

# Introduction to Karate

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**Office Hours:** By appointment only

## Course Description

This course will be conducted in such a manner that the beginning student will be able to learn and use basic karate techniques. *Kihon* (basic stances, punches, blocks and kicks) will be taught. You will be introduced to *kata* (forms that represent combat against a set of opponents) and basic *kumite* (engaging against an opponent). The course will also include a fundamental understanding of *mokuso* (meditation), stretching, philosophy, history and how to apply karate to your daily life.

## Course Goal

That each student has a basic understanding of karate and a fundamental working skill of all basic karate techniques.

## Expected Outcomes

Upon completion of this course, the student will:

1. Experience and be able to utilize basic breathing techniques and meditation practices.
2. Learn proper warm-up and stretching exercises.
3. Acquire a basic knowledge of hand and foot techniques and how to apply these techniques.
4. Develop a stronger mind and be able to apply some of the philosophical benefits of karate to your daily life.

## Required Materials

*Gi* (traditional karate wear) or loose fitting clothing

## **Grading Policy**

Grades will be based on the following:

### **Final Exam – (All basic techniques, kata & kumite) – 50%**

Date for the physical exam is scheduled.

### **Effort & Attitude – 25%**

Be punctual and follow class regulations. Make your best effort to perform the techniques correctly. Contribute positively to class atmosphere.

### **Attendance – 25%**

Minimum standard is attendance of 70% (13) of the classes.