

Department	International College of Liberal Arts		
Semester	Spring 2024	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA181		
Course Title	Health & Physical Education 1 (Aikido)		
Prerequisites	None		
Course Instructor	REED William	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Language of instruction	English

(NOTE 1) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course

Course Description	<p>Cap (capacity): 20 students</p> <p>The Aikido Course is a workshop held twice a week for ten weeks. In just over 20 hours of training, you'll learn to use your mind and body that can benefit you for life. This can only be learned through practice and feedback with partner and Sensei in the dojo – not by watching videos.</p> <p>Grades are based on performance and understanding, with no written tests or papers. Aikido, known as the Way of H, teaches blending with an opponent's movements to subdue them without collision. It coordinates mind and body, senses opponents' actions, and resolves conflict nonviolently.</p> <p>Aikido trains for stability, calmness under pressure, energy generation, flexibility, and finesse. It's great for positivity, meditation, and breathing. Students gain confidence in movement, safety in daily life, and self-defense skills. Practice includes wooden swords and sticks. Dojo rituals promote self-control and good relations with others.</p> <p>Emphasis is on practice and performance. Understanding comes through demonstration and explanation. Students must demonstrate their learning, which provides feedback and builds confidence. Online video and PDF references support and preview of lessons. The atmosphere is positive and supportive, sharing practical wisdom with energy and humor. There are performance criteria, no competitions are held; focus is on feedback and continuous improvement. Aikido techniques rely on leverage and timing rather than size or strength, making them effective against larger or multiple opponents.</p> <p>Attendance is crucial because Aikido is learned by doing. You'll need to buy a Keikogi (practice jacket), belt, and gi for training, available in the first week.</p> <p>It costs 5,500 yen. Wear your Keikogi to the Dojo and be ready to practice. This way, you won't miss important demonstrations and instructions, and others won't need to repeat what you missed. Training is on dojo mats, so leave shoes in the shoe box outside. I'll explain dojo etiquette as we go. Enjoy, but remember:</p> <p>"Leave your shoes, and your ego at the door."</p> <p>In just 10 weeks, students make great progress in Aikido. This workshop helps build a strong foundation and keeps energized in daily life.</p> <p>The workshop has 5 Modules, each worth 20 points. With only 4 classes per Module, we'll review and practice regularly. Classes cover new content, previous lessons, and practice tests to gauge your skill. Videos will help review techniques. The final test is in Week 11, based on the course material.</p> <p>The Workshop is 10 weeks long, which allows 2 weeks or 4 classes for each module. However, there is some overlap from one module form the foundation and transfer to the next. Moreover, you are not done with one module after just a few classes, but need to keep reviewing and practicing it even as new material is introduced. Nevertheless, we will follow a pattern in which each module is conducted in cycles of 4 sessions.</p> <ol style="list-style-type: none"> 1) Introduce the module contents and expectations, and begin working on fundamental skills. 2) Expand the application by introducing new techniques. 3) Integrate the practice by showing applications and connections in what has been learned. 4) Review and demonstrate your level of understanding in this module. <p>There are 5 modules in the course, with 2 weeks of 4 classes devoted to each, along with review and integration of what has already been learned.</p> <ol style="list-style-type: none"> 1) Core Strength (two weeks) Aikido builds inner muscles and energy, making it effective without size or force. 2) Leading with Leverage (two weeks) Aikido uses balance and leverage to stay centered under pressure. 3) Leading with Ki (two weeks) Aikido leads the mind with Ki Energy for positivity and harmony in motion. 4) Sword and Staff (two weeks) Aikido practices solo Kata with a wooden sword and staff to improve your art. 5) WAGI and Budo (two weeks) Special breathing and energy projections from traditional Budo & WAGI (Kyogen) are used in Aikido. <p>*****</p> <p>Note that Attendance can also have an impact on your grade. Regular attendance on time will greatly accelerate your progress in Aikido.</p> <p>The more classes that you miss, the more times you come late, and the less chance you have of earning full points in a module.</p> <p>Attendance of less than 70% attendance results in automatic Failure, according to school regulations.</p>	

