

Martial Arts – Karate (Youth/Adult)14Adult/Young Adult Karate (Ages 12 and up): Tuesday evenings –

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES NO

IF YES, INSTRUCTIONS FOR REGISTRATION: Please be sure to register online with the Berrien Springs Partnership and be mindful of your YMCA branch locations. You will be contacted by the YMCA, via e-mail or telephone, regarding course specifics. *For late registrations (outside registrations dates), or changes, please contact the partnership as well as the YMCA.

MAIN INSTRUCTOR QUALIFICATIONS: TBA

COURSE DESCRIPTION (complete overview shown on website):

Adult/Young Adult Karate Develop self-confidence, self-discipline, goal-setting, and respect for others, all while learning how to defend yourself through studying a traditional Okinawan Martial Art, Isshinryu Karate. This ongoing course covers the complete system, beginning with basic blocks and strikes and effective self-defense techniques, advancing with kata (forms), kumite (sparring), and advanced street-oriented self-defense techniques, giving you the confidence needed to stay safe.

Youth (Little Dragons) Karate COURSE OBJECTIVE - Through the discipline of Isshinryu Karate, students develop confidence, goal-setting, patience, good manners, and respect for others while also learning easy self-defense techniques to help keep them safe. Drills develop good listening skills, gross and fine motor skills, focus, balance, coordination, and self-control. This ongoing course builds good character as they begin with the basic blocks and strikes, advancing with kata (forms), kumite (sparring), and advanced self-defense

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techniques, giving them the confidence needed to stay safe. *Students may purchase their gi (uniform), but it is not required.

SYLLABUS/OUTLINE:

S3.2.K,1,2,3,4,5 , S4.2.K,1,2,3, 5b

S4.1.K,1,2,3,4,5,6 , S4.5.K,1,2,3,4,5

S4.6.K,1,2,3,4,5

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Final Project Approximate Timeline:

Weeks 1-3 Driving question

Weeks 4-5 – Project ideas approved

Weeks 1-14- Gather information/ research

Weeks 14-15– Final projects due

Weeks 15-16– Project showcase

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

Final projects will be presentations (in-person or video) of things such as: ❖ Project boards or detailed slide presentations of the class subject given to any audience – anything from a microscopic, detailed part of what was learned or a 30,000 ft view of the subject matter AND how it relates to the student or the student’s family life, peers, environment, community, or even wider still. ❖ Public service announcement or commercial, etc. ❖ An original composition (song, skit, play, etc.) ❖ Poster, book pamphlet ❖ 3D models ❖ Any other creative, approved project, presented to an audience

Class-specific assessment: Project topics will be discussed and chosen during the first few weeks of class.

ADDITIONAL RESOURCES: (online, books, video, etc.):

NA

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Attendance will be recorded each day. If the student is going to be absent, we request prior notification.

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Behavior: “Positive anything is better than negative nothing.” Elbert Hubbard

Weather: NA

Other: Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.

The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.