

KINE 1127, Martial Arts I

1 Credit Hours, 3 hrs. lab.

This beginning course allows students to safely practice the physical and mental aspects of martial arts.

Students are presented with the history, etiquette, meditation and self-defense techniques.

Prerequisite

ENGL 0305 or ENGL 0316 AND ENGL 0307 or 0326, OR higher level course (ENGL 1301), OR placement by testing

Learning Outcomes for KINE 1127

- Demonstrate basic martial arts technique
- Apply basic martial arts commands
- Practice beginning safety methods.
- Participate in class drills
- Demonstrate knowledge of a healthy lifestyle: nutrition, weight loss, disease prevention, exercise prescription and other topics related to wellness.

KINE 2127, Martial Arts II

1 Credit Hours, 3 hrs. lab.

Students will work on intermediate martial arts skills and techniques and participate in the leadership aspects of this sport.

Prerequisite

KINE 1127, ENGL 0305 or ENGL 0316 AND ENGL 0307 or 0326, OR higher level course (ENGL 1301), OR placement by testing

Learning Outcomes for KINE 2127

- Demonstrate intermediate martial arts technique
- Apply intermediate martial arts commands
- Demonstrate leadership skill
- Apply safety aspects to intermediate level skills
- Participate in sparring
- Demonstrate knowledge of a healthy lifestyle: nutrition, weight loss, disease prevention, exercise prescription and other topics related to wellness.

KINE 1127/ 2127 Policies

"Students who enrolled in Texas public institutions of higher education as first-time college students during the Fall 2007 term or later are subject to section 51.907 of the Texas Education Code, which states that an institution of higher education may not permit a student to drop (withdraw with a grade of "W") from more than six courses. This six-course limit includes courses that a transfer student has previously dropped at other Texas public institutions of higher education if they fall under the law. Students should be sure they fully understand this drop limit before they drop a course. Please visit the admissions office or counseling/advising center for additional information and assistance."

Drop Date or date for a "W" **Nov 6, 2009**

First discuss your grades and the situation with me. Perhaps I can suggest different types of study methods or strategies that might allow you to remain in the course. If you really wish to drop the course then you must get an add/drop form from the admissions office and let me sign it.

If you withdraw from any class on or before **Nov 6, 2009** you will receive a W on your transcript for the course grade.

If you quit attending the class and do not fill out the proper paperwork then your final grade will be calculated based on the work that was completed.

If you need to withdraw from the course for a medical emergency or a special situation then as an option you can be given a grade of "I".

Textbook

No required Textbook. Handouts will be passed out.

Clothing and Shoes

T- Shirt and Warm-up pants are suggested.

You are free to choose your attire but be advised that we will be on the floor and at times upside down so wear something that will keep you covered.

Regular athletic shoes, no boots or hard soled shoes.

Optional Items

Leather bag gloves or gardening gloves since some people find the punching bag rough.

Covered water bottle/ sport drink

Towel for sweat

Behavior

The class is based on honor, respect and self discipline therefore:

If you are more than 5 minutes for class and this becomes a habit you will be asked to perform extra laps or pushups.

Goofing off, socializing and/or doing things you were not told to do is not allowed.

Trying to purposely hurt or humiliate your partner is not allowed and can get you kicked out of the class. Ego stays at the door.

Take off your jewelry and watches and store them in a secure place so that they are not broken or injure your partner.

Class Activities

Conditioning

Core Training, Strength Training, Cardio and Flexibility

Theory of Encounters and Martial Arts

Attack angles and how to move

Where to Look, How to Think

How to Generate Maximum Power

Martial Arts - Street Ready

Methods are from a variety of martial arts:

Japanese Jujutsu, Indonesian Silat, Krav Maga

Single person and partner drills

Ground and mat work

Throws and takedowns

Self Defense drills

Knife and gun defense and use

Weapon Training - Waist high stick - Irish Stick fighting

Grading

60 points

Attendance - If you are absent the following number of days:

0 - 5 days 60 points

6 - 7 days 50 points

8 or more 0 points

If you really need to be absent for a "good" reason then let me know and it will not be counted against you. Please try to come to class on time since we will begin at 1:30.

20 Points

These points depend on how hard you try and your attitude to your fellow classmates.

20 points

Skills test on the last class day

Wellness Test

All KINE classes must study and take a Wellness Exam before the end of the semester.

Failure to take this test will result in a grade of "I" until the test is taken.

This online test can be completed anytime during the semester.

A handout will be provided and we will discuss it.

Totals

90 to 100 points A

80 to 89 points B

70 to 79 points C

60 to 69 points D

00 to 59 points F