

SSA+S Karate Instructor: Renshi John Garcia (*yodan-4th degree*)

7th and 8th grade Syllabus

Course Description: This course is designed to introduce the student to the skills and philosophies of Rullan Goju-ryu karate. The course will include the traditions, customs, philosophies and techniques employed by the traditional American/Japanese martial art system of Rullan Goju-ryu karate.

Course Objectives: At the conclusion of the course the student will be able to:

- 1) perform the kicks, punches, strikes, and stances of karate
- 2) perform the beginning series katas
- 3) perform break-falling (safely falling on a padded floor) techniques
- 4) demonstrate effective self-defense techniques
- 5) demonstrate sweeping, throwing and joint-locking techniques
- 6) demonstrate proficiency at karate techniques

Classroom Procedures: The class will include the following:

1. Traditional line-up and bowing procedures.
2. Warm-up and stretching exercises.
3. Strengthening exercises (sit-ups and push-ups, etc.).
4. Fundamental kicking, punching and blocking of karate.
5. Kicking and punching into training focus bags.
6. Practice of self-defense techniques.

Supplies Required: Karate pants (gi) are recommended and highly encouraged, and an SSA+S P.E. t-shirt. Clothing and work out gear must allow for freedom of movement and flexibility. No shoes or socks will be worn. A folder for handouts.

Grading:

25 points - Written exam on terminology and history

25 points - Practical (skills evaluation) final exam

30 points – Kata (3)

20 points - Participation

100 points - Total

A = 90 to 100 points **B** = 80 to 89 points **C** = 70 to 79 points **D** = 60 to 69 points
F = below 60 points

Policy: It is expected that the student will attend all or most of the training sessions. New skills are constantly being learned. Learned skills build onto new skills and a gradual progression is formed. A period of missed sessions will hinder the ability to develop the necessary skills for advancement. Communicate any problems of an anticipated missed period of training sessions with the instructor.