Department	International College of Liberal Arts		
Semester	Spring 2024	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA283		
Course Title	Health & Physical Education 2 (Karate)		
Prerequisites	SPRT183 Health & Physical Education 1 (Karate)		
Course Instructor	TANAKA Go	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	"Cap (registrant capacity): 20 students This course is aimed at beginner level students in which students will learn the history of Karate-do and its various techniques. Additionally, this course will aim to nurture students to become responsible and life-long learners. Students will scientifically investigate Karate-do. In order to understand the functionality of the body and to use our body to the full extent, the basic techniques and its combinations will be analyzed theoretically."
Class plan based on course evaluation from previous academic year	For every semester, this course will be evaluated and reflect upon student course evaluation and feedback.
	"【Results of Main Competitions】 ・International Competitions (World Championships) 2008: Silver in Team Kata at 19th World Karate Championships in Japan 2006: Silver in Individual Kata at 18th World Karate Championships in Finland 2002: Gold in Individual Kata at 16th World Karate Championships in Spain 1999: Gold in Individual Kata at 1st World Junior and Cadet Karate Championships in Bulgaria ・International Competitions (Asian Championships) 2007: Gold in Individual Kata (two years in a row) Gold in Team Kata

Course related to the instructor's practical experience (Summary of experience)	at the 8th Asian Karate Championships 2005: Gold in Individual Kata at the 7th Asian Karate Championships ・National Competitions 2008: Gold in Individual Kata (three years in a row) at the 35th All Japan Karate Championships 2007: Gold in Individual Kata (two years in a row) at the 35th All Japan Karate Championships 2006: Gold in Individual Kata at the 34th All Japan Karate Championships 2005: Silver in Individual Kata at the 33rd All Japan Karate Championships 【Teaching history】 ・International Competitions (World Championships) 2010: Silver in Men Team Kata at 20th World Karate Championships in Serbia 2016: Gold in Female Individual Kata at 10th FISU World University Karate Championships in Portugal ・International Competitions (Asian Championships) 2009 :Gold in Men Team Kata ・National Competitions 2008: Gold in Female Team Kata at the 52th All Japan University Karate Championships 2012: Silver in Men Team Kata at the 56rd All Japan University Karate Championships 2016: Gold in Female Individual Kata at the 60rd All Japan University Karate Championships"
Learning Goals	"1. As the famous saying states "If you hit no one, no one hits you and there is no battle. Karate is not for an attack". Students will learn that the main emphasis is on defense than attacking. 2. Learn about the history of Karate-do and its transition over time. 3. Learn and understand manners of Budo through seiza and ritsurei. 4. Acquire techniques for the following: a) Ukekata- blocking methods ・gedan barai- lower sweeping block ・jodan age uke- upper level rising block ・chudan uchi uke- middle inward block ・chudan soto uke- middle outward block b) Semekata- Attacks ・punch on the spot ・oi zuki- lunge punch ・gyaku zuki- reverse punch ・mae geri- front kick ・jodan mawari geri- round house kick c) Combination of attacking and defense attacks By the end of the course, students should be able to view the world from various perspectives, leading to inter-cultural understanding and open-mindedness toward other cultures."

iCLA Diploma Policy	DP2

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	Group Work
More details/supplemental information on Active Learning Methods	Using group work to have students actively communicate with each other and build trust among students
Use of ICT	Viewing and explaining videos and other materials during class time via the Internet.

Contents of class preparation and review	Watch videos, etc. outside of class time via the Internet in preparation for and in review of the lecture.	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	Communicate verbally or in writing				

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Class participation	50%	
Final Exam	30%	
Essay/Assgnment report	20%	

Required Textbook(s)	No textbook required. Other materials will be provided when suitable.
Other Reading Materials/URL	https://katada-karate.jp/karate/
Plagiarism Policy	Plagiarism is the dishonest presentation of the work of others as if it were one's own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties.

Other Additional Notes (Outline crucial policies and info not mentioned above)	Please refer to the Course Schedule below.

(NOTE 2) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	(Day 1): Orientation, Lecture: About Budo
Class 2	Lecture: History of Karate-do (Use of video footage and explanation by the lecturer)
Class 3	Practical: Warm-up, foundation training About the etiquettes of Karate-do (ritsurei- standing bow and zarei- sitting bow)
Class 4	Practical: Warm-up, foundation training Basic standing stances: ・ Shiko dachi (wide open leg stance) ・ Neko ashi dachi (cat stance) ・ Moto dachi (fighting stance) ・ Zenkutsu dachi (front leg bent stance) Basic blocking methods: ・ Jodan uke (upper level block) ・ Chudan uke (middle block) ・ Uchi uke (inward block) ・ Harai uke (sweeping block) ・ Kake uke (hook block) ・ Mawashi uke (round block) ・ Shuto uke (knife hand block)
Class 5	(Day 1): Practical: Warm-up, foundation training Types of palm and holding techniques Explanation of the body parts used Basic punch techniques ・ Punching on the spot ・ Gyaku zuki (reverse punch) ・ Ura uchi (back fist strike) ・ Shuto uchi (knife hand strike)

Class 6	(Day 2): Practical: Warm-up, foundation training Basic practice Explanation of the foot and basic kicking techniques ・ Mae geri (front kick) ・ Mawashi geri (round house kick) ・ Kansetsu geri (joint kick) ・ Sokuto geri (foot edge kick) ・ Ushiro geri (back kick)
Class 7	(Day 1): Practical: Warm-up, foundation training Basic practice, movement of the foot, movement basics (punch, kick, block)
Class 8	(Day 2): Practical: Warm-up, foundation training Basic practice, movement basics Movement basics with a partner
Class 9	Lecture: Karate in the modern times (competitions) (Use of video footage and explanation by the lecturer)
Class 10	Practical: Warm-up, foundation training Basic Kata (form): Heian Nidan
Class 11	Practical: Warm-up, foundation training Basic Kata (form): Heian Nidan
Class 12	Practical: Warm-up, foundation training Basic Kata (form): Heian Nidan
Class 13	Practical: Warm-up, foundation training Analysis: Heian Nidan
Class 14	Practical: Warm-up, foundation training Mitt hitting (chudan zuki- middle level punch; jodan zuki- upper level punch)

Class 15	Practical: Warm-up, foundation training Mitt hitting (mae geri- front kick; mawashi geri- round house kick; ushiro mawashi geri- back roundhouse kick)
Class 16	Practical: Warm-up, foundation training Mitt hitting (punch and kick)
Class 17	Practical: Warm-up, foundation training Demonstration of Kata (form)- Use of video footage material
Class 18	Practical: Warm-up, foundation training Group Kata (Heian Nidan)
Class 19	Practical: Warm-up, foundation training Group Kata (Heian Nidan)
Class 20	Karate: Group Kata, Analysis: presentation form (Heian Nidan) Exams