Martial Arts Syllabus

COURSE: PEAC103-01_DiGovanni_Spring2017

TIME: TTH 10:50am – 12:05pm
PLACE PHYSICAL EDUCATION CENTER Rm. 215
INSTRUCTOR John Di Giovanni
PHONE: 843-478-4537
E-MAIL: digiovannij@cofc.edu
obliquemagazine@yahoo.com
OFFICE HOURS: By Appointment
COURSE TEXT: N/A

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 nontraditional activities will be offered on a random basis according to interest shown in the activity.

STUDENT LEARNING OBJECTIVE: As a result of participating in PEAC103-01, students will learn and understand the movements and adaptation of the traditional Yang Style Tai Chi. Students will learn how to limber the body through warm up and stretching, quiet the mind with meditation and breathing exercises and move through the postures of Tai Chi with flow and meaning. The practice of this ancient art will give the participating
students the ability to carry and cultivate a relaxed and focused mindset through other aspects of their lives.

REQUIREMENTS:  Midterm Practical-20%  Paper-20%
Participation & Effort-10%  Final Practical-50%

ATTENDANCE:  This is a participation class and 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 10:30 sharp! Come dressed out and prepared to start on time. Please bring small notebook to each class.

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

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
DATES: TOPICS:

**Introduction & Basics**

Thur. Jan. 12  
Introduction and expectations of class. Basic stances and bowing.

Tues. Jan. 17  
Kiaing, basic punches, basic kicks. mooning

**Movement & Defense**

Thur. Jan. 19  
8 point blocking system, half moon stance, half-

Tues. Jan. 24  
Palm heel, side blade kick, chicken wrist strike

**Defensive/Offensive Moves**

Thur. Jan. 26  
Blocks with counter strikes, back kicks.

Tues. Jan 31  
Semi Kumite and combos

**Defense & Counters**

Thur. Feb. 2  
Punch Techniques

Tues. Feb. 7  
Review/Workout

Thur. Feb. 9  
Bag work with focus targets, shuto strike and previous strike to bags.

Tues. Feb. 14  
Guard with kicks, kicks to bags

**Hand and Weapon Attacks**

Thur. Feb. 16  
Chokes & grabs

Tues. Feb 21  
Stabbing Knife & Overhead Club

Thur. Feb 23  
Midterm

**Advance Kicks**

Tues. Feb. 28  
Crescent and reverse, crescent kicks, roundhouse kicks
Elbow Strikes & Counters
Thur. Mar. 2  Elbow strikes, elbow kempos, side club
takedown, side club face to knee

Spring Break
Tues. Mar. 14  Review/Workout

Advanced Knife, Kemps, Form
Thur. Mar. 16  Slashing knife, Kempo w/check block, Start of
required form.
Tues. Mar. 21  Spinning elbows
Thur. Mar. 23  Snake kempo

Advanced takedowns
Tues. Mar. 28  Full Nelson, bear hug, Side headlock
Thur. Mar. 30  Circle of Fire
Tues. Apr. 4   Advanced Kempo
Thur. Apr. 7   Advanced Kempo
Tues. Apr. 12  Review
Thur. Apr. 14  Review
Tues. Apr. 19  Review
Thur. Apr. 21  Review
Tues. Apr. 25  Final exam