MARTIAL ARTS SYLLABUS  
Spring 2014

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

PLACE: The Deck

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:

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<th>Requirement</th>
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<tr>
<td>Project</td>
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<td>Midterm Practical/exam</td>
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<td>Final Exam</td>
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<td>Participation &amp; Effort</td>
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<td>Final Practical</td>
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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 your 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: Introduction & Basics
Thurs. Jan. 9 Introduction and expectations of class. Basic stances and bowing.
Tues. Jan. 14 Kiaing, basic punches, basic kicks.
**Movement & Defense**

**Thurs. Jan. 16**
8 point blocking system, half moon stance, half mooning.

**Tues. Jan. 21**
Palm heel, side blade kick, chicken wrist strike.

**Defensive/Offensive Moves**

**Thurs. Jan. 23**
Blocks with counter strikes, back kicks.

**Tues. Jan. 28**
Semi Kumite and combos.

**Defense & Counters**

**Thus. Jan. 30**
Punch Techniques

**Tues. Feb. 4**
Review

**Thurs. Feb. 6**
Bag work with focus targets, shuto strike and previous strike to bags.

**Tues. Feb. 11**
Guard with kicks, kicks to bags

**Hand and Weapon Attacks**

**Thurs. Feb. 13**
Chokes & grabs

**Tues. Feb. 18**
Stabbing Knife & Overhead Club

**Midterm Review**

**Thurs. Feb. 20**
Review

**Tues. Feb. 25**
Midterm exam

**Thurs. Feb. 27**
guest speaker on Tai Chi
Advance Kicks
Tues. Mar. 11  Crescent and reverse crescent kicks, roundhouse kicks
Elbow Strikes & Counters

Thurs. Mar. 13  Elbow strikes, elbow kempos, side club takedown, side club face to knee

Tues. Mar. 18  Review
Advanced Knife, Club & Falling

Thurs. Mar. 20  sleashing knife, Kempo w/check block, Start of required form
Advanced takedowns

Tues. Mar. 25  Bear hug, full nelson, side headlock
Advanced Blocks & Combos

Thurs. Mar. 27  Spinning elbows

Tues. Apr. 1  Snake kempo
Advanced Kempo Techniques

Thurs. Apr. 3  Advanced Kempo technique

Tues. Apr. 8  Advanced Kempo technique

Thurs. Apr. 10  Final Review
Tues. Apr. 15  Final Review
Thurs. Apr. 17  Final Review

Tues. Apr. 22  Final