

**MESA COLLEGE SPRING 2017**  
**EXERCISE SCIENCE 148B: MARTIAL ARTS II/BEGINNING**  
**PROFESSOR: HEIDI SARMIENTO WILSON, MS MPH**

COURSE NUMBER:	48810	UNITS:	1.0
LOCATION:	L102	HOURS:	TTH 5 – 6:20PM
EMAIL:	<a href="mailto:Hswilson@live.com">Hswilson@live.com</a>	VOICE MAILBOX:	(619) 660-4000
	<a href="mailto:Hwilson@sdccd.edu">Hwilson@sdccd.edu</a>		Extension 3361;email preferred *
PREREQUISITES:	NONE		
OFFICE HOURS:	THURSDAYS 6:20-6:50pm		
OFFICE LOCATION:	L102		

REQUIRED TEXT: Written materials to be provided by the professor.  
Unofficial website: <http://homework.sdmesa.edu/jbenedito/>

**COURSE DESCRIPTION:**

This course is designed for students with an interest in martial arts. The course is a combination martial arts class geared toward the World Tae Kwon Do Federation, Hapkido practice, and Filipino Martial Arts emphasizing Arnis stick fighting with phrases and terms from other styles for general informational usage. Emphasis is placed on the fundamentals of martial arts, including martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, tournament terminology, numbers and kata and forms,(Poomse) Kick/strike analysis, flexibility, conditioning and endurance are stressed in the progression of the class. Students must demonstrate increased proficiency and skill attainment with each repetition.

**STUDENT LEARNING OUTCOMES:**

Upon successful completion of the course the student will be able to:

1. Demonstrate Self Defense by the physical, spiritual, and philosophical aspects it encompasses.
2. Demonstrate self-confidence, internal strength, flexibility and stamina needed for everyday challenges.
3. Demonstrate common sense measures to reduce the chances of becoming a crime victim.
4. Apply eight (8) basic self-defense technique applications that can be used in a sparring situation.
5. Demonstrate an assertive, alert and confident attitude.
6. Illustrate and explain the five basic components of physical fitness and how they impact an individual's health and well-being.
7. Identify the formalities of Karate, Taekwondo, Hapkido, and Arnis stick fighting
8. Perform five self- defense applications for Hapkido.
9. Demonstrate one Taekwondo Form (Keecho Poomse Ilboo),1 Arnis Stick form
10. Demonstrate 6 Angles for Stick offense and defense techniques.
11. Demonstrate an assertive, alert and confident attitude.

## **GRADING POLICY & EVALUATION PROCESS:**

Grade assessment is based on completion of assigned work and acceptable participation:

- GRADING:**
- 1) Attendance
  - 2) Effort and Attitude
  - 3) Performance Exam
  - 4) Physical Technique
  - 5) Fitness Pre and Post Test

**EXAMS:** One exam will be administered at the end of the semester.

- 1) Practical performance exams will be given at the end of the semester to evaluate the proper execution of techniques: (accuracy, balance, breathing, control, coordination, poise, power, rhythm, and timing) will be administered in May.
- 2) You must test to receive the highest grade.

## **SCHEDULE OF ASSIGNMENTS:**

Fitness Pre-test:	February 7, 2017	100 points
Fitness Post-test:	May 9, 2017	100 points
Performance Exam	May May 16 & 18, 2017	300 points
Attendance/Participation:		<u>500 points</u>
Total Points Possible:		1000 points

## **COURSE REQUIREMENTS**

- 1) **ATTIRE:** White Taekwondo/Karate Uniform by February 7, 2017
- 2) **SHOES:** Light weight shoes athletic shoes or bare feet
- 3) **REQUIRED EQUIPMENT:**  
One Escrima fighting stick \$10  
Safety goggles (can be chemistry lab goggles purchased at Mesa bookstore or any protective sports eyewear for stick training)

## **ATTENDANCE POLICY:**

Attendance in activity classes at San Diego Mesa College implies active participation. A student may be administratively dropped from class upon accumulating more than three (3) absences. Tardiness is strongly discouraged. Absences can be made up in Coach Wilson's kickboxing class on Tuesday or Thursday 8 – 9:20am in the Mesa College Gym or Saturday from 8 – 9:50am in the Mesa College gym.

It is the responsibility of the student to withdraw from the course. The **WITHDRAWAL DEADLINE:** 4/14/17. No Drops will be accepted after this date.

**TARDINESS:** Being late to class once or twice is understandable; however, it should not become a habit. Constant tardiness will not be tolerated. Students will be given a warning and if he or she continues to be tardy, then each tardy will be counted as an absence.

