

Kin 112A-Intermediate Judo

Course Syllabus

Instructors:

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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 002, Monday and Wednesday 3:00-3:50

COURSE DESCRIPTION

Students will learn intermediate techniques taken from the Nikyu and Ikkyu rank levels, the first three sets of Nage No Kata, and focus on randori. Students are encouraged to compete at tournaments, but this is not a requirement.

Instructional Objectives

To have advance knowledge of what the sport of judo is about.

EQUIPMENT

- A Judo gi (uniform) will be available from me or at the cage at IM West. Women are required to wear a t-shirt or leotard under the gi top. Tube tops, jog bras, and bikini tops are **unacceptable**.
When changing into gi, use the locker room.
- For cleanliness reasons, no shoes can be worn on the mat. Socks, shoes, or flip-flops must be worn outside the Dojo.

SAFETY

- To minimize the possibility of injury, please follow the directions of the instructors 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. Skills portion will be worth 75% of grade and the written is worth 25% of grade. Those students who pass with a 3.5 and above will have mastered the skills to achieve a brown belt and pass the course. Students who get a 3 point to 2 point pass the course and also achieve a blue belt. Students who get below a 1 point fail the class.

SCALE			
93—100	4.0	75—79	2.5
85—92	3.5	70—74	2.0
80—84	3.0	65—69	1.5
60—64	1.0	0—59	.0

59% or lower will receive a 0 (GRADE POINT) for the course

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. Absences that are made up may allow a student to avoid a NG or 0 for the class. To make up missed classes, 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)

Exam # 1

Tomoe-nage	Stomach throw
Hane-goshi	Springing hip
Tsurikomi-goshi	Lifting-pulling hip
Uchi-mata	Inner thigh
Nami-juji-jime	Normal cross choke
Okuri-eri-jime	Sliding collar choke
Ude-garami	Entangled arm lock
Ude-gatame	Arm bar

Exam # 2

Sode-tsurikomi-goshi	Sleeve lifting-pulling hip
Sasae-tsurikomi-ashi	Lifting-pulling foot block
Kata-garuma	Shoulder wheel

Hadaka-jime	Naked choke
Kataha-jime	Single wing choke
Hiza-gatame	Arm knee lock
Juji-gatame	Cross arm lock
Ashi-garami	Entangled leg lock

Final Exam –

Cumulative of 10 techniques

Plus the first three Sets of Nage-No-Kata:

Uki Otoshi
 Seonage
 Kata Garuma
 Uki Goshi
 Harai Goshi
 Tsuru Komi Goshi
 Okuri Ashi Bari
 Sasae tsurikomi ashi
 Uchi-mata

GENERAL CLASS FORMAT

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

VOCABULARY

Shiai	competition
Toketa	hold broken
Yoshi	OK good
Kuzushi	off balancing
Waza-ari	half point
Ippon	full point
Yuko	quarter point
Koka	eighth point
Osaekomi	hold down position
Hansoku-make	penalty end of match by disqualification
Shido	penalty – minor point
Hajime	begin
Mate	stop
Soremade	end of match
Sono-mama	freeze – only applied in ne-waza
Ne-waza	ground technique practice
Tachiai-waza	standing technique practice
Joseki	head table

Hiki-wake	draw
Rei	bow
Te	hand
Goshi	hip
Ashi	foot
Sutemi waza	back sacrifice technique
Yoko-sutemi waza	side sacrifice technique