

**San José State University**  
**Kinesiology**  
**KIN 51B, Intermediate Aikido, Section 1, Fall 2015**

**Course and Contact Information**

<b>Instructor:</b>	Sandy Olliges
<b>Office Location:</b>	YUH 244
<b>Telephone:</b>	924-1482
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<b>Office Hours:</b>	Mondays 11:00 a.m. – 1:00 p.m., Tuesdays by appointment
<b>Class Days/Time:</b>	MW 9:30 – 10:20
<b>Classroom:</b>	YUH 208
<b>Course Fees:</b>	\$5 donation for field trip

**Email Information**

Class information will be posted on my website: <https://sites.google.com/a/sjsu.edu/olliges-sjsu/> and sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is posted on the [Kinesiology](http://www.sjsu.edu/kinesiology/GreenSheet/) website: <http://www.sjsu.edu/kinesiology/GreenSheet/>.

**Course Description**

Intermediate level training in the Japanese-derived martial art of Aikido. Prerequisite: Beginning Aikido, KIN 51A, or its equivalent and consent of instructor.

Class requirement includes a Field Trip to Aikido of San Jose. A donation of \$5 is requested.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/ assignments, skill tests, and written exams,

- Knowledge of intermediate-level skills, technique, terminology, and philosophy related to Aikido;
- Proficiency in execution of the techniques required for first level (5<sup>th</sup> kyu) belt ranking;
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, flexibility, balance, coordination, and agility;
- An understanding of the history, rules, strategies, current research, safety, and etiquette associated with Aikido;
- An understanding of the mental and physical health benefits to be derived from Aikido;
- An understanding of how to reduce mental and emotional stress levels through breath work, physical

- training, and an increased understanding of the body/mind relationship;
- An understanding of how the evolution and philosophy of aikido has manifested as a path of peace and means of conflict resolution
- The ability to maintain a calm, centered presence in a conflict situation, through an increased understanding of the body/mind relationship;
- An understanding of the applications of aikido in resolving destructive patterns in contemporary society.

## Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed
- Identify and/or explain the benefits of physical activity as related to physical and mental health
  - I. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

## Required Texts/Readings

### Textbook

Required Text (available from SJSU Bookstore):

Holiday, L., (2013). *Journey to the heart of aikido: The teachings of Motomichi Anno Sensei*. Berkeley, CA: Blue Snake Books.

Read the following sections:

### Midterm Paper 1:

pp. 102 – 104 “Stand on the Floating Bridge of Heaven”

pp. 137 – 138 “Beyond Ordinary Gratitude”

pp. 245 – 256 “The Floating Bridge of Heaven”

pp. 259 – 261 “Standing on the Floating Bridge”

### Midterm Paper 2:

pp. 142 - 144 “Living Spirit”

pp. 145 – 146 “A Path for Us to Follow”

p. 165 “Spirit in Form”

pp. 219 – 220 “The Second Opening of the Stone Door”

pp. 252 – 254 “Divine Technique”

pp. 257 – 258 “Return to the Heart of *Kami*”

## Course Requirements and Assignments

### Tests and Other Assignments:

#### ASSIGNMENT SCHEDULE:

- 10% Midterm Paper 1                      9-23-15
  - Based on readings in required text (see p. 2)
- 10% Midterm Paper 2                      10-21-15
  - Based on readings in required text (see p. 2)
- 10% Skills Testing                          11-30
- 10% Field Trip                              11-30, 12-1, 12-2, or 12-7
- 10% Final Paper                            12-7-15
- 50% Skills developed through class participation    8-24 through 12-7

#### PAPERS

- Papers may be submitted by hard copy in class or by email to SandyOlligesSensei@comcast.net. Papers must be in 12-point font, double-spaced.
- I will deduct up to 10% of the paper's grade for mistakes in grammar and/or punctuation. The papers are expected to be written at a college level of proficiency.
- If submitted by email, papers must either be Word or Pages or be copied into the body of the email. I will send you a reply within 24 hours of receiving your paper. If you have not received a reply by the due date, your assignment will be considered late. Alternately, you can 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).

### **Midterm Paper 1 Assignment**

**Due September 23, 2015**

*Journey to the Heart of Aikido*, Read the following pages and sections:

pp. 102 – 104 “Stand on the Floating Bridge of Heaven”  
pp. 137 – 138 “Beyond Ordinary Gratitude”  
pp. 245 – 256 “The Floating Bridge of Heaven”  
pp. 259 – 261 “Standing on the Floating Bridge”

Based on the above readings, write a one- to three-page essay in which you describe what O-Sensei meant by standing on the floating bridge of heaven and relate it to your own training in Aikido. Your description must relate to the text.

### **Midterm Paper 2 Assignment**

**Due Oct 21, 2015**

*Journey to the Heart of Aikido*, Read the following pages and sections:

pp. 142 - 144 “Living Spirit”  
pp. 145 – 146 “A Path for Us to Follow”  
p. 165 “Spirit in Form”

pp. 219 – 220 “The Second Opening of the Stone Door”  
pp. 252 – 254 “Divine Technique”  
pp. 257 – 258 “Return to the Heart of *Kami*”

Based on the above readings, write a one- to three-page essay in which you describe what O-Sensei meant by spirit, light, and purification and relate it to your own training in Aikido. Your description must relate to the text.

