

Course Prefix/Number/Title:

HPER 102 - Martial Arts

Credits: 1

Course Description:

This course is a study of Martial Science. Taijutsu means “body technique,” and is a term used to refer to the body dynamics or body mechanics of a self defense technique. It is also used to refer to the entire technique itself. Taijutsu can be divided into dakentaijutsu, or striking techniques, and jutaijutsu, grappling techniques. Martial Science is the study of these techniques and the principals and dynamics that make them work.

Prerequisites:

None

Course Objectives:

Learn and demonstrate reality based striking and grappling techniques. Students will learn punching techniques, elbow techniques, kicking techniques, blocking techniques, throwing techniques, holding techniques, neck locking techniques, joint locking techniques and escaping techniques.

Instructor:

Marshall Sanderson

Office:

No campus office, contact me via phone or email. Classes are held in the DCB racquetball court.

Office Hours:

Tuesday, Thursday: 7:00pm to 8:00pm

Phone:

(701)-833-4888

Email:

marshallsanderson@yahoo.com

Lecture/Lab Schedule:

N/A

Textbook:

Taijutsu School of Martial Science student handbook - Not required.

Course Requirements:

Do your best to attend every class. Be respectful of your Instructor and all training partners. It's not about winning or losing, it's about learning. Student camaraderie and school loyalty is encouraged and valued. Maintain a focused, alert and relaxed mindset. Keep an open mind, adopt a learning attitude and work hard.

Tentative Course Outline:

Students will advance according to their own natural ability and dedication. The entire Black Belt Course includes: Fundamentals, Stand-up Self-defense, White, Green, Blue, Red and Black belt techniques.

Fundamentals

1. Stances 1-6
2. Footwork 1-10
3. Blocks 1-7
4. Parries 1-3
5. Hand weapons 1-12
6. Foot weapons 1-6
7. Basic punching techniques 1-3
8. Basic elbow techniques 1-6
9. Basic kicking techniques 1-9
10. Footwork patterns 1-11
11. Breakfalls 1-6
12. Technical stand up 1-2
13. Shrimp movement 1-3
14. Back bridges
15. Leg twirls 1-2
16. Pushouts, side to side
17. Hand grips 1-10
18. Natural Posture, clinches 1-7
19. Basic holding techniques 1-7
20. Vertical hold retention 1-6
21. Trunk hold, knee jump
22. Trunk hold, heel hook escape
23. Trunk hold, knee slide escape C2E4
24. Broken trunk hold, knee hop escape
25. Broken trunk hold, ankle toss escape
26. Side hold, shrimp escape
27. Side hold, single leg escape
28. Scarf hold, hook neck
29. Scarf hold, push and pull
30. Floating hold, push knee and shrimp
31. Upper hold, push and twist

32. Vertical hold, hip lift escape
33. Vertical hold, shrimp escape
34. Back hold, double scoot escape
35. Back hold, shrimp escape

White Belt Techniques

1. Major outer reaping
2. Minor outer sweeping throw
3. Two handed reap
4. Trunk hold, scissors sweep
5. Trunk hold, elevator sweep
6. Trunk hold, pendulum sweep
7. Trunk hold, palm heel strike
8. Trunk hold, reverse cross choke N20
9. Trunk hold, reverse bent arm lock F180
10. Trunk hold, guillotine choke H18
11. Trunk hold, cross arm lock G103
12. Trunk hold, leg arm lock
13. Side hold, elbow strikes: 1-3
14. Side hold, bent arm lock L400
15. Side hold, straightened bent arm lock L400
16. Side hold, reverse bent arm lock K825
17. Upper hold, cross arm lock R110
18. Upper hold, reverse bent arm lock T925
19. Vertical hold, straight punch: 1-4
20. Vertical hold, bent arm lock R456
21. Vertical hold, inverted arm bar W805
22. Vertical hold, half cross choke W22
23. Vertical hold, cross arm lock T101
24. Vertical hold, forearm choke N75
25. Back hold, single wing choke N10
26. Back hold, sliding collar choke L65
27. Back hold, rear naked choke R37

General Education Competency/Learning Outcome(s) OR CTE Competency/Department Learning Outcome(s):

Competency/Goal 5: Employs the principals of wellness

Learning Outcome 1: Demonstrates physical wellness

Learning Outcome 2: Recognizes characteristics of a healthy lifestyle

Relationship to Campus Focus:

Martial arts values encourage respect for oneself, others and the environment.

Classroom Policies:

1. Tuition is to be paid before beginning any training.
2. All Instructors and students must be on time for classes.
3. Remove watches and all jewelry before class.
4. No shoes are allowed on the workout area.
5. Bow before entering or leaving the training area.
6. If you are late for class, wait off the mat and ask the Instructor, "Sir, may I enter class."
7. Address the Instructor by his first name, Instructor, or Sir.
8. Answer the Instructors questions, comments, or directions with "Sir."
9. Address fellow students by their first name, sir, or ma'am.
10. Instructor commands and directions must be followed at all times.
11. Once class has started, ask the Instructor for permission before leaving the training area.
12. During class, no student is allowed to talk to visitors without permission from the Instructor.
13. The safety of yourself and all training partners must be kept in mind at all times.
14. No smoking inside the dojo.
15. Students must not drink alcohol before or during class.
16. No chewing gum or tobacco during class.
17. Keep finger and toenails short, and clean.
18. Keep your uniform and all equipment neat and clean.
19. Turn away from others when straightening your belt or uniform.
20. Higher belts will always line up in front, or to the right of lower belts.
21. Keep words to a minimum during training.
22. Rude, or disrespectful language is not allowed.
23. No belittling or making fun of other students abilities.
24. Students must bow to each other before and after techniques, sparring and grappling.
25. Before doing techniques, let your partner know of any injuries you may have.
26. When doing techniques, higher belts will start and work the right side first.
27. Never lose your temper.
28. Report all injures to the Instructor.
29. Students are not allowed to rest their hands on their hips or cross their arms.
30. Never lean on the walls or lay spread out on the floor.
31. No horseplay is allowed during class.
32. No talking while the Instructor is speaking or other students are asking questions.
33. All students should help keep the training area clean.
34. Always be respectful of your Instructor and all training partners.
35. No cell phones or cameras allowed.
36. Making passes at other students during class is not allowed.
37. Any student with an infectious condition must notify the Instructor.
38. Notify the Instructor before entering tournaments or any martial arts event.
39. Techniques are not to be "displayed" outside of class.
40. No sparring or grappling without permission from the Instructor.
41. Any student who has been in a fight must notify the Instructor.
42. This is not a complete list; always use your own good judgment and common sense.
43. If you have any questions, ask the Instructor.

Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the Campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

Academic Integrity:

Students are expected to use the information obtained in this course for the betterment of themselves and society. Any misuse of these techniques will not be accepted.

Disabilities or Special Needs:

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if a student tells a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member must share that information with the College's Title IX Coordinator. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.