	<p>BONUS Points (10)</p> <p>It is possible to earn from 5 to 10 Bonus Points if you participate in one or two days of our Aikido Camp with Ta (8th-dan, who kindly comes to teach an Aikido Camp in the Dojo for 2 hours on a Friday afternoon and then 2 hours Saturday morning. Dates tentatively set to Fri June 14 from 14:00~16:00 and Sat June 15 from 10:00~12:00.</p>
Class plan based on course evaluation from previous academic year	<p>Student progress and performance during this ten-week workshop depended on some obvious factors such as attendance and engagement, as well as motivation and desire to excel. However, some students in the middle found it challenging to learn the required number of techniques in the 5th-kyu level, so I reduced the number of techniques that they were required to perform for the Aikido Testing.</p> <p>This semester I have revised the Rubrics to make them easier to understand, and to allow students to monitor their progress as well as plan their study based on a clear path to mastery.</p> <p>Aikido is learned by practicing with a partner and getting feedback from experienced instructors. Students who attend all classes on time and have a beginner's mind can make great progress in ten weeks.</p> <p>Those who struggle often have lower attendance and are late to class. Since people learn differently, video and PDF materials are available online. Attending Aikido Camp with Tazoe Sensei can provide extra instruction, practice, and bonus points.</p> <p>Students can measure their progress through assessments during the semester and at the end. Instructor feedback may be supported by short video recordings, helping you see yourself objectively and improve.</p> <p>Class time focuses on physical practice, but short lectures before practice highlight how to apply what you learn in daily life. Supplemental PDFs and videos online help deepen your understanding of Aikido.</p> <p>I have added content from WAGI, a Kyogen-based health method that connects directly to the martial arts, as Samurai often engaged on Noh and Kyogen to refine their posture, centering, breathing, and energy.</p> <p>The Rubrics have been made quite specific, which has the advantage of showing you exactly what you need to know, but also raises the bar on performance. It will be more challenging to get an A, and you need to be aware of the risk of a lower grade if you do not dedicate yourself in accordance with the standards set in the Rubrics.</p>
Course related to the instructor's practical experience (Summary of experience)	<p>I first became interested in Aikido at the age of 11, as a means of self-defense that was not based on fighting. I then came to Japan at the age of 20 in 1972, and began a lifetime study of Aikido that now spans more than 50 years. I currently have an 8-dan in Aikido from the Aikido Yuishinkai, and have studied with a number of Masters who learned directly from the Founder of Aikido Ueshiba Morihei.</p> <p>I founded my own dojo the St Louis Ki Society in 1979, which is still going strong today. I written several books on Ki and Aikido, including a Biography of my Sensei Koichi Tohei. I have taught Aikido at the Instructors School at the Headquarters of the Ki Society, have taught Aikido primarily in Japan, but also in the United States, Australia, the Netherlands, Norway, and Scotland. Aikido and its applications in Daily Life have been a lifelong passion.</p> <p>I also have a 2-dan in Iaido, the Art of Drawing the Sword, from the Mugairyu Hokyokukai, and have done a solo sword demonstration on the Kagura Stage at Asakusa Shrine in Tokyo and the Kyu Butokuden on the grounds of the Heian Shrine in Kyoto, and at the Nikkei Hall in Collaboration with a Bach Violinist.</p> <p>In addition, I have a 10-dan in Shodo (Calligraphy), and have intensely studied the Way of Mastery of Sword and Letters, with a regular column in Budo Japan of articles and videos on the Brush as Sword of the Mind.</p> <p>I have trained for five decades directly with the top Masters in my field, all of whom are part of a lineage that goes back hundreds of years. While every Sensei selects and filters from what they have learned, I continue to train with these Masters every week, and I can bring you both time-tested practical training, as well as fresh insights from ongoing training.</p> <p>I am also trained as a Shihan in WAGI, the Kyogen-based health method which I will introduce as part of this course, along with its applications to Aikido and Budo. My teacher is Shigeyama Senzaburo, a Kyogen Master from Kyoto whose father and grandfather were both Living National Treasures.</p>
Learning Goals	<p>In Aikido, the learning goals are integrated into the Diploma Policy and Course Content.</p> <p>Diploma Policy (DP)</p> <p>DP1: To Value Knowledge [Having high oral and written communication skills to be able to both comprehend and transfer knowledge]</p> <p>DP2: To Be Able to Adapt to a Changing World [Having critical, creative, problem-solving, intercultural skills, and a global and independent mindset to adapt changing world]</p> <p>DP3: To Believe in Collaboration [Having a disposition to work effectively and inclusively in teams]</p> <p>DP4: To Act from a Sense of Personal and Social Responsibility [Having good ethical and moral values to make positive impacts in the world]</p> <p>Because of the nature of Aikido as a Martial Art in a Workshop format, the primary focus is on DP2 and DP3, as students learn to work together in performing the various arts and meeting the challenges of moving your mind and body in which are part of the Aikido curriculum, with an emphasis on clear explanation of techniques, a cooperative atmosphere in practice, and application of Aikido principles in daily living. DP1 is emphasized in the Final Paper and Training where students need to communicate their understanding in words and illustrations. DP2 and DP4 are covered in WAG training as students learn new skills in posture, breathing, and voice projection, but also how to articulate the and benefits of this practice.</p> <p>Here are some examples of how these skills are developed in Aikido Practice.</p> <p>CRITICAL THINKING</p> <ul style="list-style-type: none"> - Understand and apply leverage physics in the human body for Aikido techniques. - Learn and use core strength mechanics in traditional martial arts. <p>PROBLEM SOLVING</p> <ul style="list-style-type: none"> - Remember and perform solo Kata with poise and accuracy.

