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.
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Course Outline

Week 1: Introduction to course material, brief history of karate and karate at Cal Tech, etiquette and philosophy. Warm-up and stretching exercises. How to make a fist and front punch from natural stance.

Week 2: Front punch stepping and reverse punch stepping. Down block stepping forward and turning.

Week 3: Up block stepping, inside forearm block stepping. Outside block stepping, knife-hand block and back stance.

Week 4: Review all hand techniques. Introduce Kata - Heian Shodan (Peaceful Mind)

Week 5: Front kick, front kick stepping, round kick stepping. Horse stance. Side-up kick from horse stance, crescent kick from horse stance. Review Kata - Heian Shodan

Week 6: Side thrust kick from horse stance and stomping kick. Introduction of one-time engagement utilizing blocks and counter attacks.

Week 7: Back-hand attack and how to apply as a counter attack Instruction of how to side-step and pivoting applied to one-time engagement.

Week 8: Review Kata - Heian Shodan Applying various hand and foot techniques as counter attacks in one-time engagement.
Week 9: Applying the elbow as an attack and in combination with blocks
Escaping techniques from various grabs.

Week 10: Final Exam - Kihon, Kata, Kumite

The proposed schedule is subject to change according to class progress.