MARTIAL ARTS SYLLABUS
Fall 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

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 3-5 page paper is required and is due on October 15th. 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:**
  - Tu. Aug 25
  - Th. Aug 27

- **Introduction & Basics**
  - Introduction and expectations of class.
  - Basic stances and bowing.

- **Movement & Defense**
  - Kiaing, basic punches, basic kicks.
Tu. Sep 1 8 point blocking system, half moon stance, half mooning.

Th. Sep 3 Palm heel, side blade kick, chicken wrist strike.

*Defensive/Offensive Moves*

Tu. Sep 8 Blocks with counter strikes, back kicks.

Th. Sep 10 Semi Kumite and combos.

*Defense & Counters*

Tu. Sep 15 Punch Techniques

Th. Sep 17 Review

Tu. Sep 22 Bag work with focus targets, shuto strike and previous strike to bags.

Th. Sep 24 Guard with kicks, kicks to bags

*Hand and Weapon Attacks*

Tu. Sep 29 Chokes & grabs

Th. Oct 1 Stabbing Knife & Overhead Club

*Midterm Review*

Tu. Oct 6 Review

Th. Oct 8 Midterm exam
Advance Kicks

Tu. Oct 13  Crescent and reverse crescent kicks, roundhouse kicks, FORM INTRO

\`

Elbow Strikes & Counters\`

Th. Oct 15  Elbow strikes, elbow kempos, side club takedown, side club face to knee

Tu. Oct 20  No Classes Fall Break

Advanced Knife, Club & Falling

Th. Oct 22  slashing knife

Advanced takedowns

Tu. Oct 27  Kempo w/check block

Advanced Blocks & Combos

Th. Oct 29  Spinning elbows

Tu. Nov 3  Snake kempo

Advanced Kempo Techniques

Th. Nov 5  Form/Review

Tu. Nov 10  Form/Review

Th. Nov 12  Form/Review

Tu. Nov 17  Form/Review

Th. Nov 19  Final
Name __________________________________________

Any Injuries or ailments I need to be aware of.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Why did you sign up for Martial Arts?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________