

# Fond du Lac Tribal and Community College

## COURSE OUTLINE

Date submitted: 11/21/07                      Date approved: 10/06/04

Department and Course Number:      PE 1060

Title of Course:      Jujitsu

Number of credits:      Lecture   1      Lab

### Catalog/Course Description:

Jujitsu is a traditional Japanese martial art. This art has its roots in the unarmed Japanese samurai tradition. It includes all the components of a complete martial art, such as throwing, joint locks, grappling, blocking, kicking, and striking. It is taught as a traditional martial art and as a basis for self-defense.

### **Placement for Success prerequisites:** (See instruction sheet)

Reading:                      English/Writing:                      Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

All informational handouts will be provided by the instructor.

Relationship of proposed course to the department mission and goals:

### Course goals:

Goal: The student will learn the first basic list (Yarwara) of techniques and how they relate to practical self-defense.

Goal: The student will learn five kicks, four blocks or parries and four strikes and how to apply them to practical self-defense.

Goal: The student will learn the basic rolls and falls as they pertain to learning throws and ground fighting.

Goal: The student will learn four basic throws.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: The student will be able to demonstrate all of the Yarwara techniques without any help or instruction. The technique names will be given in Japanese.

Assessment: The student will keep a notebook that will have descriptions of all the techniques in their own words.

Assessment: Formal, individual demonstration to the instructor that each technique can be done without any help or instruction.

Assessment: Written Japanese martial arts vocabulary test.

Outcome: The student will demonstrate basic proficiency in blocking, striking, and kicking.

Assessment: The student will keep a notebook that will have descriptions of all the techniques in their own words.

Assessment: Formal, individual demonstration to the instructor that each technique can be done without any help or instruction.

Outcome: The student will demonstrate basic rolls and falls.

Assessment: The student will keep a notebook that will have descriptions of all the techniques in their own words.

Assessment: Formal, individual demonstration to the instructor that each technique can be done without any help or instruction.

Outcome: The student will demonstrate four basic throws.

Assessment: The student will keep a notebook that will have descriptions of all the techniques in their own words.

Assessment: Formal, individual demonstration to the instructor that each technique can be done without any help or instruction.

Course content:

(Provide an outline of major topics covered in course)

- What is Jujitsu and how it is related to other martial arts?
- Moral responsibility in learning a martial art
- Martial art terminology in Japanese
- Escapes from grabs and holds
- Basic joint locks
- Basic rolls and falls
- Throws and take-downs
- Blocks, strikes and kicks
- Ground fighting/Grapppling

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	
Reading level 2	
Reading level 3	
no Reading prerequisite	X
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X