

Department	International College of Liberal Arts		
Semester	Fall 2023	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA183		
Course Title	Health & Physical Education 1 (Karate)		
Prerequisites	None		
Course Instructor	片田 貴士	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Class Methods	Face to face

(NOTE 1) Class Methods are subject to change

(NOTE 2) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course"

Course Description	Cap (registrant capacity): 20 students This course is aimed at beginner level students in which students will learn the history of Karate-do and its various techniques. Additionally, this course will aim to nurture students to become responsible and life-long learners. Students will scientifically investigate Karate-do. In order to understand the functionality of the body and to use our body to the full extent, the basic techniques and its
Class plan based on course evaluation from previous academic year	For every semester, this course will be evaluated and reflect upon student course evaluation and feedback.
Course related to the instructor's practical experience (Summary of experience)	<p>【Results of Main Competitions】</p> <ul style="list-style-type: none"> • International Competitions (World Championships) <ul style="list-style-type: none"> 2008: Silver in Team Kata at 19th World Karate Championships in Japan 2006: Silver in Individual Kata at 18th World Karate Championships in Finland 2002: Gold in Individual Kata at 16th World Karate Championships in Spain 1999: Gold in Individual Kata at 1st World Junior and Cadet Karate Championships in Bulgaria • International Competitions (Asian Championships) <ul style="list-style-type: none"> 2007: Gold in Individual Kata (two years in a row) Gold in Team Kata at the 8th Asian Karate Championships 2005: Gold in Individual Kata at the 7th Asian Karate Championships • National Competitions <ul style="list-style-type: none"> 2008: Gold in Individual Kata (three years in a row) at the 35th All Japan Karate Championships 2007: Gold in Individual Kata (two years in a row) at the 35th All Japan Karate Championships 2006: Gold in Individual Kata at the 34th All Japan Karate Championships 2005: Silver in Individual Kata at the 33rd All Japan Karate Championships <p>【Teaching history】</p> <ul style="list-style-type: none"> • International Competitions (World Championships) <ul style="list-style-type: none"> 2010: Silver in Men Team Kata at 20th World Karate Championships in Serbia 2016: Gold in Female Individual Kata at 10th FISU World University Karate Championships in Portugal • International Competitions (Asian Championships) <ul style="list-style-type: none"> 2009 :Gold in Men Team Kata • National Competitions <ul style="list-style-type: none"> 2008: Gold in Female Team Kata at the 52th All Japan University Karate Championships 2012: Silver in Men Team Kata at the 56rd All Japan University Karate Championships 2016: Gold in Female Individual Kata at the 60rd All Japan University Karate Championships

Learning Goals	<ol style="list-style-type: none"> 1. As the famous saying states “If you hit no one, no one hits you and there is no battle. Karate is not for an attack”. Students will learn that the main emphasis is on defense than attacking. 2. Learn about the history of Karate-do and its transition over time. 3. Learn and understand manners of Budo through seiza and ritsurei. 4. Acquire techniques for the following: <ol style="list-style-type: none"> a) Ukekata- blocking methods <ul style="list-style-type: none"> • gedan barai- lower sweeping block • jodan age uke- upper level rising block • chudan uchi uke- middle inward block • chudan soto uke- middle outward block b) Semekata- Attacks <ul style="list-style-type: none"> • punch on the spot • oi zuki- lunge punch • gyaku zuki- reverse punch • mae geri- front kick • jodan mawari geri- round house kick c) Combination of attacking and defense attacks <p>By the end of the course, students should be able to view the world from various perspectives, leading to inter-cultural understanding and open-mindedness toward other cultures.</p>
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iCLA Diploma Policy	DP2
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Using group work to have students actively communicate with each other and build trust among students
Use of ICT in Class	Viewing and explaining videos and other materials during class time via the Internet.
Use of ICT outside Class	Watch videos, etc. outside of class time via the Internet in preparation for and in review of the lecture.
Expected study hours outside class	All students should spend approximately 60 minutes after each class to review what was covered in the class and in preparation for the next class.
Feedback Methods	Communicate verbally or in writing

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Class participation	50%	
Final exam	30%	

Essay/Assignment report	20%	
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Required Textbook(s)	No textbook required. Other materials will be provided when suitable.
Other Reading Materials/URL	https://katada-karate.jp/karate/
Plagiarism Policy	Plagiarism is the dishonest presentation of the work of others as if it were one's own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties.
Other Additional Notes	Please refer to the Course Schedule below.

(NOTE 3) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	(Day 1): Orientation, Lecture: About Budo
Class 2	Lecture: History of Karate-do (Use of video footage and explanation by the lecturer)
Class 3	Practical: Warm-up, foundation training About the etiquettes of Karate-do (ritsurei- standing bow and zarei- sitting bow)
Class 4	Practical: Warm-up, foundation training Basic standing stances: <ul style="list-style-type: none"> • Shiko dachi (wide open leg stance) • Neko ashi dachi (cat stance) • Moto dachi (fighting stance) • Zenkutsu dachi (front leg bent stance) Basic blocking methods: <ul style="list-style-type: none"> • Jodan uke (upper level block) • Chudan uke (middle block) • Uchi uke (inward block) • Harai uke (sweeping block) • Kake uke (hook block) • Mawashi uke (round block) • Shuto uke (knife hand block)

Class 5	(Day 1): Practical: Warm-up, foundation training Types of palm and holding techniques Explanation of the body parts used Basic punch techniques <ul style="list-style-type: none"> • Punching on the spot • Gyaku zuki (reverse punch) • Ura uchi (back fist strike) • Shuto uchi (knife hand strike)
Class 6	(Day 2): Practical: Warm-up, foundation training Basic practice Explanation of the foot and basic kicking techniques <ul style="list-style-type: none"> • Mae geri (front kick) • Mawashi geri (round house kick) • Kansetsu geri (joint kick) • Sokuto geri (foot edge kick) • Ushiro geri (back kick)
Class 7	(Day 1): Practical: Warm-up, foundation training Basic practice, movement of the foot, movement basics (punch, kick, block)
Class 8	(Day 2): Practical: Warm-up, foundation training Basic practice, movement basics Movement basics with a partner
Class 9	Lecture: Karate in the modern times (competitions) (Use of video footage and explanation by the lecturer)
Class 10	Practical: Warm-up, foundation training Basic Kata (form): Heian Nidan
Class 11	Practical: Warm-up, foundation training Basic Kata (form): Heian Nidan
Class 12	Practical: Warm-up, foundation training Basic Kata (form): Heian Nidan
Class 13	Practical: Warm-up, foundation training Analysis: Heian Nidan

Class 14	<p>Practical: Warm-up, foundation training Mitt hitting (chudan zuki- middle level punch; jodan zuki- upper level punch)</p>
Class 15	<p>Practical: Warm-up, foundation training Mitt hitting (mae geri- front kick; mawashi geri- round house kick; ushiro mawashi geri- back roundhouse kick)</p>
Class 16	<p>Practical: Warm-up, foundation training Mitt hitting (punch and kick)</p>
Class 17	<p>Practical: Warm-up, foundation training Demonstration of Kata (form)- Use of video footage material</p>
Class 18	<p>Practical: Warm-up, foundation training Group Kata (Heian Nidan)</p>
Class 19	<p>Practical: Warm-up, foundation training Group Kata (Heian Nidan)</p>
Class 20	<p>Karate: Group Kata, Analysis: presentation form (Heian Nidan) Exams</p>