MARTIAL ARTS SYLLABUS
PEAC 103-01_DiGiovanni_Fall2016

TIME: T TH 9:25am-10:40am
PLACE: The Johnson Center Silcox Gym Rm# 215
INSTRUCTOR: John Di Giovanni
OFFICE HOURS: By appointment
PHONE: 843-478-4537
E-MAIL: digiovannij@cofc.edu

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.

DISABILITY STATEMENT: The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

HONOR STATEMENT: As members of the college community, students are expected to evidence a high standard of personal conduct and to respect the rights of other students, faculty, staff members, community neighbors, and visitors on campus. Students are also expected to adhere to all federal, state, and local laws.

COURSE DESCRIPTION: A course designed to cover a variety of topics not otherwise offered in the basic physical education activity program. Popular activities representing both traditional and non-traditional activities will be offered on a random basis according to interest shown in the activity.
STUDENT LEARNING OBJECTIVE: As a result of participating in PEAC120-01, students will learn and understand the basics of the traditional martial art of Shoalin Kempo. The students will learn the the basic moves of self defense, the ability to punch, kick, block and proper form to maximize efficiency in movement. Through weeks of stretching, strength exercise and fluid movement, students will be preparing all semester for the physically and mentally challenging final.

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 9:25am 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 20th. 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
Aug 23
Introduction and expectations of class.
Basic stances and bowing.

Aug 25
Kiaing, basic punches, basic kicks.

Movement & Defense
Aug 30
8 point blocking system, half moon stance, half mooning.

Sep 01
Palm heel, side blade kick, chicken wrist strike.

Defensive/Offensive Moves
Sep. 06
Blocks with counter strikes, back kicks.

Sep. 08
Semi Kumite and combos.

Defense & Counters
Sep. 13
Punch Techniques

Sep. 15
Review/workout
Sep. 20  Bag work with focus targets, shuto strike and previous strike to bags.

Sep. 22  Guard with kicks, kicks to bags

Hand and Weapon Attacks

Sep. 27  Chokes & grabs
Sep. 29  Stabbing Knife & Overhead Club

Midterm Review

Oct. 04  Review/workout
Oct. 06  Review/workout

Oct. 11  Midterm Exam

Advance Kicks

Oct. 13  Crescent and reverse crescent kicks, roundhouse kicks

Elbow Strikes & Counters

Oct. 18  Elbow strikes, elbow kempos, side club takedown, side club face to knee

Oct. 20  Review/workout
Paper Due

Advanced Knife, Club & Falling

Oct. 25  slashing knife, Kempo w/check block, Start of required form

Advanced takedowns

Oct. 27  Bear hug, full nelson, side headlock
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<td>Advanced Blocks &amp; Combos</td>
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<td>Spinning elbows</td>
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<td>Nov. 03</td>
<td>Snake kempo</td>
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<td>Advanced Kempo Techniques</td>
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<td>Dec. 01</td>
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