

Montgomery College – Rockville  
**PHED 111/112 Martial Art I & II & CRN**  
Class Meeting Day / Time: \_\_\_\_\_  
Course Syllabus

**I. Instructor Information**

NAME :

Office:

PHONE

E-MAIL:

**II. General Course Information**

PHED – 111 is a Beginners Martial Arts Class. The students will learn the basic techniques [blocks, strikes, etc.] of Okinawan Karate as well as its history and origins.

**III. Specific Outcomes**

- The students will learn how to effectively execute the basic techniques of Okinawan Karate and have a better understanding of the art.
- They will also learn the difference between the SELF-DEFENSE Aspect and the Sport Aspect.
- They will also understand about different styles of Martial Arts and their relation to each other.

**IV. Text and Supplies**

There is NO textbook for this class. Sensei will provide handouts throughout the course. The students will be responsible for studying them for written and oral tests.

**V. Requirements**

Come to every class **READY TO WORKOUT**. **LOOSE-FITTING** clothing such as sweat pants, shorts, T-shirts, etc. are recommended as the students will be stretching. The student may also wear a Karate uniform [GI] if they have one. Uniforms may be purchased from Sensei but it is not a requirement.

**VI. GRADING**

Tests will be physical, written and oral. One should give his best overall effort during the exercises and preparing for the written and oral quizzes.

**VII. Attendance**

Give your best effort to attend every class. Absences with valid excuses will be accepted. When these occur, please make every effort to contact Sensei.

**VIII. Late Policy**

Give your best effort to show up for class on time. Valid excuses for being late will be accepted. If one is late for class, follow the procedure Sensei outlines for you.

**IX. Classroom Policies**

If you have a sudden schedule conflict that prevents you from attending Sensei's class or if you feel you have missed too many classes to catch up, Withdraw from the class. SENSEI WILL NOT DROP YOU. The student is responsible for attending or withdrawing from the class.

**X. Illness/Injury**

If one has suffered an injury or an illness that prevents the person from exercising, contact Sensei ASAP. If Sensei can work it out where one can still complete the course, he will make his best effort to do so.

**XI. Dress Code**

Loose fitting clothing such as sweat clothes, shorts, T-shirts are recommended. The Karate uniform [GI] may also be worn.

**XII. Conduct**

The students will show RESPECT for Sensei at all times. This is a must. The student will also show respect for their classmates as well. The students will treat the classroom the same as a Karate Training Hall [DOJO]. Upon entering the room, the students will remove their shoes and perform a respectful BOW before entering the room.

**XIII. CONCLUSION**

Come to class prepared to workout all the time even when there is a written test scheduled. Give your best effort, work hard, and show respect for the Instructor and your classmates

Last but not least, let's have fun.