Subject: Class Schedule: Fall 2010 Course Syllabus E01
Course Number: PEX 143 E01 13985 2 Credits Mondays and Wednesdays

Novice and Intermediate 7:00pm to 8:30
Catalog Description: Kyokushin karate is known as the strongest karate and has a full rich history starting with Master Oyama in the first half of this century. Pronounced phonetically as "Key-oh-ku-shin-kai", it is translated as follows: Kyoku means ultimate, Shin means truth, and kai means to to meet, join, or associate. Kyokushinkai is made up of powerful techniques such as strikes, kicks, blocks, and throws. Famous for its spirited kumite and breaking techniques, Kyokushin is also a well-rounded art. Beginner Kata have their origin in the Shotokan tradition while later kata have their origin in Goju Ryu tradition. There are also several kata unique to Kyokushin, and some of its offshoots. Traditional Japanese Kyokushin has an emphasis on discipline, adherence to karate etiquette, and repetition of basics, hard training, Kata, Kumite, realistic self-defense, and the Budo philosophy of the martial arts. Over 12 million individuals practice this art internationally. It is reportedly the 5th largest Japanese karate style (after Gojuryu, Shotokan, Wado Ryu, and Shito Ryu). Prior to the death of Sosai Oyama (1923-1994), Kyokushin was largest unified style in the world - organized under the direction of one man.
I also teach the art of AIKI JuJitsu

Aikijujutsu is a form of jujutsu, a system of unarmed fighting and minor weapons techniques to defeat both armed and unarmed opponents. It is noted, as the name suggests, for emphasizing the principles of aiKi (some aspects of aiki are also referred to as kuzushi). Today, Aikijujutsu is a cultural heritage of the Japanese warrior class with a long history and tradition. It was developed as a means of self-defense against unprovoked violence, with the ultimate aim of neutralizing violence, not causing it. This is one of the reasons why Daito-ryu relies on using forms (kata) to train in the art, but does not include any kind of competitive matches. Further, as a classical Japanese martial art, Daito-ryu goes beyond mere self-defense, offering the way to temper one’s body and spirit, with the aim of developing personal character and contributing to the greater social good.

Instructor Information: Jon W Rynearson (Kyoshi) 7th Dan, Email: shihan1@frontiernet.net

Instructional materials: There are assigned texts and videos. There will be handouts on an irregular basis as the need arises. All materials will be placed on the site for reference and class training. Also refer to section [E Novice]. Videos will be signed out and returned.

Course Description and Objectives: The College has taken our site down. I will be putting another up as soon as possible.

Program:

a. Each semester students receive orientation & training in the physical, mental, and practical applications of techniques required in Kyokushin & Jujitsu. Students participate in demonstrations, and have personal contact in their application of each technique required to perform Throws, Hold-downs, and Chokes, Strikes, kicks, blocks and Arm Bars.

b. Self-Protection and competitive training films are shown to the students to expose them to a wider range of available study.

c. All students are tested to the best of their ability, to apply their training by competing on a limited basis with other students in their class under the guidance of the instructor.

d. Learn about how the mind plays an important role in the physical arts as well as everyday living.

e. To be able to work with others.

f. Learn safety and control of the physical arts.

g. Keep a binder of all handouts and notes taken during class, a format will be given at the beginning of the class.

Expected Student Outcomes: The successful student will be able to:

1. Learn the fundamentals of Kyokushin and Aiki JuJitsu technique.
2. Learn the proper warm ups and stretches before and after classes.
3. Learn the forms and application (Bunki) for self protection.
4. Learn the meditation and breathing exercises for better health and well being.
5. Learn to work with others and how to teach what they know to others.
6. Increase muscular strength and flexibility.
7. Gain confidence in physical and mental demands.
8. Learn safety and control of physical movements while working with another student as well as personal safety when practicing the physical arts.

**Student Outcome Measurements:**

a. A student does not have to compete to receive a Class Letter grade.
b. Class attendance is *Mandatory* for a satisfactory grade.
c. Grade is based on a combined physical and written material covered in class.
d. The student will demonstrate the fundamentals in class participation.
e. The student will perform technique as demonstrated by the instructor.
f. The student will have to show their class binder with the information that the instructor has handed out and the materials on the web site that are to be printed out and placed in their binder as well as any notes taken.
g. This class can not be failed, there are only quitters; attitude and participation will be the biggest factors in passing.
h. All belt Promotions require a fee of $25. To be registered with the AKKO.

