

Kinesiology 132A

Instructor: T. Komori

M&W 11:00-12:00

M&W 12:00-1:00

Fri 11:00-1:00

Office Hours: M&W 1:30-2:30pm, Fri 1:30-2:30

Redwood Hall / Kin 251

E-mail: Timothy.Komori@CSUN.Edu

Prerequisite: None

Course Description:

A study of the techniques and philosophy of Aikido, a Japanese martial art. Focus is on control techniques and is based on blending of movement and intention so that what may appear, as a (combative situation can be resolved without conflict.)

Text: None

References: Westbrook and Ratti. Aikido and the Dynamic Sphere.
Rutland. Vermont & Tokyo, Japan: Charles C. Tuttle, 1970

Attendance:

Grades are based upon attendance, class participation, and performance of a criterion of basic techniques and skills.

Hygiene:

All students are asked to please come to class with the courtesy of basic hygiene.

It is asked that fingernails and toenails are properly trimmed and well kept.

Please wash your hands prior to attending class.

Your company and participation is always appreciated, however you cold or flu is not. Please do not feel obligated to share your germs with the rest of your classmates. If you are sick stay home...

Etiquette:

No shoes are to be worn on the mat at anytime.

Excessive jewelry, watches, rings, necklaces, piercings, eye rings, tongue piercing, navel piercing, nose piercing, or nose rings are to be removed prior to attending class.

As a courtesy to your fellow classmates, please turn off your electronic equipment. (Pagers or cell phones.)

Mat:

No food is to be brought upon the mat at anytime.

Teaching:

THIS IS THE ONE RULE THAT WILL APPLY TO STUDENTS AT ALL TIMES: **THE COMMAND "STOP" WILL MEAN THAT ALL STUDENTS WILL STOP THEIR ACTIONS IMMEDIATELY AND WITHOUT QUESTION!**

When the instructor is speaking no other talking will be permitted.

Uniform and Dress Code:

It is asked that loose fitting attire be worn.

The standard martial art uniform (Gi) is recommended for wear, but is not mandatory.

Jeans, shorts, and tank tops are not recommended for this activity.

It is asked that the student does not wear garments that may be easily torn or ripped. Grabbing and grappling techniques may tend to damage such garments. Wear items at your own risk.

Training Schedule:

Week 1: Aiki Taiso

Introduction to Aikido

Introduction to the Founder Morihei Ueshiba, O'Sensei

Principles of Aikido

Ude Fude

Ikkyo

Shomen-uchi undo

Nikkyo

Shomen-uchi Zengo undo

Sankyo

Happo undo

Kote gaeshi

Fune kogi

Shiho nage

Sayu undo

Koho tento

Week 2: Grabbing Techniques

Katate tori

Kata tori

Morote tori

Ushiro Katate tori

Ryote tori

Ushiro Katate tori kubi shime

Ryote mochi

Ushiro Ryote tori

Week 3: Striking Techniques

Shomen-uchi

Mune-tsuki

Yokomen-uchi

Kata-men-uchi

Week 4: Pinning Finishes & Submission Techniques

Ikkyo

Gokkyo

Nikkyo

Shiho-nage

Sankyo

Kote-gaeshi

Yonkyo

Ude Osae

Week 5: Stances

Ma-ai

Hanmi handachi

Ai-hanmi

Suwari

Gyaku-hanmi

Week 6: Entries & Direction

Omote

Ura

Irimi

Tenkan

Week 7: Ukemi & Koshinage

Ikkyo

Tenchi-nage

Nikkyo

Kaiten-nage

Week 8: Shikko

Hanmi handachi & suwari waza

Striking techniques

Grabbing techniques

Pinning finishes

Week 9: Henka Waza

Katate tori

Ryote tori

Kata tori

Ryote mochi

Week 10: Kaeshi Waza

Reversals

Week 11: Weapons Katas

5 count Kata

Happo Undo

13 count

Week 12: Weapons Defense

Bokken

Jo

Tanto

Week 13: Kick Defense

Kokyo dosa

Week 14: Multiple Attackers

Bokken

Jo

Tanto

Week 15: Randori

Two people

Three people

Four people