?v=m3M6tdpoEUw&feature=fvwrel](http://www.youtube.com/watch?v=m3M6tdpoEUw&feature=fvwrel)
   4. Sanbon Kumite: [http://www.youtube.com/watch?v=rv0yp_wY6oE](http://www.youtube.com/watch?v=rv0yp_wY6oE)


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](http://www.sjsu.edu/senate/S07-2.htm), requires you to be honest in all your academic coursework. 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/](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.

This greensheet is on-line at [http://www.sjsu.edu/kinesiology/GreenSheet/](http://www.sjsu.edu/kinesiology/GreenSheet/).
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 (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.


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.
### 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

<table>
<thead>
<tr>
<th><strong>GENERAL</strong></th>
<th><strong>Jodan</strong></th>
<th><strong>Upper body</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dojo</td>
<td>Training hall</td>
<td>Chudan</td>
</tr>
<tr>
<td>Sensei</td>
<td>Instructor</td>
<td>Gedan</td>
</tr>
<tr>
<td>Senpai</td>
<td>Senior student</td>
<td>Kime</td>
</tr>
<tr>
<td>Kohai</td>
<td>Junior student</td>
<td>Maai</td>
</tr>
<tr>
<td>OSS!</td>
<td>OSS!</td>
<td>Zanshin</td>
</tr>
<tr>
<td>Onegai shimasu</td>
<td>Please</td>
<td>Saho</td>
</tr>
<tr>
<td>Arigato gozaimashita</td>
<td>Thank you</td>
<td>Yomi</td>
</tr>
<tr>
<td>Gi</td>
<td>Uniform</td>
<td></td>
</tr>
<tr>
<td>Obi</td>
<td>Belt</td>
<td></td>
</tr>
<tr>
<td>Kyotsuke</td>
<td>Attention</td>
<td></td>
</tr>
<tr>
<td>Rei</td>
<td>Bow</td>
<td></td>
</tr>
<tr>
<td>Yoi</td>
<td>Ready position</td>
<td>Unosoku</td>
</tr>
<tr>
<td>Hajime</td>
<td>Begin</td>
<td>Enbusen</td>
</tr>
<tr>
<td>Yame</td>
<td>End</td>
<td></td>
</tr>
<tr>
<td>Yasume</td>
<td>Relax</td>
<td>Kaite</td>
</tr>
<tr>
<td>Shizentai</td>
<td>Natural stance</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Ichi</strong></th>
<th><strong>One</strong></th>
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<tbody>
<tr>
<td><strong>Ni</strong></td>
<td><strong>Two</strong></td>
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<tr>
<td><strong>San</strong></td>
<td><strong>Three</strong></td>
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<tr>
<td><strong>Shi</strong></td>
<td><strong>Four</strong></td>
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<tr>
<td><strong>Go</strong></td>
<td><strong>Five</strong></td>
</tr>
<tr>
<td><strong>Roku</strong></td>
<td><strong>Six</strong></td>
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<tr>
<td><strong>Shichi</strong></td>
<td><strong>Seven</strong></td>
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<tr>
<td><strong>Hachi</strong></td>
<td><strong>Eight</strong></td>
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<tr>
<td><strong>Ku</strong></td>
<td><strong>Nine</strong></td>
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<tr>
<td><strong>Ju</strong></td>
<td><strong>Ten</strong></td>
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</table>

<table>
<thead>
<tr>
<th><strong>Kyu</strong></th>
<th>Rank, pre-black belt grades</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dan</strong></td>
<td>Rank, black belt degrees</td>
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</table>
### TERMINOLOGY

#### KIHON WAZA

<table>
<thead>
<tr>
<th>Basic Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Musubi dachi</strong></td>
</tr>
<tr>
<td><strong>Heisoku dachi</strong></td>
</tr>
<tr>
<td><strong>Heiko dachi</strong></td>
</tr>
<tr>
<td><strong>Zenkutsu dachi</strong></td>
</tr>
<tr>
<td><strong>Kiba dachi</strong></td>
</tr>
<tr>
<td><strong>Kokutsu dachi</strong></td>
</tr>
<tr>
<td><strong>Neko ashi dachi</strong></td>
</tr>
<tr>
<td><strong>Fudo dachi</strong></td>
</tr>
<tr>
<td><strong>Sanchin dachi</strong></td>
</tr>
<tr>
<td><strong>Choko zuki</strong></td>
</tr>
<tr>
<td><strong>Oi zuki</strong></td>
</tr>
<tr>
<td><strong>Gyaku zuki</strong></td>
</tr>
<tr>
<td><strong>Nidan zuki</strong></td>
</tr>
<tr>
<td><strong>Sanbon zuki</strong></td>
</tr>
<tr>
<td><strong>Kizami zuki</strong></td>
</tr>
<tr>
<td><strong>Age uke</strong></td>
</tr>
<tr>
<td><strong>Soto uke</strong></td>
</tr>
<tr>
<td><strong>Uchi uke</strong></td>
</tr>
<tr>
<td><strong>Gedan barai</strong></td>
</tr>
<tr>
<td><strong>Shuto uke</strong></td>
</tr>
<tr>
<td><strong>Uraken uchi</strong></td>
</tr>
<tr>
<td><strong>Tettsui uchi</strong></td>
</tr>
<tr>
<td><strong>Empi uchi</strong></td>
</tr>
<tr>
<td><strong>Mae geri</strong></td>
</tr>
<tr>
<td><strong>Yoko geri keage</strong></td>
</tr>
<tr>
<td><strong>Yoko geri kekomi</strong></td>
</tr>
<tr>
<td><strong>Mawashi geri</strong></td>
</tr>
<tr>
<td><strong>Ushiro geri</strong></td>
</tr>
<tr>
<td><strong>Ushiro mawashi geri</strong></td>
</tr>
<tr>
<td><strong>Ashi barai</strong></td>
</tr>
</tbody>
</table>

#### 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

<table>
<thead>
<tr>
<th>Fighting</th>
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<tbody>
<tr>
<td><strong>Yakusoku kumite</strong></td>
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<tr>
<td><strong>Gohon kumite</strong></td>
</tr>
<tr>
<td><strong>Sanbon kumite</strong></td>
</tr>
<tr>
<td><strong>Kihon ippon kumite</strong></td>
</tr>
<tr>
<td><strong>Jiyu ippon kumite</strong></td>
</tr>
<tr>
<td><strong>Kaeshi ippon kumite</strong></td>
</tr>
<tr>
<td><strong>Jiyu kumite</strong></td>
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</tbody>
</table>

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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°
• ending position fist should be at shoulder
  height
• elbow should be at 90°

This green sheet is on line at http://www.sjsu.edu/kinesiology/GreenSheet/
- 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
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