BEGINNING KARATE
PES 100-CLASS #3755
SPRING 2015
MON/WED 9:10-10:00AM, HLC SOUTH GYM

INSTRUCTOR: ANDREW KROHN       EMAIL: alk224@nau.edu       PHONE: 523-0620

Course prerequisites: none.

Course description: This class is an experience in traditional Shotokan Karate. Students will learn basic blocks, kicks, punches, and stances (kihon) from Shotokan Karate and how to defend one’s self in a variety of situations. Traditional form exercises (kata) and basic sparring (kumite) will be introduced, and Japanese terminology will be used extensively. Some history and philosophy of Shotokan Karate will be presented and discussed. Instruction will be provided in the form of brief lectures, demonstrations, individual practice, and partner drills.

Student Learning Outcomes: Regular attendance and practice will offer new students the opportunity to develop basic skills and knowledge of Shotokan karate. Continuing students will be provided with opportunities for further development and advancement.

Assessment of Student Learning Outcomes: Students will be continually challenged to develop proper understanding and execution of techniques presented in class through repetitive exercises and partner drills. Instructors (sensei) and senior students (senpai) will on occasion make adjustments to the techniques demonstrated by junior students (kohai).

Course Requirements:
1. Health History Forms: Must be completed and returned to the instructor prior to working out.
2. Registration/Payment: Your name must appear on the roster in order to participate in the class (see “Payment Information” below).
3. Attendance/Participation:
   o A passing grade will be awarded to all students who miss no more than 4 regular class periods.
   o You will be marked tardy if you miss more than 10 minutes of class time (this includes leaving class early). Four tardies will equal one absence.
   o Missed classes can be made up by completing any of the following:
     ▪ Attend an NAU Shotokan Karate Club training.
     ▪ Attend and/or participate in an approved karate function such as a tournament or seminar.
     ▪ Write a two-page essay on some aspect of martial arts (such as a specific historical context, a particular figure, a kata, or a technique).
   o Per departmental policy, only 4 classes can be made up during the semester.
   o Please be on time to class. This is an activity-based course, therefore you must actively participate each time in order to receive credit for your attendance.
**Dress Code:** Karate Gis (uniforms) are available for purchase through NAU Shotokan Karate Club ($50 – see [http://dana.ucc.nau.edu/~alk224/Shotokan/index.htm](http://dana.ucc.nau.edu/~alk224/Shotokan/index.htm)). Comfortable workout clothes are also ok. Women should wear a tank top or sports bra under a gi. Students should be prepared to workout barefoot.


**Other Materials:** Documents containing requirements for advancement to yellow belt and Japanese karate terminology are available on the course website ([http://dana.ucc.nau.edu/~alk224/Shotokan/index.htm](http://dana.ucc.nau.edu/~alk224/Shotokan/index.htm)).

**Grading System:** This is a pass/fail activity-based class. Your grade will be determined by your attendance and participation in this course.

**Class rules:**
1) Remove all jewelry before training. This is a safety requirement.
2) Remove shoes before walking onto the training floor.
3) Finger and toe nails must be kept clean and short.
4) Hands and feet must be clean.
5) No chewing gum.
6) Do not talk in class. Concentrate on what Sensei is saying.
7) The instructor is always referred to as 'Sensei' while in the dojo.
8) Never disregard a direction from the instructor.
9) Never intentionally try to hurt anyone in training.

**Assumption of Risk:**
The course in which you have chosen to participate is elective. You must realize there is a certain assumption of risk, which you engender when you participate in an activity class such as this. You must be aware of this assumption. The University does not provide medical coverage to students injured while participating in university-related activities or academic programs (e.g. field trips, internship programs, science/art labs, band, theatrical performances, physical education activities, club/organization functions). Students are encouraged to obtain insurance prior to participation.

**Academic Integrity:** The following will not be tolerated and at a minimum will result in a failing grade for this class:
1. Signing in for other students or leaving class after signing in.
2. Turning in work that is not your own including make up work/forms.
3. Leaving class after signing in.

**Payment Information:** The class fees for this class have been posted to your account on LOUIE. It will appear as HPE 2593-Physical Education and the charge for this class is $40. Please refer to the Bursar’s website for refund information at [http://home.nau.edu/bursar/tuition_refunds.asp](http://home.nau.edu/bursar/tuition_refunds.asp).

**Important University Links:**
Please check out the following link for information on the University’s policies regarding a Safe Working and Learning Environment, Disability Support Services, Academic Integrity and the Institutional Review Board. [http://www2.nau.edu/academicadmin/policy1.html](http://www2.nau.edu/academicadmin/policy1.html)

At the end of this course, please complete an anonymous online course evaluation by going to the link provided by email.