



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	220B
Descriptive Title:	Intermediate Naginata: A Japanese Martial Art
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Physical Education
Catalog Description:	This intermediate course builds on the fundamental skills and concepts of the course PE 220A – Naginata – A Japanese Martial Art. Precision and focused movements are performed using the naginata during offensive and defensive tactics. Japanese instructional cues will guide students with on guard positioning, footwork, and target areas. The course is taught according to traditional Japanese teaching methods with emphasis on etiquette and mental focus. Culture, philosophy, and historical concepts will be discussed.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	PE 220A Beginning Naginata: A Japanese Martial Art
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:	
Transfer CSU:	Yes
Effective Date:	Fall 2023
Transfer UC:	Yes
Effective Date:	Fall 2023
General Education ECC:	Area 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 intermediate level offensive and defensive tactics.</p> <p>SLO #2 Terminology</p> <p>Students will comprehend terminology and react appropriately in a timely manner with instructor’s Japanese instructional cues.</p> <p>SLO #3 Performance</p> <p>Students will perform shikake oji techniques 1-8 upon Japanese commands.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Distinguish the different parts of the naginata (pole arm) and body armor. 2. Comprehend Japanese terminology related to the martial art of Naginata. 3. Demonstrate offensive and defensive prearranged movements, sets 1-8 of shikake oji techniques. 4. Demonstrate on guard positions 1-6 that facilitate offensive and defensive strategies. 5. Demonstrate vertical, horizontal, and diagonal striking techniques with accuracy to specific target areas. 6. Demonstrate a variety of blocking techniques to protect against strikes of target areas. 7. Appraise the lifetime values formulated from Naginata in reference to Japanese culture and philosophy. 8. Acknowledge the historical differences of Naginata from ancient times to today.
Major Topics:	<p>I. Introduction (3 hours, lab)</p> <ul style="list-style-type: none"> A. Historical and cultural background of naginata B. Naginata values C. Etiquette D. Japanese terminology associated with naginata E. Naginata (pole arm) F. Bogu (armor) <p>II. Dantai Kihon (individual performance of intermediate naginata techniques) (15 hours, lab)</p> <ul style="list-style-type: none"> A. Vertical plane movements B. Horizontal plane movements C. Diagonal plane movements

- D. Overhead change movements
- E. Warm up exercises (happoburi) with all plane movements
- F. Footwork
- G. Hand positioning
- H. On guard positions
- I. Cuts with naginata
 1. Straight strike to head
 2. Strike to head at 30 degrees, left and right
 3. Strike to sides of body, left and right
 4. Strike to shin, left and right
 5. Strike to wrist, left and right
 6. Thrust to throat

III. Shikake Oji techniques (offensive and defensive techniques with partners) - sets 1-8 (30 hours, lab)

- 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
- G. Physical and mental awareness after striking

IV. Uchikaeshi exercises (repetitive striking) (6 hours, lab)

- A. Offensive sequence of cuts
 1. Men
 2. Left / right sokumen
 3. Left / right sune

	<p>4. Tsugiashi (jump back footwork)</p> <p>5. Kiai to all target areas</p> <p>B. Defensive sequence of blocks</p> <p>1. Men</p> <p>2. Left / right sokumen</p> <p>3. Left / right sune</p> <p>4. Tsugiashi (jump back footwork)</p> <p>C. Eye contact and focus</p> <p>D. Controlled breathing</p>
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 student partner, demonstrate a sequence of movements upon Japanese instructional cues provided by the Instructor.
Critical Thinking Assignment 1:	Demonstrate to instructor the necessary spacing between partners during tactical attacks to target areas.
Critical Thinking Assignment 2:	With your assigned partner, appraise the value and application of an eight-count warm-up movement (happoburi) in vertical, horizontal, and diagonal movements.
Other Evaluation Methods:	Class Performance, Multiple Choice, Performance Exams
If Other:	
Instructional Methods:	Demonstration, Discussion, Group Activities, Lab
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:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill(s). if applicable	
Requisite course:	PE-220A
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>Recommended Skill Needed: Basic knowledge of the fundamental skills, etiquette, and terminology associated with Naginata.</p> <p>PE 220A – Distinguish the different parts of the naginata (pole arm) in its functional use for striking, thrusting, and blocking techniques.</p> <p>PE 220A – Recognized Japanese terminology related to the martial art of Naginata.</p> <p>PE 220A – Demonstrate proper etiquette with the martial art of Naginata.</p> <p>PE 220A – Apply vertical plane movements when using the naginata pole arm.</p> <p>PE 220A – Demonstrate postural positioning and footwork during offensive and defensive movements.</p> <p>PE 220A – Demonstrate on guard positions 1-5 that facilitate offensive and defensive strategies.</p> <p>PE 220A - Demonstrate basic blocking techniques to protect against strikes of target areas.</p> <p>PE 220A – Demonstrate offensive and defensive prearranged movements using sets 1-5 of shikake oji techniques.</p>
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Mark Lipe

Date:	11/7/2022
Original Board Approval Date:	01/17/2023