



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	220A
Descriptive Title:	Beginning Naginata: A Japanese Martial Art
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Physical Education
Catalog Description:	This course provides an introduction to the Japanese martial art, Naginata. Students will use a naginata (pole arm) for offensive and defensive tactics while incorporating fundamental techniques. Japanese and English terminology will be used to direct students 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.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	0
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	10/20/1997
Transfer UC:	Yes
Effective Date:	Fall 1998
General Education: ECC	5. Health and Physical Education
Term:	
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development

Term:	
Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Demonstration</p> <p>Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics.</p> <p>SLO #2 Identify Terminology</p> <p>Students will identify Japanese terminology related to Naginata.</p> <p>SLO #3 Etiquette</p> <p>Students will demonstrate proper etiquette with the martial art of Naginata.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Distinguish the different parts of the Naginata pole arm in its functional use for striking, thrusting, and blocking techniques. 2. Recognize Japanese terminology related to the martial art of Naginata. 3. Demonstrate proper etiquette with the martial art of Naginata. 4. Apply vertical plane movements when using the Naginata pole arm. 5. Demonstrate postural positioning and footwork during offensive and defensive moves. 6. Demonstrate on guard positions 1-5 that facilitate offensive and defensive strategies. 7. Demonstrate basic blocking techniques to protect against strikes of target areas. 8. Demonstrate offensive and defensive prearranged movements using sets 1-5 of shikake oji techniques.
Major Topics:	<p>I. Introduction (4 hours, lab)</p> <ol style="list-style-type: none"> A. Historical aspects of naginata B. Naginata values C. Etiquette D. Japanese terminology associated with naginata E. Naginata (pole arm) <p>II. Dantai Kihon (individual performance of basic naginata techniques) (14 hours, lab)</p> <ol style="list-style-type: none"> A. Vertical plane movements B. Footwork C. Hand positioning D. Basic on guard positions E. Basic cuts with naginata <ol style="list-style-type: none"> 1. Straight strike to head 2. Strike to head at 25 degrees, left and right 3. Strike to sides of body, left and right 4. Strike to shin at 30 degrees, left and right

	<p>III. Shikake Oji Techniques (prearranged offensive and defensive techniques with partners) (30 hours, lab)</p> <ul style="list-style-type: none"> A. Offense initiating the attack B. Defense and counter attack C. Posture, footwork, and spatial positioning D. Eye contact and breathing E. Kiai to target areas F. Cuts and blocks <p>IV. Uchikaeshi Exercises (repetitive striking) (6 hours, lab)</p> <p>A. Offensive sequence of cuts</p> <ul style="list-style-type: none"> 1. Men 2. Left / right sokumen 3. Left / right sune 4. Tsugiashi (jump back footwork) 5. Kiai to all target areas <p>B. Defensive sequence of blocks</p> <ul style="list-style-type: none"> 1. Men 2. Left / right sokumen 3. Left / right sune 4. Tsugiashi (jump back footwork)
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
Primary Method of Evaluation:	3) Skills demonstration
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.
Critical Thinking Assignment 1:	Demonstrate to the instructor which on guard position and basic movements of the Naginata pole arm are necessary to counteract an offensive attack to the left and right side of their body.
Critical Thinking Assignment 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.
Other Evaluation Methods:	Class Performance, Multiple Choice, Performance Exams
Instructional Methods:	Demonstration, Guest Speakers, Multimedia presentations
If other:	
Work Outside of Class:	Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:	
Up-To-Date Representative Textbooks:	
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Mark Lipe and Helen Nakano

Date:	08/27/1997
Original Board Approval Date:	10/20/1997
Last Reviewed and/or Revised by:	Helen Nakano
Date:	02/09/2016
Last Board Approval Date:	12/19/2022