

Kin 102A-Beginning Judo

Course Syllabus

Instructor:

Mr. T. Sheehan Phone: (517)-393-2445
Email: sheehant@msu.edu
Information: Club, Animation of
Skills at www.msujudo.com

Office hours:

Monday, Wednesday, and Friday 7:00 p.m. to 8:30 p.m.
by appointment only or other times can be scheduled.

Class Meeting Times:

Section 001, Tuesday and Thursday 3:00-3:50 p.m.



Course Description

Students will learn the basic skills and terminology of Judo. Skills include proper falling techniques, throwing, mat holds, arm bars, and choking techniques.

Instructional Objectives

To have a basic knowledge of the Olympic sport of judo.

Equipment & Hygiene

- A Judo gi (uniform) will be available from the IM West service desk or from the instructor. Women are required to wear a t-shirt, sports bra, or leotard under the gi top. **Tube tops and bikini tops are unacceptable. You must use the locker room when changing into your gi, you are NOT allowed to change in the dojo.**
- For cleanliness reasons, no shoes can be worn on the mat. **Socks, shoes, or flip-flops must be worn to and from the dojo.**
- Students should maintain the highest degree of personal hygiene. Judo is a body contact sport. That means finger and toe nail are kept short and no makeup.

Safety

- To minimize the possibility of injury, please follow the directions of the instructor at all times.
- No one is to practice or work out in the dojo without the presence and permission of the instructors.

Exams

There will be two tests during the semester and one final. They will consist of a written portion and demonstration of techniques. They will be given approximately every five weeks of the semester.

Emergency Procedures

See the instructor immediately.

Grading

Grading will be based on class participation and mastering of skills. There will be three exams consisting of a skills test and a short written portion. Note this class is a pass (P) or no grade (NG) course. Assignment and testing numerical grades will be recorded in order to decide who will be eligible for earning a belt. Those students who wish to get a belt and get a 3.5 and above will have mastered the skills to achieve a blue belt. Students who get a 3.0 - 2.0 will achieve a green belt. **All students that get**

below a 2.0 will get a (NG) for the class.

GRADING SCALE

93-100	4.0
85-92	3.5
80-84	3.0
75-79	2.5
70-74	2.0
<69	NG

ATTENDANCE AND MAKE UP

Since Judo meets only two days a week for fifty minutes, the KIN policy is that a student can only miss four (4) classes before receiving a 0 or NG for the class. There will be one un-excused absence allowed. Each additional un-excused absence will cause half a grade point to be deducted from the final grade. However due to the nature of the skills involved in learning Judo, it is recommended that absences be avoided whenever possible. Students can attend an Inter-Club workout at the end of the semester, which will make up two classes. All students are welcome to participate in the MSU Judo Club, which meets M, W, and F from 7:00 p.m. – 8:30 p.m.

Academic Honesty: Article 2.3.3 of the Academic Freedom Report states that "the student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." In addition, the Dept. of Education, Dept. of Kinesiology and the School of Kinesiology adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades, and in the all-University Policy on Integrity of Scholarship and Grades, which are included in Spartan Life: Student Handbook and Resource Guide. Students who commit an act of academic dishonesty may receive a 0.0 on the assignment or in the course.

LIST OF SKILLS (in semi-chronological order)

Ukemi	Falling techniques
Zempo Kaitan	Rolling fall
Ushiro Ukemi	Back fall
Yoko Ukemi	Side fall

Exam #1

O soto Gari	Major outer reap
O Goshi	Major hip throw
De ashi barai	Advance foot sweep
Ippon Seoi Nage	One Shoulder Throw
Kesa gatame	Scarf hold
Kata gatame	Shoulder hold

Exam #2

Uki-goshi	Floating hip
Okuri Ashi Bari	Sliding Foot Sweep
Morte Seoi Nage	Both hands Shoulder throw
Tai otoshi	Body drop
O uchi gari	Major inner reap
Ko uchi gari	Minor inner reap

Kami shiho gatame Upper quarter hold
Yoko shiho gatame Side quarter hold

FINAL EXAM - CUMULATIVE

Techniques to be determined based on class interest.

GENERAL CLASS FORMAT

- Warm up
- Ukemi-falling techniques
- Review/Teaching
- Practice
- Cool down

VOCABULARY

Judo	gentle way	Ichi	1
Judoka	judo player	Ni	2
Gi	judo uniform	San	3
Dojo	practice room	Shi	4
Tori	one who throws	Go	5
Uke	one who is thrown	Roku	6
Ukemi	falling techniques	Shichi	7
Kyotsekte	attention	Hachi	8
Rei	bow	Ku	9
Uchi Komi	form practice	Ju	10
Randori	free practice		
Toketa	hold broken		
Kiai	power shout		
Origato	thank you		
Yoshi	OK good		
Kuzushi	Off balancing		
Tsukuri	body positioning		
Kake	technique execution		
Obi	belt		
Shiai	competition		
Sensei	instructor		
O	major		
Ko	minor		
Te	hand		
Goshi	hip		
Ashi	foot		
Sutemi waza	back sacrifice technique		
Yoko-sutemi waza	side sacrifice technique		