

Introduction to Karate

Instructor: Kei Teramoto

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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, ettiquette 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.
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- 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.
