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| Department        | International College of Liberal Arts          |                                       |              |
| Semester          | Spring 2023                                    | Year Offered<br>(Odd/Even/Every Year) | Every Year   |
| Course Number     | SPRT/JPNA283                                   |                                       |              |
| Course Title      | Health & Physical Education 2 (Karate)         |                                       |              |
| Prerequisites     | SPRT183 Health & Physical Education 1 (Karate) |                                       |              |
| 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"

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| Course Description  | <p>Karate is a martial art that originated in Japan. Karate is not just for becoming stronger, it is also a way to polish one's mind, body and spirit. Other benefits of this martial art is that it will not only teach how to defend oneself, it will give the student the opportunity to learn how to respects and be considerate of others. As well as the spirit to persevere in anything they do. I as a teacher want to pass this spirit of karate to many people while hopefully giving younger kids a dream through karate.</p> <p>In this course, students will learn Kumite (sparring) by applying the basic kata (form) and the analysis of the kata learnt in Health and Physical Education 1. During training and practice students will value manners and etiquettes, respect each other and understand that Karate-do will help in understanding one's self.</p>   |
| 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><b>【Results of Main Competitions】</b></p> <ul style="list-style-type: none"> <li>• International Competitions (World Championships) <ul style="list-style-type: none"> <li>2008: Silver in Team Kata<br/>at 19th World Karate Championships in Japan</li> <li>2006: Silver in Individual Kata<br/>at 18th World Karate Championships in Finland</li> <li>2002: Gold in Individual Kata<br/>at 16th World Karate Championships in Spain</li> <li>1999: Gold in Individual Kata<br/>at 1st World Junior and Cadet Karate Championships in Bulgaria</li> </ul> </li> <li>• International Competitions (Asian Championships) <ul style="list-style-type: none"> <li>2007: Gold in Individual Kata (two years in a row)<br/>Gold in Team Kata<br/>at the 8th Asian Karate Championships</li> <li>2005: Gold in Individual Kata<br/>at the 7th Asian Karate Championships</li> </ul> </li> <li>• National Competitions <ul style="list-style-type: none"> <li>2008: Gold in Individual Kata (three years in a row)<br/>at the 35th All Japan Karate Championships</li> <li>2007: Gold in Individual Kata (two years in a row)<br/>at the 35th All Japan Karate Championships</li> <li>2006: Gold in Individual Kata<br/>at the 34th All Japan Karate Championships</li> <li>2005: Silver in Individual Kata<br/>at the 33rd All Japan Karate Championships</li> </ul> </li> </ul> <p><b>【Teaching history】</b></p> <ul style="list-style-type: none"> <li>• International Competitions (World Championships) <ul style="list-style-type: none"> <li>2010: Silver in Men Team Kata<br/>at 20th World Karate Championships in Serbia</li> <li>2016: Gold in Female Individual Kata<br/>at 10th FISU World University Karate Championships in Portugal</li> </ul> </li> <li>• International Competitions (Asian Championships) <ul style="list-style-type: none"> <li>2009 :Gold in Men Team Kata</li> </ul> </li> <li>• National Competitions <ul style="list-style-type: none"> <li>2008: Gold in Female Team Kata<br/>at the 52th All Japan University Karate Championships</li> <li>2012: Silver in Men Team Kata<br/>at the 56rd All Japan University Karate Championships</li> <li>2016: Gold in Female Individual Kata<br/>at the 60rd All Japan University Karate Championships</li> </ul> </li> </ul> |

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| Learning Goals | <p>This course aims to:</p> <p>(1) In Kumite, students will go through transfer training, sparring practice, use defensive and attacking skills on the partner and use throwing and balance breaking techniques during yakusoku kumite (pre-arranged sparring) and ippon kumite (sequence sparring).</p> <p>(2) The main emphasis is on etiquette. While respecting the other party, students will develop ones skill in competition style in kata (form) and kumite.</p> <p>(3) Support students in gaining a kyu or dan grade through the grading system in All Japan Karate-do Federation.</p> <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

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| 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    |                 |                 |
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| Grading Methods     | Grading Weights | Grading Content |
| Class participation | 50%             |                 |
| Final exam          | 30%             |                 |
| Essay/Assignment    | 20%             | Report          |

