



KINE 139 - Kickboxing with Jeet Kune Do Concepts - Level 1 Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616677

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 139

Course Title Kickboxing with Jeet Kune Do Concepts - Level 1

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Entry level kickboxing course incorporating June Fan Jeet Kune Do boxing concepts. Level 1 focuses on conditioning, skills and attribute training. Most techniques and practice drills will be from the kicking and punching range. Some basic trapping techniques will be discussed. No grappling techniques will be incorporated at this level. This course will require student to purchase boxing gloves. Light contact focus mitts provided.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- C. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate basic conditioning for boxing.
- B. Demonstrate basic flexibility training for boxing.
- C. Demonstrate punching and kicking techniques.
- D. Demonstrate proper focus mitt use and proper partner drill technique.
- E. Demonstrate proper footwork and distance from opponent.
- F. Relate Jeet Kune Do (JKD) Concepts as they apply to boxing and kickboxing: a. JKD as a system of attribute training; b. JKD as tactical training for sparring.
- G. Apply proactive health and wellness practices (nutrition, hydration, rest) principles for lifetime fitness.

H.

3. Course Content

1. Etiquette and citizenship within the realm of martial arts training.
2. Conditioning and flexibility training for boxers.
3. Punching techniques and defense techniques.

4. Kicking techniques and defense techniques.
5. Use and proper partner drill technique.

6. How to hold the focus mitts.

7. How to punch and / or kick the focus mitts.
8. Basic stance, guard and footwork.

9. Proper distance from opponent: punching distance, kicking distance, trapping and grappling distances (last two discussion only).

10. Jun Fan (Bruce Lee) and JKD as a training system not a codified martial arts form.
11. JKD as a system of attribute training.

a. Speed

b. Endurance

c. Timing

d. Focus

e. Balance

f. Coordination

g. Power

h. Distance Control

i. Foot Work

j. Rhythm

12. JKD as tactical training for sparring.

a. Single direct attack

b. Attack by draw

c. Progressive indirect attack (discussion and trapping basics only.)

13. Health, Fitness and Wellness

a. Components of physical health and wellbeing: Nutrition, hydration, sleep, stress management, components of fitness (intensity, frequency, duration, recovery)

b. Campus resources: Student Services, Health Center, Campus Police

4. Methods of Instruction:

Activity: 1. Conditioning, 2. Shadowboxing 3. partner drills

Critique: Instructor to assess technique

Lecture: Technique demonstration

Visiting Lecturers: Guest instructor

Other: Guest instructor

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- i.e. 1. Test technique i.e. 2. drills

Class Work -- conditioning and partner drills

Lab Activities -- footwork, distance and partner drills

Final Exam -- Cumulative testing of technique

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Chapter Two, "How to Throw a Punch" in Bonnie Canino's text.

Chapter Four, "Punching Combinations" in Bonnie Canino's text.

B. Writing Assignments

1. Describe and define the first three levels of attribute training.

2. Why is proper distance from the opponent important?

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Camino, B.

Title: The Body: Basic Boxing and Stand Up Fighting

Publisher: CreateSpace Independent Publishing Platform

Date of Publication: 2013

Edition: 1

B. Other required materials/supplies.

- Student is required to purchase boxing gloves.