- Execute paired Waza with good timing, safely and effectively.

	<p>CREATIVE THINKING</p> <ul style="list-style-type: none"> - Connect dojo training to daily life applications. - Gain an enlightened perspective on safely dealing with conflict. <p>INTERCULTURAL COMPETENCE</p> <ul style="list-style-type: none"> - Set aside cultural biases to learn and perform Aikido and Iaido culture. - Appreciate how differences in size, strength, and gender don't matter when techniques are done right. <p>ORAL COMMUNICATION</p> <ul style="list-style-type: none"> - Show and explain techniques for clarity. - Observe, coach each other, and get help from Sensei. - Share how learning transforms life outside the dojo. <p>WRITTEN COMMUNICATION</p> <ul style="list-style-type: none"> - Learn and use Japanese terms introduced in practice. - Access recommended readings and resources for better understanding. <p>QUANTITATIVE REASONING</p> <ul style="list-style-type: none"> - Determine distance precisely by perception. - Gauge pressure and speed accurately through practice. - See and navigate subtle angles and timing in training.
--	---

iCLA Diploma Policy	DP1/DP2/DP3/DP4
---------------------	-----------------

iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Problem-Based Learning/Presentation/Workshop, Fieldwork				
More details/supplemental information on Active Learning Methods	Aikido is very interactive, engaging both mind and body with a partner. Success is based on performance. Constant physical and video feedback help students track progress and aim to get better.				
Use of ICT	Teaching Aikido Arts with video, and giving feedback on student performance. Students get video and PDF references to review and practice outside class.				
Contents of class preparation and review	<p>To master a skill like Aikido, you need at least 20 hours of deep practice. This includes repetition and applying mastery principles. The course is 20 hours long, but you must practice outside of class too.</p> <p>It's suggested that for every hour of class, spend an hour practicing and reviewing. You'll benefit from two hours of extra practice each week. Break it into 15 to 30-minute sessions, depending on your focus.</p> <p>Online PDFs and videos will help you review and practice. Make these short sessions fun and energizing. Your progress in the Dojo will be noticeable and keep you motivated.</p>	Hours expected to be spent preparing for class (hours per week)	1 hours	Hours expected to be spent on class review (hours per week)	1 hours
Feedback Methods	<p>Students see demonstrations, do exercises, and receive quick feedback for fast progress. This works well in the dojo when attending every class on time. Being physically and mentally present is key for feedback. But if you're late or attend irregularly, you'll miss some benefits of feedback.</p> <p>Students are encouraged to use the Q&A Feature on UNIPA, and questions will be addressed in the review session or before.</p> <p>Office Hours by Appointment on Wednesday from 13:00~14:30.</p>				

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Core Strength	15%	Demonstrate foundational strength crucial for Aikido techniques.
Leading with Leverage	15%	Master the art of using leverage in Aikido.
Leading with Ki	15%	Demonstrate understanding and application of Ki in Aikido .
Sword and Staff	15%	Gain proficiency in traditional Aikido weapons.
WAGI and Budo	15%	Embrace WAGI training essential for Aikido.
Final Paper and Training Notes	25%	Demonstrate your understanding and learning in Aikido through your paper and training notes.

Required Textbook(s)	https://goalscape.app/#/public/4c6c8bed-bed5-402a-bc42-ec1807133e01 No textbook is required to purchase for Aikido, but I will share information on reference books and online sources. The best way to learn Aikido is by practicing and getting feedback. Links will be provided with videos for review of all techniques required for the assessments, along with PDF references, including the testing criteria for the Kata and Waza from the Aikido Yuishinkai. Reading materials will be provided in PDF forms, supplemented by recommended books relevant to the topic in the YGU Library, including Ki and Daily Life, by Koichi Tohei, and excerpts from my books: Ki: A Road that Anyone Can Walk, by William Reed Ki: A Practical Guide for Westerners, by William Reed
Other Reading Materials/URL	Videos can help review, and it's enjoyable to watch Aikido in performances and documentaries. As lessons go on, URLs will be given.
Plagiarism Policy	Plagiarism means presenting others' work as your own, and duplicate submission counts too. Depending on the type, you could fail the assignment or course. Repeated plagiarism can lead to additional penalties from the University. Since this course does require a paper, focus on showing understanding in your explanations rather than copying words you've heard.

