

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/I 192 X 4
Course Title: Karate: Chinese Kenpo
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: None
- B. Catalog and Schedule Description:
Designed to study and practice Chinese Kenpo Karate from the introductory through advanced levels. The history, research, and benefits of Kenpo will be examined, and the techniques and master form will be explored. The course will include individual and group instruction and practice.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS

Upon successful completion of level one of this course, the student should be able to:

- A. Describe a brief history of Kenpo
- B. List the four major styles of Kenpo
- C. Describe the basic health benefits of Kenpo
- D. Demonstrate the ability to practice Kenpo safely
- E. Demonstrate the basic moves of Kenpo
- F. Demonstrate Hakutsuru Sho Kata
- G. Define ten common terms used in Kenpo

Upon successful completion of level two of this course, the student should be able to:

- A. Identify the pressure points
- B. Demonstrate mastery of the basic movements
- C. Define twenty common terms used in Kenpo
- D. Demonstrate Kakutsura Tan Kata
- E. Demonstrate the orange and purple belt levels of the master form

Upon successful completion of level three of this course, the student should be able to:

- A. Demonstrate mastery of the orange and purple belt sections of the master forms
- B. Demonstrate the blue and green belt sections of the master form
- C. Demonstrate the ability to blend, borrow, and combine techniques (grafting)
- D. Demonstrate Paipuren Kata
- E. Define 30 common terms used in Kenpo

Upon successful completion of level four of this course, the student should be able to:

- A. Demonstrate mastery of the orange and purple belt sections of the master form
- B. Demonstrate the brown and black belt sections of the master form
- C. Demonstrate mastery of grafting
- D. Define 40 common terms used in Kenpo

IV. CONTENT:

- A. Introduction
 - 1. Definition of Kenpo Karate
 - 2. Benefits of Kenpo

- 3. Where to practice
- B. History of Kenpo
 - 1. Creation of Kenpo (chuan fa)
 - 2. Mitose theory
 - 3. Chow theory
 - 4. Parker theory
 - 5. Go Kenki theory
- C. Health Benefits of Tai Chi
 - 1. Improved muscular strength and stamina
 - 2. Improved balance
 - 3. Improved coordination
 - 4. Improved mental awareness
- D. Safety Practices
 - 1. Before starting
 - 2. During the practice
 - 3. After practice
- E. Learning Kenpo
 - 1. Purpose
 - 2. Where to find a good teacher
 - 3. Patience and persistence
 - 4. How to use books and video
 - 5. Find a partner or group
 - 6. Enjoy the experience
- F. Common Terms Used in Kenpo
 - 1. Outer rim theory
 - 2. Zone of protection
 - 3. Ideal phase
 - 4. Directional Harmony
 - 5. Marriage of gravity
 - 6. Back up mass
 - 7. Rotational force
 - 8. Torque
 - 9. Web of Knowledge
 - 10. Positional checks
 - 11. Pressure points
 - 12. Circular and linear motion
 - 13. Motion science
- G. Major Kenpo Styles
 - 1. Parker's American Kenpo
 - 2. Miltose's Kenpo Jitsu
 - 3. Chow's Chinese Kara Ho Kenpo
 - 4. Okinawan Kenpo
- H. Qigong Exercises and the Meaning of Energy (Qi)
 - 1. Hakutsuru Paipuren
 - 2. Muscular tension
 - 3. Relaxation
 - 4. Breathing
- I. Warm Up and Cool Down Skills
 - 1. Body temperature
 - 2. Stretching the core, lower, and upper extremities
 - 3. Stretching exercise, neck, head, shoulders, spine
- J. The Master Form
- K. Paipuren Kata

V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on Kenpo Master Form, discuss in small groups the importance of maintaining balance and mental focus.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various safety precautions one should take before practicing Kenpo Karate.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: Describe a situation where one can use the skills learned in Kenpo Karate to minimize conflict and avoid physical confrontation.

VII. EVALUATION:

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

VIII. TYPICAL TEXT(S):

- A. Beasley, Jerry. Mastering Karate. Human Kinetics, 2002.
- B. Wedlake, Lee. Kenpo Karate 201: The Basics and Exercise Forms. Lee Wedlake's Karate Studio, Inc., 2002.
- C. Muhammed, Steve. BFK Kenpo: History and Advanced Strategic Principles. Unique Publications, 2002.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

- A. Karate gi (uniform)