MARTIAL ARTS SYLLABUS
Spring 2013

TIME: T TH 10:50am-12:05pm
PLACE: The Deck
INSTRUCTOR: John Di Giovanni
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COURSE TEXT: Hyams. Zen in the Martial Arts
DESCRIPTION: An introduction to the martial art of Shoalin Kempo. Emphasizing the basic fundamentals of self defense while encompassing the philosophical approach of the Chinese teachings.
OBJECTIVES: To teach the student the basics of punching, kicking, blocking, and movement stressing the application of the basics in regards to self defense, while applying the five virtues of Shoalin Martial Arts: effort, etiquette, character, sincerity, and self control.
REQUIREMENTS: Project 20%
Midterm Practical/exam 20%
Final Exam 20%
Participation & Effort 10%
Final Practical 30%
ATTENDANCE: This is a participation class and can at times be very vigorous. Attendance is extremely important to keep up with the material. Role is taken each class. You must see the instructor if three or more classes are missed. Excessive absences could lead to failure of the course. Tardiness is not accepted. Class will begin
at 10:50 sharp! Come dressed out and prepared to start on time. You will sweat, as it prepares you for the endurance portion of the midterm and final exam.

DRESS CODE: It is recommended that comfortable clothing be worn. Student has choice of wearing sneakers or going barefoot.

PROJECT: A 5-7 page paper is required and is to be handed in on the day of our midterm exam. The paper is on the philosophy of Taoism. How it pertains to this class, and most importantly, how it pertains to your own life. The history should be brief. I am more interested of this philosophy's relationship to your own life and your past, present, and possible future experiences. Minimum of two references required.

GRADING: 93-100=A
90-92=A-
88-89=B+
83-87=B
80-82=B-
78-79=C+
74-77=C
72-73=C-
70-71=D+
68-69=D
66-67=D-
<66=F

TOPICS:

Dates:
Thurs. Jan. 10 Introduction & Basics
Introduction and expectations of class.
Basic stances and bowing.

Tues. Jan. 15 Kiaing, basic punches, basic kicks.

8 point blocking system, half moon stance, half
Palm heel, side blade kick, chicken wrist strike.

Defensive/Offensive Moves


Defense & Counters

Thurs. Jan. 31  (3) Kempo Punch Techniques

Tues. Feb 5  Review & Tai Chi Begins
TC Raise Hands/Ward off left/Ward off Right

Thurs. Feb. 7  Bag work with focus targets, shuto strike and previous strike to bags.
TC Roll Back Press/Roll Back Push

Tues. Feb. 12  Guard with kicks, kicks to bags, kick cross over kempos
TC Single Whip

Hand and Weapon Attacks

Thurs. Feb. 14  Chokes & grabs
TC Raise Hannds

Tues. Feb. 19  Knife & Club techniques
TC Crane Spreads Wings

Midterm Review

Thurs. Feb. 21  Review

Tues. Feb. 26  Midterm exam

Advance Kicks

Thurs. Feb. 28  Crescent and reverse crescent kicks, roundhouse kicks
TC Brush Left knee/Fiddle

Mar. 2-10  Spring Break

Mar. 2-10  Spring Break
Elbow Strikes & Counters

Tues. Mar. 12
Elbow strikes, elbow kempos
TC Brush Right Knee
Brush Left Knee

Elbow Strikes & Counters

Thurs. Mar. 14
Slashing Knife
TC Brush Left knee/Fiddle

Elbow Strikes & Counters

Tues. Mar. 19
Side club, falling, Check Block combo
TC Step Up/Parry/Punch

Advanced Knife, Club & Falling

Thurs. Mar. 21
Bear hug, full nelson, side headlock
TC Withdraw/Push

Advanced takedowns

Tues. Mar. 26
Spinning elbows
TC Cross Hands/End

Advanced Knife, Club & Falling

Thurs. Mar. 28
Advanced Kempo

Advanced Knife, Club & Falling

Tues. Apr. 2
Review

Advanced Knife, Club & Falling

Thurs. Apr. 4
Advanced Kempo

Advanced Knife, Club & Falling

Tues. Apr. 9
Advanced Kempo

Advanced Knife, Club & Falling

Thurs Apr 11
Final Review

Advanced Knife, Club & Falling

Tues Apr 16
Final Review

Final Review

Thurs. Apr. 18
Final Review

Final Review

Tues. Apr.23
Final

Name ____________________________________________
Any Injuries or ailments I need to be aware of.

Why did you sign up for Martial Arts?