**Method Of Instruction:** This course is an instructor demonstration with students following the instructor’s movements and instructions. Students will watch videos and read the suggested books and materials given by the instructor. Students will be taught in a group environment. The student will get individual coaching as needed. The class environment is that of traditional martial arts and etiquette. Professionalism is one of the highest standards in the class at all times!

Safety is the number one respect of all students involved in the class.

**Explanation of grade policy:** The grade will be a pass/withdraw based on 100% participation. Class attendance is mandatory but, due to shift workers and beyond normal control situations you are to make arrangements with the instructor for make-up classes. A pass (P) indicates that a student has passed the course, but grade points do not accumulate on the transcript. Credits will be earned for a (P) grade. A withdraw (W) indicates that a student has not passed the course or has formally withdrawn from the class. A withdrawn (W) is reported on the transcript. No credit will be earned for a (W) grade.

**Auditing this course:** If you want to participate in this class but not want to receive credit, you may enroll as an auditor. When you audit, you are not obligated to attend or participate in class activities. You do not get a reduced fee as an auditor. If you decide, however, to change from audit status to credit status, you must do so in person in the Admissions and Records Office during the official registration period. Should you wish to change from credit to audit, you must obtain the Audit Form from the Admissions and Records Office during the first six weeks of the semester.

**Other Important Stuff:**
1. Since this is a physical arts class, the student should be in good health. Any doubts the student may have should be checked out by the student’s physician.
2. I am not a medical professional. Only a doctor with your complete medical history can determine what is advisable for you. I am not able to diagnose advice or prescribe treatment.
3. Never practice until a half hour or more has passed after a meal or eat sooner than a half hour after practice.
4. If you don’t have a Gi, then wear loose clothing, no shoes are worn on the mats or during the class unless the instructor says too.
5. There is no alcohol tolerated or a student that is suspected of drinking before class.
6. You are to be clean and sanitary because you will be touching and participating with other students.
7. Practice your system as much as possible outside the class to gain any benefits from the class.

D. Class Program: #2 Advanced and Team Tuesday and Thursday (RPED #?) (7:00pm to 8:15pm)

1. Prerequisite:
   a. Each student has to complete RPED Beginner, or have a minimum of six (6) months instruction in Kyokushin and Jujitsu.
   b. The student is required to have at least one Kyu ranking or higher with the AKKO.

2. Program:
   a. Advanced classes are only for students who are seeking Advancement, Promotions, Competition, or Advanced Self-Protection.
   b. All students are required to wear a White Gi with the appropriate belt. Only the patches approved by the instructor will be worn.
   c. Class instruction will include:

      (1). Rules and Regulations
      (2). Schedules, Lectures, Videos, Films
      (3). Seminars, Drills, One on One Defense & Offense
      (4). Application in hand to hand & weapons technique
      (5). Kata: As required by the AKKO
      (6). Tournament conditioning & off-campus class tournaments

E. Course Material:
Novice:

a. Kyokushin (History) by Shihan Rynearson
b. Jujitsu part 1 (History) by Dennis Helm, Godan
c. Jujitsu part 2 (The founding of Kodokan Judo) by Dennis Helm, Godan
e. AKKO (History) by Frederick S Buck 8th dan
f. Instruction Book Kyokushin by Shihan Rynearson AKKO
g. Instruction Book AIKI-Jujitsu by Shihan Rynearson

Course Material: Cont.
All students should purchase a 2@ white three ring outside sleeve binder for class handouts to build your manual. Shihan Rynearson provides the content of the AKKO manual. Most contents will be posted on the web for download at the GBC Martial arts site.
All equipment and clothing can be purchased through Shihan Rynearson if needed.

F. Summary

Students are to call or email the instructor (Phone and E-mail provided at the top of the syllabus) if they are going to be absent at any time.

Students are required to report all injuries to the instructor immediately.

All personal injuries and disabilities prior to the class are to be brought to the instructor=s attention prior to the class start.

Kyokushin and AIKI-Jujitsu is recognized worldwide, in all countries, and all walks of life, and is practiced by all ages: boys and girls, men and women. There are no limits to the experience, education, and satisfaction one receives from the practice of these art forms, truly an experience of a lifetime.

Kyoshi Jon W Rynearson