



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 220
Descriptive Title: Naginata - A Japanese Martial Art

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course provides basic skills and knowledge related to Naginata - A Japanese Martial Art. Students will use a naginata (pole arm) for offensive and defensive tactics while incorporating precision techniques. Japanese terminology will orient students to the equipment and with instructional cues for on guard positioning, footwork, and target areas. The course is taught according to traditional Japanese teaching methods with emphasis on etiquette, mental focus, self-discipline and self-confidence. Culture, philosophy and historical concepts with Naginata will also be discussed.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: 10/20/1997
Transfer UC: Effective Date: Fall 1998

General Education:

El Camino College: _____

CSU GE:

E - Lifelong Understanding and Self-Development

Term: Fall 1998

Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics.
2. Students will identify Japanese terminology related to Naginata.
3. Students will demonstrate proper etiquette with the martial art of Naginata.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Distinguish the different parts of the naginata (pole arm) in its functional use for striking, thrusting, and blocking techniques.
Matching Items
2. Recognize Japanese terminology related to martial art of Naginata.
Class Performance
3. Demonstrate proper etiquette with the martial art of Naginata.
Class Performance
4. Apply precision vertical plane movements (jogeburi) when using the naginata pole arm.
Class Performance
5. Apply a series of specific strikes with accuracy against an opponent (uchikaeshi).
Class Performance
6. Demonstrate postural positioning and footwork during offensive and defensive moves.
Class Performance
7. Demonstrate a variety of on guard positions that facilitate offensive and defensive strategies.
Class Performance
8. Demonstrate a variety of striking techniques with accuracy to specific target areas of an opponent.
Class Performance
9. Demonstrate a variety of blocking techniques to protect against strikes of target areas.
Class Performance
10. Demonstrate prearranged movements (shikake oji waza) consisting of offensive and defensive techniques utilizing precision movements and mental focus.
Class Performance
11. Appraise the lifetime values formulated from Naginata in reference to Japanese culture and philosophy.
Presentation
12. Identify the historical differences of Naginata yesterday and today.
Essay exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	INTRODUCTION A. Historical and cultural background of naginata B. Naginata values C. Naginata etiquette D. Japanese terminology associated with naginata E. Equipment and armor
Lab	14	II	DANTAI KIHON (individual performance of basic naginata techniques) A. Vertical plane movements (jogeburi) B. Footwork (ashisabaki) C. Hand positioning (tenouchi) D. Posturing for on guard positions (kamae) E. Basic cuts with naginata <ol style="list-style-type: none"> 1. Straight strike to head (men) 2. Strike to head at 30 degrees, left and right (sokumen) 3. Strike to sides of body, left and right (doh) 4. Strike to shin, left and right (sune) 5. Strike to wrist, left and right (kote)
Lab	30	III	SHIKAKE-OJI WAZA (prearranged offensive and defensive techniques with partners) A. Offense initiating the attack (shikake) B. Defense and counter attack (oji) C. Posture, footwork, and spatial positioning D. Eye contact and breathing E. Kiai to target areas F. Cuts and blocks G. Physical and mental awareness after striking (zanshin)
Lab	6	IV	UCHIKAESHI EXERCISES (repetitive striking) A. Offensive sequence of cuts: men, left sokumen, right sokumen, left sune, right sune, tsugiashi (jump back footwork), and men with kiai to all target areas B. Defensive sequence of blocks
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

With a partner, demonstrate to the instructor a sequential series of offensive naginata cuts (uchikaeshi) while incorporating physical and mental awareness.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Demonstrate to the instructor which on guard position and precision movements of the naginata (pole arm) are necessary to counteract an offensive attack to the left and right side of their body.
2. When using the naginata (pole arm), demonstrate to the instructor the proper footwork, hand position, and postural positioning for an effective offensive strike toward the side of the head.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Written homework

Class Performance

Multiple Choice

Completion

Matching Items

True/False

V. INSTRUCTIONAL METHODS

Demonstration

Guest Speakers

Laboratory

Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Mark Lipe and Helen Nakano on 08/27/1997.

BOARD APPROVAL DATE: 10/20/1997

LAST BOARD APPROVAL DATE: 11/21/2016

Last Reviewed and/or Revised by Helen Nakano on 02/09/2016