Martial Arts Syllabus

COURSE: PEAC103-03_DiGovanni_Spring2017

TIME: MWF 1:00pm – 2:50pm

PLACE: PHYSICAL EDUCATION CENTER Rm. 215

INSTRUCTOR: John Di Giovanni

PHONE: 843-478-4537

E-MAIL: digiovannij@cofc.edu

oblquemagazine@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 PEAC103-03, 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:

Wed. Jan. 11  
Introduction and expectations of class. Basic stances and bowing.

Fri. Jan. 13  
Kiaing, basic punches, basic kicks. mooning
Mon. Jan. 16  8-point blocking system, half moon stance, half-
Wed. Jan. 18  Palm heel, chicken wrist strike
Fri.  Jan. 20  Blocks with counter strikes
Mon.  Jan 23  Back kick, side blade kick
Wed. Jan. 25  Semi Kumite
Fri.  Jan. 27  Shuto strike/Review/Workout
Mon. Jan. 30  Combos
Fri.  Feb. 3  Bag work with focus targets
Mon. Feb. 6  Guard with kicks,
Wed. Feb. 8  Midterm
Fri.  Feb.10  kicks to bags
Mon. Feb. 13  Overhead Club
Wed. Feb. 15  Overhead club with take down
Fri.  Feb.17  Side club
Mon. Feb. 20  Side club with takedown
Wed. Feb. 22  Review
Fri.  Feb. 24  Midterm exam
Mon. Feb. 27  Stabbing Knife
Wed. Mar. 1  Chokes and grabs
Fri. Mar. 3  Review
Spring Break
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Mon. Mar. 13</td>
<td>Crescent/Reverse crescent Kicks</td>
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<tr>
<td>Wed. Mar. 15</td>
<td>Roundhouse kicks</td>
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<tr>
<td>Fri. Mar. 17</td>
<td>Elbow strikes</td>
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<td>Mon. Mar. 20</td>
<td>Elbow kempos</td>
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<td>Wed. Mar. 22</td>
<td>Side club face to knee</td>
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<td>Fri. Mar. 24</td>
<td>Beginning of form</td>
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<td>Mon. Mar. 26</td>
<td>Slashing knife</td>
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<td>Wed. Mar. 28</td>
<td>Kempo with check block</td>
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<td>Fri. Mar. 30</td>
<td>Review/workout</td>
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<td>Mon. Apr. 3</td>
<td>Spinning elbows</td>
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<td>Wed. Apr. 5</td>
<td>Snake technique</td>
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<td>Fri. Apr. 7</td>
<td>Review/workout</td>
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<td>Mon. Apr. 10</td>
<td>Bear hug/Full Nelson</td>
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<td>Wed Apr. 12</td>
<td>Head lock</td>
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<td>Fri. Apr. 14</td>
<td>Review/workout</td>
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<td>Mon. Apr. 17</td>
<td>Advanced Kempo</td>
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<td>Wed. Apr. 19</td>
<td>Advanced Kempo</td>
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<td>Fri. Apr. 21</td>
<td>Review</td>
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<td>Mon. Apr. 24</td>
<td>Review</td>
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<tr>
<td>Wed. Apr. 26</td>
<td>Final exam</td>
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