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.