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| Required Textbook(s) | No textbook required. Other materials will be provided when suitable. |
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| Other Reading Materials/URL | <a href="https://katada-karate.jp/karate/">https://katada-karate.jp/karate/</a>  |
| 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      | None   |

(NOTE 3) Class schedule is subject to change

| Class Schedule |   |
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| Class Number   | Content   |
| Class 1        | Orientation<br>Lecture: History of Budo and Karate-do   |
| Class 2        | Practical: Warm-up, basic training<br>The etiquettes of Karate-do (ritsurei- standing bow and zareii- sitting bow)  |
| Class 3        | Practical: Warm-up, basic training<br>About the techniques of Budo and its history<br>(breathing techniques, three battles stance, revolving hands kata)  |
| Class 4        | Practical: Warm-up, basic training<br>About the techniques of Budo and its history<br>(breathing techniques, three battles stance, revolving hands kata)<br>Shitei gata (specified form) Senchin Kata |
| Class 5        | Practical: Warm-up, basic training<br>About the techniques of Budo and its history<br>(breathing techniques, three battles stance, revolving hands kata)<br>Shitei gata (specified form) Senchin Kata |
| Class 6        | Practical: Warm-up, basic training<br>About the techniques of Budo and its history<br>(breathing techniques, three battles stance, revolving hands kata)<br>Shitei gata (specified form) Senchin Kata |

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| Class 7  | <p>Practical: Warm-up, basic training<br/>         About the techniques of Budo and its history<br/>         (breathing techniques, three battles stance, revolving hands kata)<br/>         Shitei gata (specified form) Senchin Kata</p>             |
| Class 8  | <p>Practical: Warm-up, basic training<br/>         About the techniques of Budo and its history<br/>         (breathing techniques, three battles stance, revolving hands kata)<br/>         Shitei gata (specified form) Senchin Kata</p>             |
| Class 9  | <p>Practical: Warm-up, basic training<br/>         About the techniques of Budo and its history<br/>         (breathing techniques, three battles stance, revolving hands kata)<br/>         Analysis of Shitei gata (specified form) Senchin Kata</p> |
| Class 10 | <p>Practical: Warm-up, basic training<br/>         About the techniques of Budo and its history<br/>         (breathing techniques, three battles stance, revolving hands kata)<br/>         Analysis of Shitei gata (specified form) Senchin Kata</p> |
| Class 11 | <p>Lecture: About Kumite (sparring) in Karate-do (Usage of video footage)</p>  |
| Class 12 | <p>Practical: Warm-up, basic training<br/>         Mitt hitting (chudan zuki- middle level punch; jodan zuki- upper level punch)</p>   |
| Class 13 | <p>Practical: Warm-up, basic training<br/>         Mitt hitting (mae geri- front kick; mawashi geri- round house kick)</p>   |
| Class 14 | <p>Practical: Warm-up, basic training<br/>         Mitt hitting (chudan zuki- middle level punch; jodan zuki- upper level punch;<br/>         mae geri- front kick; mawashi geri- round house kick)</p>  |

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| Class 15 | <p>Unsoku (moving and stepping techniques)<br/> Moving and stepping techniques (bouncing on the spot; bouncing back and forth; front foot; back foot)</p>   |
| Class 16 | <p>Unsoku (moving and stepping techniques)<br/> Step Unsoku (oi zuki- lunge punch; gyaku zuki- reverse punch; mawashi geri- round house kick)</p>   |
| Class 17 | <p>Warm-up, stepping practice<br/> Practical training (jodan zuki- upper level punch)<br/> Practical training (chudan zuki- middle level punch)<br/> Warm-up, stepping practice<br/> Practical training (one-two punch)</p> |
| Class 18 | <p>Warm-up, stepping practice<br/> Practical training (mae geri- front kick; mawashi geri- round house kick)</p>  |
| Class 19 | <p>Warm-up, stepping practice<br/> Practical training (throwing)</p>  |
| Class 20 | <p>Final Exams<br/> Freestyle Kumite (Touch allowed)</p>  |