<p>Other Additional Notes (Outline crucial policies and info not mentioned above)</p>	<p>Plagiarism means presenting others' work as your own, and duplicate submission counts too. Depending on the type, you could fail the assignment or course. Repeated plagiarism can lead to additional penalties from the University.</p> <p>Submitting writing generated by ChatGTP or AI, without any personal processing, references, or reflections on the writing</p>
---	--

(NOTE 2) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	<p>Section 1) Core Strength Session 1: Overview Aikido develops inner muscles and energy, which are sustainable and effective without relying on size or force.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 2	<p>Section 1) Core Strength Session 2: Practice Aikido develops inner muscles and energy, which are sustainable and effective without relying on size or force.</p> <p>Expand the application by introducing new techniques.</p>
Class 3	<p>Section 1) Core Strength Session 3 Practice Aikido develops inner muscles and energy, which are sustainable and effective without relying on size or force.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 4	<p>Section 1) Core Strength Session 4: Review Aikido develops inner muscles and energy, which are sustainable and effective without relying on size or force.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 5	<p>Section 2) Leading with Leverage Session 1: Overview Aikido leads the body through balance and leverage, helping you stay centered under pressure.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 6	<p>Section 2) Leading with Leverage Session 2: Practice Aikido leads the body through balance and leverage, helping you stay centered under pressure.</p> <p>Expand the application by introducing new techniques.</p>

Class 7	<p>Section 2) Leading with Leverage Session 3 Practice Aikido leads the body through balance and leverage, helping you stay centered under pressure.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 8	<p>Section 2) Leading with Leverage Session 4: Review Aikido leads the body through balance and leverage, helping you stay centered under pressure.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 9	<p>Section 3) Leading with Ki Session 1: Overview Aikido leads the Mind through Ki Energy, helping you stay positive and find harmony in motion.</p> <p>Introduce the module content and expectations, and begin working on fundamental skills.</p>
Class 10	<p>Section 3) Leading with Ki Session 2: Practice Aikido leads the Mind through Ki Energy, helping you stay positive and find harmony in motion.</p> <p>Expand the application by introducing new techniques.</p>
Class 11	<p>Section 3) Leading with Ki Session 3: Practice Aikido leads the Mind through Ki Energy, helping you stay positive and find harmony in motion.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 12	<p>Section 3) Leading with Ki Session 4: Review Aikido leads the Mind through Ki Energy, helping you stay positive and find harmony in motion.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 13	<p>Section 4) Sword and Staff Session 1: Overview Aikido uses a Wooden Sword and a Wooden Staff to practice solo Kata that improve your performance in the Art.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 14	<p>Section 4) Sword and Staff Session 2: Practice Aikido uses a Wooden Sword and a Wooden Staff to practice solo Kata which improves your performance in the Art.</p> <p>Expand the application by introducing new techniques.</p>
Class 15	<p>Section 4) Sword and Staff Session 3: Practice Aikido uses a Wooden Sword and a Wooden Staff to practice solo Kata which improves your performance in the Art.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>

Class 16	<p>Section 4) Sword and Staff</p> <p>Session 4: Review</p> <p>Aikido uses a Wooden Sword and a Wooden Staff to practice solo Kata which improves your performance in the Art.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 17	<p>Section 5) WAGI and Budo</p> <p>Session 1: Overview</p> <p>Aikido uses Special Breathing and Energy projection which is found in traditional Budo & WAGI (Kyogen)</p> <p>Introduce the module content and expectations, and begin working on fundamental skills.</p>
Class 18	<p>Section 5) WAGI and Budo</p> <p>Session 2: Practice</p> <p>Aikido uses Special Breathing and Energy projection which is found in traditional Budo & WAGI (Kyogen)</p> <p>Expand the application by introducing new techniques.</p>
Class 19	<p>Section 5) WAGI and Budo</p> <p>Session 3: Practice</p> <p>Aikido uses Special Breathing and Energy projection which is found in traditional Budo & WAGI (Kyogen)</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 20	<p>Section 5) WAGI and Budo</p> <p>Session 4: Review</p> <p>Aikido uses Special Breathing and Energy projection which is found in traditional Budo & WAGI (Kyogen)</p> <p>Review and demonstrate your level of understanding in this module.</p>