

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(Check all that apply)

COURSE NUMBER AND TITLE: PE 116 Aikido

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS: None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Introduction to and a survey of Aikido a non-aggressive, non-competitive martial art. Based upon a philosophy that underscores the importance of harmony with nature and control of body and mind. The significance of good posture, physical skill, reflexes, responsibility, and etiquette is emphasized.

SPECIFIC COURSE OBJECTIVES:

Successful students will

1. apply principles of selected basic movements.
2. identify progress in order to perform more advanced techniques.
3. analyze harmony with other people through attitudes of cooperation and reduction of aggressiveness.
4. evaluate different levels/steps of etiquette.
5. compare and contrast developed appreciation for the history of Aikido.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. History
 - B. Japanese culture related to martial arts
 - C. philosophy
 - D. Etiquette
 - E. Basic stance
 - F. Basic movements

- II. Instruction
 - A. Strikes:
 - 1. Front
 - 2. Elbow power
 - 3. Front strike elbow
 - 4. Front strike elbow lock #2
 - 5. Hitting elbow
 - 6. Front strike first control #2
 - 7. Front strike second control #2
 - 8. Sitting front strike first control #1

 - B. Falls:
 - 1. Back break falls with and without hitting
 - 2. Forward break fall #1 and #2
 - 3. Forward break fall #3

 - C. Throws:
 - 1. Step-in
 - 2. All-direction
 - 3. All-direction
 - 4. Front step-in with shuffle
 - 5. front-strike step-in throw #2
 - 6. Breath throw #2

 - D. Grasps:
 - 1. One-hand
 - 2. Cross-hand
 - 3. Both-hands
 - 4. Both hands grasp second control #2
 - 5. One-hand grasp second control #2
 - 6. One-hand grasp side step-in throw
 - 7. One-hand grasp rotary throw #1
 - 8. Shoulder grasp third control #1

 - E. Pivots:
 - 1. 95 degree pivot
 - 2. 180 degree pivot

 - F. Sitting method
 - G. Knee walking
 - H. Techniques for testing and final examination

- III. Review

REQUIRED READING:

Tourda, Wayne and Vincent D. McCullough. Harmony With The Movement Of The Universe: A Collection Of Writings On Aikido And Yoga. California: McGraw-Hill, 2000.

SUGGESTED READING: None

REQUIRED WRITING:

1. Two page, double spaced paper on the history and etiquette of Aikido.
2. Two page, double spaced paper synthesizing the lecture material given in class and briefly describing four instances where students displayed the desire attitudes.
3. Two page, double spaced paper identifying three personal experiences that would lead the student to conclude that improved self-confidence occurred because of learned Aikido techniques.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, lecture notes, and text. Prepare writing assignments, practice skills, and study for exams. Observe local martial arts demonstrations.

INSTRUCTIONAL METHODOLOGY:**Check all that apply:**

- lecture
 laboratory
 lecture-laboratory combination
 directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
 Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
 Two-Way Video Conferencing (Two-way interactive video and audio)
 One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
 Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS

(Include methods of determining whether the stated objectives have been met by students):

Participation	40%
Written Papers	40%
Final Exams	20%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes X No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 C (2) (a)

CONTACT PERSON: Wayne Tourda Extension 5208/2459

SIGNATURES ON FILE