

## Fall 2019

**Meeting days:** Mondays/Wednesdays

**Meeting times:** 5:00 PM- 6:40 PM

**Meeting location:** PLNU Track and Field

**Additional info:** Golden Gym (Rainy Days)

**Final Exam:** October 21<sup>st</sup>, 2019 – 5:00 PM

**Instructor title and name:** Professor Jonathan Hussey

**Phone:** (808) 781-7074

**E-mail:** [Jhussey@pointloma.edu](mailto:Jhussey@pointloma.edu)

**Office location and hours:** Appointment Only

**Additional info:** Alternate Email: [Jonathan.R.Hussey@gmail.com](mailto:Jonathan.R.Hussey@gmail.com)

## PLNU Mission

### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life. In addition, PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

## COURSE DESCRIPTION

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An introductory course in martial arts for the general student. The course will be based on a mixed martial arts platform, consisting of 90% "Hard Style" (Karate/Tae Kwon Do) and 10% "Soft Style" (Jujitsu/Aikido). Tournaments and Self Defense will be covered as well. An average schedule for the class would be the following (chronological):

30min	Warm-Up (Cardio, Flexibility, and Strength Training).
30min	Basics (Stances, Blocks, Punches, Kicks - Aerobic/Anaerobic Training).
20min	Forms (Choreographed Defense Routines – Balance and Agility Training).
20min	Static Sparring, Dynamic Sparring (Non-contact), or Self Defense.

## COURSE LEARNING OUTCOMES

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- You will demonstrate martial arts etiquette.
- You will demonstrate proper stances, which include: horse, front, back, and fighting stances.
- You will demonstrate blocking and punching including low, high, inside, outside, and knife-hand block.

- You will demonstrate kicking techniques including front, round and side kick.
- You will demonstrate beginning katas.
- You will demonstrate self-defense techniques including, front neck grab and wrist grab (and avoidance).

### COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a one-unit class delivered over eight weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

### COURSE SCHEDULE AND ASSIGNMENTS

CLASS DATE (Week of)	CLASS CONTENT
9-2-19	Introduction to Martial Arts and Basic Stances
9-9-19	Introduction to Blocks and Countering
9-16-19	Chung Do Kwan Taekwondo Striking and Kicking
9-23-19	Chung Do Kwan Taekwondo Five Step and Six Step Forms
9-30-19	Chung Do Kwan Taekwondo White Belt and Orange Belt Kata
10-7-19	Shadow Sparring and Self Defense
10-14-19	Taekwondo Olympic Sparring and Scoring
10-21-19	Physical Final Preparation & Physical Final

DATE PRESENTED	CLASS ASSIGNMENT	ASSIGNMENT DUE DATE
9-2-19	Physical Final Exam Forms	10-21-19
10-14-19	Written Final Exam	10-21-19

### REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

1. Blamey, Tom; Martial Arts I: Introductory Training Manual – Applied Biomechanics; Third Edition; XanEdu Publishing, 2009.

### ASSESSMENT AND GRADING

In Class Participation: <b>60%</b> of your grade.	<b>A</b> 92.5% or Above	<b>C</b> 72.5% to 77.4%
Final Written Exam: <b>20%</b> of your grade.	<b>A-</b> 90% to 92.4%	<b>C-</b> 70% to 72.4%
Final Physical Exam: <b>20%</b> of your grade.	<b>B+</b> 87.5% to 89.9%	<b>D+</b> 67.5% to 69.9%
	<b>B</b> 82.5% to 87.4%	<b>D</b> 62.5% to 67.4%
	<b>B-</b> 80% to 82.4%	<b>D-</b> 60% to 62.4%
	<b>C+</b> 77.5% to 79.9%	<b>F</b> 59.9% or below

### INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

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### **FINAL EXAMINATION POLICY**

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

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### **PLNU COPYRIGHT POLICY**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

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### **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

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### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each

semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

#### **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.