

MESA COLLEGE SUMMER 2016
EXERCISE SCIENCE 148A: MARTIAL ARTS I/FUNDAMENTAL
PROFESSOR: HEIDI SARMIENTO WILSON, MS MPH

COURSE NUMBER:	72991	UNITS:	0.5
LOCATION:	L116	HOURS:	TTH 5 – 6:50PM
EMAIL:	Hswilson@live.com	VOICE MAILBOX:	(619) 660-4000
PREREQUISITES:	NONE	Extension 3361; Please email instructor*	
OFFICE HOURS:	BY APPOINTMENT ONLY		

REQUIRED TEXT: Written materials to be provided by the professor.

COURSE WEBSITE (UNOFFICIAL): <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 Philippine Martial Arts emphasizing Arnis de mano 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:	June 16, 2016	100 points
Fitness Post-test:	July 30, 2016	100 points
Performance Exam	August 4 (TKD/Hapkido) August 6 (Arnis de Mano)	300 points
Attendance/Participation:		<u>500 points</u>
Total Points Possible:		1000 points

COURSE REQUIREMENTS

- 1) ATTIRE: White Taekwondo/Karate Uniform by June 23, 2015
- 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 7:00 – 8:50pm in the Mesa College Gym or by obtaining a makeup slip and attending an approved Mesa College PE class (weight training, yoga, aerobics).

It is the responsibility of the student to withdraw from the course. The WITHDRAWAL DEADLINE: 6/22/15. 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.
- 8) **No** Horseplay or roughhousing is allowed at any time.
- 9) No training under the influence of drugs or alcohol.
- 10) Remember: **SAFETY COMES FIRST!**
TURN OFF ALL CELL PHONES DURING CLASS!

OPTIONAL READING:

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

PLEASE SEE UNOFFICIAL CLASS WEBSITE FOR ADDITIONAL INFORMATION

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

- WEEK 1: Introduction to course, self defense ranges, fitness pre-test
Arnis warm-up, Basic punches & strikes
- WEEK 2: Arnis Angles 1 – 6 Offense, Basic blocks & kicks
Arnis Angles 1 – 6 Defense, Basic form (Keecho Poomse Illboo)
- WEEK 3: Arnis form, Kicking continued, hand & foot combinations
Arnis free spar and Review
- WEEK 4: Hand to hand contact, form & combination review
Ground defense skills and proper falling
- WEEK 5: Practical Hapkido and takedowns
Knife attack & defense, forms review
- WEEK 6: Stick, combinations, and forms review
Advanced kicks: jumping, spinning hook, tornado
- WEEK 7: Contact sparring, fitness post-test, Performance Exam
- WEEK 8: Performance Exam
- Important Dates:
- 6/22/15: Last day to add & drop with no "W" recorded
- 6/22/15: Last day to receive, process, and pay for an add code
- 8/06/15: Last day of class

**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.