MARTIAL ARTS SYLLABUS
Spring 2015

TIME: T TH 10:50am-12:05pm

PLACE: The Johnson Center The Deck Rm# 201

INSTRUCTOR: John Di Giovanni

PHONE: 843-478-4537

E-MAIL: digiovannij@cofc.edu
        john@obliquemagazine.com

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 due on February 5th. You are to research the philosophy of Taoism, then write on how the philosophy relates to your own life’s experiences, past/present, and possible future experiences. There are no right or wrong answers. You are graded on your understanding of Taoism on how you relate it to your own life, not to societal norms. Provide examples of your experiences!

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: Introduction & Basics
Tu. Jan. 13 Introduction and expectations of class.
Basic stances and bowing.
Th. Jan. 15 Kiaing, basic punches, basic kicks.
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Tu. Jan. 20</td>
<td>Movement &amp; Defense</td>
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<tr>
<td>Th. Jan. 22</td>
<td>Palm heel, side blade kick, chicken wrist strike.</td>
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<tr>
<td>Tu. Jan. 27</td>
<td>Defensive/Offensive Moves</td>
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<td>Th. Jan. 29</td>
<td>Blocks with counter strikes, back kicks.</td>
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<td>Tu. Feb. 3</td>
<td>Defense &amp; Counters</td>
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<td>Th. Feb. 5</td>
<td>Punch Techniques</td>
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<td>Tu. Feb. 10</td>
<td>Bag work with focus targets, shuto strike and previous strike to bags.</td>
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<tr>
<td>Th. Feb. 12</td>
<td>Guard with kicks, kicks to bags</td>
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<td>Tu. Feb. 17</td>
<td>Hand and Weapon Attacks</td>
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<td>Th. Feb. 19</td>
<td>Chokes &amp; grabs</td>
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<td>Stabbing Knife &amp; Overhead Club</td>
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<td>Tu. Feb. 24</td>
<td>Midterm Review</td>
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<td>Th. Feb. 26</td>
<td>Review</td>
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<td>Midterm exam</td>
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March 1-8 SPRING BREAK

Advance Kicks

Tu. Mar.10 Crescent and reverse crescent kicks, roundhouse kicks

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Elbow Strikes & Counters
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Th. Mar.12 Elbow strikes, elbow kempos, side club takedown, side club face to knee

Tu. Mar.17 Review

Advanced Knife, Club & Falling

Th. Mar. 19 slashing knife, Kempo w/check block, Start of required form

Advanced takedowns

Tu. Mar. 24 Bear hug, full nelson, side headlock

Advanced Blocks & Combos

Th. Mar. 26 Spinning elbows

Tu. Mar. 31 S nake kempo

Advanced Kempo Techniques

Th. Apr. 2 Review

Th. Apr. 16 Final
Name ____________________________________________

Any Injuries or ailments I need to be aware of.

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Why did you sign up for Martial Arts?

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