

KINE-139D: KICKBOXING WITH JEET KUNE DO CONCEPTS LEVEL 1

Justification for this inactivation request

Course has not been offered in over three years.

Effective Term

Fall 2026

CC Approval

10/03/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Martial Arts/Self-Defense (Any Degree and Professional Experience)	

Subject Code

KINE - Kinesiology

Course Number

139D

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Kickboxing With Jeet Kune Do Concepts Level 1

Short Title

Kickboxing w/Jeet Kune Do 1 TA

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

Teaching Assistant for Level I JKD (Jeet Kune Do) kickboxing course. Successful completion of PHYE 139 before enrolling in the teaching assistant course strongly recommended.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Advisory Prerequisite(s)

Completion of KINE-139 with a minimum grade of B or approval by the instructor.

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Students will understand basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

2. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
3. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate entry level technique for beginning students.
2. Assist instructor when he/she needs a partner for demonstration.
3. Assist instructor with student questions.

Course Content

1. Demonstrate warm-up drills (varied conditioning drills)
2. Assist instructor with demonstration of partner drills including but not limited to:
 - a. boxing,
 - b. introduction to trapping,
 - c. introduction to Bruce Lee's strategy or methods of attack,
 - d. overview of various other martial arts forms (Jujitsu, Wing Chun, Escrima, etc.) as they inform JKD practice.
3. Demonstrate specific techniques. Including but not limited to:
 - a. boxing,
 - b. introduction to trapping,
 - c. introduction to Bruce Lee's strategy or methods of attack,
 - d. overview of various other martial arts forms (Jujitsu, Wing Chun, Escrima, etc.) as they inform JKD practice.
4. Observe beginning students and help answer questions.
 - a. Observe techniques, answer questions about technique and/or martial art strategy or philosophy.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Martial art & kickboxing techniques, warm-up and conditioning.
Critique	Evaluation by instructor and evaluation of instructor.
Discussion	Pedagogy discussions with T.A.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Essays/Papers	Observation of pedagogy.
Oral Presentations	Create/present a martial art concept or technique.
Simulation	Demonstration of technique
Performances	Final Class Performance - Analysis, critique and discussion with instructor on pedagogy.

Assignments**Reading Assignments**

Chapter 6 "Skill in Movement" about distance and footwork.

Chapter 17 "Attributes and Tactics" about Bruce Lee's concept of attribute training.

Writing Assignments

Describe the proper stance for kickboxing.

Describe the concept of distance/range for various punching and kicking techniques.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Litte, J.

Title

Bruce Lee: The Celebrated Life of the Golden Dragon

Edition/Version

Reprint

Publisher

Tuttle Publishing

Year

2016

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616678

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No