Modesto Junior College
Course Outline of Record

PEC 163

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

PEC 163 Aikido 2, Intermediate 1 Unit

Recommended for Success: Before enrolling in this course, students are strongly advised to demonstrate the Aikido Techniques: Yonkyo, Sumi Otoshi, Tenchi Nage, Ikkyo, Kotegaeshi and Irimi Nage or hold Kyu rank from an Aikido Dojo.

A continuing exploration of 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:

1. Irimi Nage
2. Tenchi Nage
3. Tanto Dori
4. Ikkyo
5. Shiho Nage
6. Sankyo

B. Attacks, One and Two Hand Holds:

1. Katate dori
2. Kosa dori
3. Ryote dori
4. Ushiro ryote dori
5. Ryokata dori
6. Ushiro ryokata dori  
7. Morote dori  
8. Mune dori  
9. Ushiro eri dori  
10. Ushiro kubishime  

C. Attacks, One hand strikes:  
1. Shomen uchi  
2. Yokomen uchi  
3. Jodan oi zuki  
4. Chudan oi zuki  
5. Gedan oi zuki  

B. ENROLLMENT RESTRICTIONS  
1. Advisories  
   Before enrolling in this course, students are strongly advised to demonstrate the Aikido Techniques: Yonkyo, Sumi Otoshi, Tenchi Nage, Ikkyo, Kotegaeshi and Irimi Nage or hold Kyu rank from an Aikido Dojo.  

C. HOURS AND UNITS  

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<th>INST METHOD</th>
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D. METHODS OF INSTRUCTION (TYPICAL)  
Instructors of the course might conduct the course using the following method:  
1. Lecture  
2. Demonstration and description of skills  
3. Individual 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 Irimi Nage.
   b. Demonstrate the Aikido Technique Tenchi Nage.
   c. Demonstrate the Aikido Technique Tanto Dori.
   d. Demonstrate the Aikido Technique Shiho Nage.
   e. Demonstrate the Aikido Technique Ikkyo.
   f. Demonstrate the Aikido Technique Sankyo.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT

1. Participation
2. Demonstration of skills
3. Skill progression
B. **SUMMATIVE ASSESSMENT**

1. Final exam