I. **OVERVIEW**
The following information will appear in the 2010 - 2011 catalog

PEC 162  **Aikido 1 Basic**  1 Unit

**Recommended for Success:** Before enrolling in this course, students are strongly advised to be able to demonstrate physical activity, such as falling down and standing up. Students are also advised to consult a physician if they are pregnant, or have significant health problems.

An introduction to the fundamental principles and techniques of Aikido, an ethical Japanese martial art based on non-aggressive, non-resistant, co-creative conflict resolution and internal personal growth by non-competitive means.

Four Maximum completions.
Field trips might be required. (A-F or P/NP - Student choice) /Lab

**Transfer:** (CSU, UC) **General Education:** (MJC-GE: Activities )

II. **LEARNING CONTEXT**
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

   a. Techniques:
      i. Yonkyo
      ii. Sumi Otoshi
      iii. Tenchi Nage
      iv. Ikkyo
      v. Kote Gaeshi
      vi. Irimi Nage

   b. Attacks, One and Two Hand Holds:
      i. Katate dori
      ii. Kosa dori
      iii. Ryote dori
iv. Ushiro ryote dori  
v. Ryokata dori  
vi. Ushiro ryokata dori  
vii. Morote dori  
 viii. Mune dori  
ix. Ushiro eri dori  
x. Ushiro kubishime  

c. Attacks, One hand strikes:  
   i. Shomen uchi  
   ii. Yokomen uchi  
   iii. Jodan oi zuki  
   iv. Chudan oi zuki  
   v. Gedan oi zuki  

B. ENROLLMENT RESTRICTIONS

1. Advisories

Before enrolling in this course, students are strongly advised to be able to demonstrate physical activity, such as falling down and standing up. Students are also advised to consult a physician if they are pregnant, or have significant health problems.

C. HOURS AND UNITS

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D. METHODS OF INSTRUCTION (TYPICAL)

Instructors of the course might conduct the course using the following method:

1. Demonstration of skills  
2. Description of skills  
3. One on one instruction  
4. Small group instruction

E. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
Time spent on coursework in addition to hours of instruction (lecture hours)
Lab only no outside-of-class hours required.

2. **EVIDENCE OF CRITICAL THINKING**
Assignments require the appropriate level of critical thinking

a. Describe a situation in which environmental awareness is critical in matters of personal safety.

b. Determine which Aikido technique would most effectively be applied for a given attack.

c. Select and describe one aspect of the Aikido philosophy that differentiates Aikido from Martial Arts generically referred to as "Karate".

d. Compare and contrast two Aikido techniques.

F. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: No text is required.

**III. DESIRED LEARNING**

A. **COURSE GOAL**

As a result of satisfactory completion of this course, the student should be prepared to:

demonstrate a minimum of four different Aikido techniques they have learned in class while defending themselves against multiple attacks from three or more peers acting as assailants.

B. **STUDENT LEARNING GOALS**

Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. **Required Learning Goals**

   Upon satisfactory completion of this course, the student will be able to:

2. **Lab Learning Goals**

   Upon satisfactory completion of the lab portion of this course, the student will be able to:

   a. Demonstrate the Aikido Technique Yonkyo.

   b. Demonstrate the Aikido Technique Sumi Otoshi.

   c. Demonstrate the Aikido Technique Tenchi Nage.

   d. Demonstrate the Aikido Technique Ikkyo.

   e. Demonstrate the Aikido Technique Kotegaeshi.

   f. Demonstrate the Aikido Technique Irimi Nage.

**IV. METHODS OF ASSESSMENT (TYPICAL)**

A. **FORMATIVE ASSESSMENT**

1. Instructor evaluation of techniques

2. Instructor evaluation of student progress
B. **SUMMATIVE ASSESSMENT**

1. Final exam