I INTRODUCTION:

A. The purpose of this course is to afford students an opportunity to participate in and learn the fundamentals of several martial arts including Jujutsu, Tae Kwon Do and Filipino Stick Fighting.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other Institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE.

Upon successful completion of this course the student will:

A. Learn terminology and principals of self-defense and skills of several martial arts.

III. INSTRUCTIONAL MATERIALS:

a. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. References: handouts from instructor may be used to supplement text.

IV: REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations

GRADE COMPUTATION

Participation = 50%
Two Skills Tests = 25%
Written Examination = 25%

*Participation grade will include suiting out in proper attire, positive contribution to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship. If for any reason a student is unable to participate FULLY in class activities for an extended period of time) i.e.... Pregnancy, injury or illness), it is suggested that he/she withdraw from the class. Excessive absences or limited participation will have a negative effect on the grade.

10/20/2008
ABSENCES AND TARDIES:

# Absences numbers one (1) and two (2) - No penalty.

# Absence number three (3) - 5 points will be deducted from your final grade (based on 100 point scale).

# Absence number four (4) – 10 additional points will be deducted from your final grade (based on 100 point scale).

# Should you exceed four (4) absences, you may be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)

# Two (2) points will be deducted from your final grade for each tardy.

# There will be no make-up classes.

The student will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

CLASS ATTIRE:

Court shoes or athletic shoes, blue shorts, and plain white t-shirt are accepted uniform for physical education activity classes. For cold weather outside activities, blue, white or grey sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes, (ie...jeans, sweaters, shirts, boat shoes, etc.). Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the problem and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.
V. COURSE OUTLINE:

Falls and Rolls
1. Front roll and back roll
2. Side break falls

 Strikes:
1. Jab
2. Cross
3. Palm heel
4. Elbows

Kicks:
1. Front Kick
2. Side Kick
3. Round Kick

Locks and Pins:
1. Wrist Locks
2. Elbow Lock
3. Shoulder Pins

Throws and Recaps:
1. Inside and Outside Reaps

Chokes:
1. Blood and Wind chokes
2. Crosses arm choke
3. Arm Bar choke

Self Defense:
1. Front Coke
2. Wrist Grab
3. Push
4. Rear Bear Hug – arms pinned and unpinned
5. Front Bear Hug – arms pinned and unpinned
6. Grab and Punch
7. Punch

V. NOTES:

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.