### **Final Paper**

**Due December 7, 2015**

Write a one- to three-page paper on the following:

Choose one of the following topics: global ecological destruction, terrorism, or nuclear proliferation. Write a one- to three-page essay on the application of the Aikido principles of nonviolence and/or loving protection for all beings in resolving the issue you have chosen.

### SKILLS TEST      11-30–15

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

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 p.m.
Tuesday	Dec 1	12 noon – 1 p.m.
Wednesday	Dec 2	12 noon – 1 p.m.
Monday	Dec 7	12 noon – 1 p.m.

Location: [Aikido of San Jose](http://www.aikidosj.com)  
190 Martha St., San Jose  
408-294-3049  
<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.

## Grading Policy

### Grading Plan

#### EVALUATION:

Develops Appropriate Skills During Class Participation Instructor will observe students' development of Aikido skills during their class participation.	50%
Midterm Paper 1 (Based on readings from required text)	10%
Midterm Paper 2 (Based on readings from required text)	10%
Skills Testing	10%
Etiquette and Skills During Field Trip to Aikido of San Jose	10%
Final Paper	10%

**Grading Scale used to determine letter grade for each component above.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

#### **Class Make-Ups**

The instructor continually assesses the students' performance of skills during class participation. Missing more than two classes will result in a lowering of the participation grade.

Students can make up participation points by attending classes in the other section and/or by completing additional written assignments. See instructor for information on written assignments.

**There are no make-ups for skills tests or field trip.**

### **Penalty for Late Take-Home Tests and Papers**

There will be a 3-point penalty for each class day that a midterm paper is turned in late. Final papers, late assignments, and all make-up work must be turned in on the last day of class, Dec. 7.

## **Classroom Protocol**

The training room will be treated as a traditional dojo (a place of the “way” or the spiritual path).

The following serves as introductory etiquette:

- Students are expected to be punctual and remain to the end of the class.
- Training uniforms (*gi*) are encouraged, but not required. In place of *gi*, students should wear sturdy, loose-fitting clothes. Shorts are not recommended.
- Jewelry must be removed and pockets emptied. Shoes and socks must be removed. Keep hands and feet clean; keep fingernails and toenails trimmed.
- No eating or chewing gum.
- An attitude of respect is to be maintained for all participants at all times. Aikido is a cooperative learning effort.
- Training is joyful.
- All injuries will be immediately reported to the instructor.
- Bowing is a fundamental aspect of aikido training, which reflects respect and humility – it does not hold religious significance.

### IMPORTANT COURSE INFORMATION AND REQUIREMENTS:

- Active class participation is essential to fulfill the course requirements. You will be allowed to miss two classes without any deduction of participation points. Absences can be made up by arranging with the instructor for an alternate assignment, which must be completed by Dec 7, 2015.
- 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.
- **There are no make-ups for the skills test or field trip.**
- Three points will be deducted for each class day that an assignment is turned in late.

## **University Policies**

### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, and so forth. Refer to the current semester’s [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the

[Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). 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/>.

### **Consent for Recording of Class and Public Sharing of Instructor Material**

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course.

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”
  - Because active participation of other students may be on the recording, permission of those students or must be obtained as well.
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

### **Academic Integrity**

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> 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/>.

### **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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

### **Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to

make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

### **Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

### **SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

### **SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this



code.)



## **SJSU Counseling Services**

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

## Kin 51B / Intermediate Aikido, Fall 2015, Course Schedule

The schedule is subject to change with fair notice, which may include verbal announcements in class and/or written email to students.

Week	Course Content (Assignments/Activities)
1 <b>Aug 24</b>	Begin reading the following sections in <i>Journey to the Heart of Aikido</i> : pp. 102 – 104 “Stand on the Floating Bridge of Heaven” pp. 137 – 138 “Beyond Ordinary Gratitude” pp. 245 – 256 “The Floating Bridge of Heaven” pp. 259 – 261 “Standing on the Floating Bridge”
2	Seated Back Roll
3 <b>Sept 7</b>	<b>Labor Day - No Class</b>
4	Seated Forward Roll
5 Sept. 23	<b>Midterm Paper 1 Due</b> Kneeling Forward Roll Begin reading the following sections in <i>Journey to the Heart of Aikido</i> : pp. 142 - 144 “Living Spirit” pp. 145 – 146 “A Path for Us to Follow” p. 165 “Spirit in Form” pp. 219 – 220 “The Second Opening of the Stone Door” pp. 252 – 254 “Divine Technique” pp. 257 – 258 “Return to the Heart of <i>Kami</i> ”
6	Standing Forward Roll
7 Oct 5	Standing Back Roll
8	Practice Rolls and Aikido Techniques
9 <b>Oct 21</b>	<b>Midterm Paper 2 Due</b> Practice Rolls and Aikido Techniques
10	Practice 5th Kyu Test
11 Nov 2	Practice 5th Kyu Test
12 <b>Nov 11</b>	Practice 5 <sup>th</sup> Kyu Test <b>Veteran’s Day - No Class</b>
13	Practice 5 <sup>th</sup> Kyu Test
14	Practice 5th Kyu Test

Week	Course Content (Assignments/Activities)
15 <b>Nov 30</b> <b>Dec 1</b> <b>Dec 2</b>	<b>Skills Test</b> , Field Trip to Aikido of San Jose & Regular Class at SJSU Field Trip to Aikido of San Jose Field Trip to Aikido of San Jose & Regular Class at SJSU
16 <b>Dec 7</b>	Field Trip to Aikido of San Jose & Regular Class at SJSU <b>Final Paper, Late Assignments, and all Make-Up Work Due</b>