**LEAVING CLASS EARLY:** Leaving class early once or twice during the semester is understandable but it should be done so not as to be discourteous and disruptive to class. If you continue to leave class early more than twice during the semester, it will count as an absence.

**CLASSROOM BEHAVIOR & STUDENT CODE OF CONDUCT:** Students are expected to respect and obey the standards of student conduct while in class. The Student Code of Conduct and Rights and Responsibilities can be found in the college catalog. Students are expected to show appropriate classroom behavior and decorum and respect other student's rights to speak on issues. Private conversations are disturbing to students who are trying to listen to the discussion.

**ACCOMODATIONS FOR DISABILITY:** Students with disabilities who need academic or other accommodations should discuss options with Professor within the first 2 weeks of class and contact the DSPS office at Mesa College.

**Rules for Participation:**

- 1) All students must arrive on time. If you are tardy, you must warm-up on Your own, execute 50 push-ups and then ask permission of the instructor to join class. Those students with physical limitations may modify the technique of the push-ups.
- 2) All students will dress specifically for kickboxing. (Tops must be worn)
- 3) All students must obtain permission from the instructor, before class begins, if they need to leave class early.
- 4) Report all injuries to your instructor before or after class.
- 5) Demonstrate patience and be respectful to others during class as well as outside of class.
- 6) **No** jewelry is to be worn during class (training) for safety reasons.
- 7) Demonstration of good hygiene will be expected at all times.
- 10) **No** Horseplay or roughhousing is allowed at any time.
- 11) No training under the influence of drugs or alcohol.
- 12) Remember: **SAFETY COMES FIRST!**

**TURN OFF ALL CELL PHONES DURING CLASS!**

**OPTIONAL TEXTBOOKS:**

1. Dillman, George A. The Dillman Method of Pressure Point Fighting, current ed. Reading PA., Dillman, 2010, ISBN: 0963199633
2. Mark V. Wiley. Filipino Martial Culture, current ed. Tuttle Publishing, Meguro-ku, Tokyo, Japan, 1530064, 2010, ISBN: 0804820880
3. Nishioka, Hayward. Judo Heart & Soul, current ed. Santa Clara, Ca: Ohara Publications, 2010, ISBN: 0-89750-137-3

**TENTATIVE CLASS SCHEDULE  
(INSTRUCTOR RESERVES THE RIGHT  
TO MAKE MODIFICATIONS TO THE SCHEDULE)**

WEEK 1:	Introduction to course, self defense ranges, conditioning
WEEK 2:	Stick warm-up, Basic punches & strikes
WEEK 3:	Stick Angles 1 – 6 Offense, Basic blocks & kicks
WEEK 4:	Stick Angles 1 – 6 Defense, Basic form (Keecho Poomse Illboo)
WEEK 5:	Stick form, Kicking continued, hand & foot combinations
WEEK 6:	Stick free spar and Review
WEEK 7:	Hand to hand contact, form & combination review
WEEK 8:	Ground defense skills and proper falling
WEEK 9:	Practical Hapkido and takedowns
WEEK 10:	Skills Review
WEEK 11:	Knife attack & defense, forms review
WEEK 12:	Stick, combinations, and forms review
WEEK 13:	Partner hand to hand combat
WEEK 14:	Advanced kicks: jumping, spinning hook, tornado
WEEK 15:	Contact sparring, fitness post-test, Performance Exam
WEEK 16:	Performance Exam

**Important Dates:**

2/10/17:	Last day to add & drop with no "W" recorded
2/10/17:	Last day to receive, process, and pay for an add code
3/27 – 4/1/17:	Spring Recess
4/14/17	Withdrawal deadline – No drops accepted after this date

**The Martial Arts remain true to their roots – which  
lie in ways to not get in a fight, and admonitions that  
The ultimate goal is not victory over an opponent but  
Perfection of one's character.**

**The literal translation of the word Martial in Martial art means Military, as  
such respect and good order and discipline are paramount in Martial Arts  
training.**

**DISCLAIMER:**

Participation in all sports and physical education activities involves certain inherent risk. Risks may include, but are not limited to, neck and spinal injuries that may result in paralysis or brain injury, injury to bones, joints, bruising, ligaments, muscles, tendons, and other aspects of the muscular skeleton system; and serious injury, impairment, to other aspects of the body and general health, including death. The San Diego Community College District, its officers, agents, and employees are not responsible for the inherent risks associated with participation in physical education classes and intercollegiate classes.