

PE 44
Beginning and Intermediate Karate

Instructor:
Chris Finch

February 8, 2018

California Institute of Technology
Physical Education
PE 44 – Beginning and Intermediate Karate

Instructor: Chris Finch, chris_finch@verizon.net

Term: Spring, 2018

Class Meeting Times: Tuesday & Thursday, 4:00-5:30pm

Class Location: Braun Gym Multipurpose Room

Prerequisites: None

Course Description

Fundamental self-defense techniques including form practice and realistic sparring. Emphasis on improving muscle tone, stamina, balance, and coordination, with the additional requirement of memorizing one or more simple kata (forms).

Course Goal

The course goal is that each student has a better understanding and control of their body and its movement. The student should also acquire a basic understanding of martial arts, karate fundamentals, and their application in self-defense situations.

Recommended Text

Karate-Dō Kyōhan by Gichin Funakoshi (translated by Tsutomu Ohshima)

Clothing

Gym/workout clothing or a *gi* (traditional karate uniform)

Class Outline

A typical class consists of the following elements:

1. Meditation (*mokuso*)
2. Stretching/warmup
3. Fundamentals practice (*kihon*)
4. Forms practice (*kata*)
5. Sparring practice (*kumite*, later in the term)
6. Cooldown
7. Meditation (*mokuso*)

A few notes on the above. Forms and sparring practice will take place later in the term, after the fundamentals have been established. Sparring is a very structured process, preparing the student to face an opponent. There is no unstructured fighting. *Mokuso* is not a religious thing, it is just a process of clearing the mind.

Class Schedule

In general, as the term progresses, more techniques will be introduced, building on the previous ones learned. Later, forms practice and sparring will be introduced. This schedule is intended to be a guide. Additional subjects may be covered, depending on class progress.

- Week 1 – Introduction, handouts, karate etiquette, philosophy; warming up and stretching, hand and foot carriage, front stance
- Week 2 – Front punch, down block; up block, back stance, knife-hand block
- Week 3 – Forms (*Heian shodan*); reverse punch, front kick
- Week 4 – Horse stance, kicks to the side; forearm block, hammer block
- Week 5 – 1 step sparring with down block; roundhouse kick, stamping kick
- Week 6 – 1 step sparring with forearm block, inside and outside; crescent kick
- Week 7 – basic 3 step sparring; review of blocking, back fist
- Week 8 – 1 step sparring with kick defenses; review of kicks
- Week 9 – kata review, escaping techniques; review of punches
- Week 10 – general review; final exam

Grading Policy

Grades will be based on the following:

- **Attendance 33%** - This class is introducing new material all the time, excessive absences will prevent the student from knowing required material.
- **Effort & Attitude 33%** - Be on time. Follow class regulations. Be serious and push yourself hard. Make best effort to perform techniques correctly. Contribute positively to class energy and atmosphere.
- **Final 33%** - Dates for physical and written final exam are scheduled on the final two class sessions and will be announced near the end of the semester.

Class Regulations

- No training under the influence of drugs or alcohol.
- No leaving class without notifying instructor (get water before class).
- No gum chewing during training.
- No protruding jewelry.
- No shoes on floor.
- Wear *gi* or loose fitting shirt and pants.
- DO NOT hit walls.

Japanese Terminology Used in Class

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|---|---------------------------------|
| 1. <i>Rei</i> - Bow | 11. <i>San</i> - Three |
| 2. <i>Mokuso</i> - Meditation | 12. <i>Shi</i> - Four |
| 3. <i>Yame</i> - Stop | 13. <i>Go</i> - Five |
| 4. <i>Yoi</i> - Ready | 14. <i>Roku</i> - Six |
| 5. <i>Kamaete</i> - Get set in given stance | 15. <i>Shichi</i> - Seven |
| 6. <i>Hajime</i> - Start | 16. <i>Hachi</i> - Eight |
| 7. <i>Kaete</i> - Turn | 17. <i>Ku</i> - Nine |
| 8. <i>Yasume</i> - Relax | 18. <i>Ju</i> - Ten |
| 9. <i>Ichi</i> - One | 19. <i>Dojo</i> - Practice room |
| 10. <i>Ni</i> - Two | 20. <i>Sensei</i> - Instructor |

Disability and Reasonable Accommodation

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