



KINE 141 - Kickboxing with Jeet Kune Do Concepts Level 2 Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616679

Discipline(s) Martial Arts/Self-Defense

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 141

Course Title Kickboxing with Jeet Kune Do Concepts Level 2

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. Update title.

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 20

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 Martial art intermediate level training using Jeet Kune Do (JKD) training methods and concepts. Course builds on the boxing skill-sets developed in the level one course and continues into trapping, grappling and other techniques such as arm bars and submissions. It is recommended that the student successfully complete the level 1 course before registering for level 2. Note: some equipment will need to be provided by the student.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- Recommend student has successfully completed KINE 139 JKD Kickboxing or has beginning level martial arts or boxing experience. and/or

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 basic principles of anatomy physiology, and/or biomechanics and apply the knowledge to movement activities.

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

- A. Understand Bruce Lee's training and fighting philosophy.
- B. Understand Bruce's Lee's fighting principles.
- C. Understand the diversity and influences that inform a JKD (Jeet Kune Do)practitioner.
- D. Personally define Bruce Lee's legacy and contribution to the field of martial arts.
- E.

3. Course Content

- A. Jun Fan Jeet Kune Do
 - a. Genesis / Origins
 - b. Philosophy
- B. Principles
 - a. Straight lead
 - b. Non-telegraphed punch
 - c. Economy of motion
 - d. Ranges of attack / combat
 - e. Five methods of attack
 - a. Attack by draw (ABD)
 - b. Hand immobilization attack (HIA)
 - c. Progressive indirect attack (PIA)

- d. Simple angular attack (SAA)
- e. Attack by combination (ABC)
- f. Centerline concept
- g. Combat realism vs. sport
- C. The contemporary JKD practitioner
- D. Bruce Lee – contribution and legacy
 - a. Individualized martial art “manifesto”.
 - b.

4. Methods of Instruction:

Activity: Conditioning and technique

Discussion: JKD philosophy, fighting concepts, principles

Lecture: Bruce Lee fighting philosophy, history, concepts, training guidelines

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 -- Terminology and technique tests.

Class Participation -- Lecture / discussion and demonstration and practice.

Lab Activities -- boxing, grappling and trapping technique drills, pre-sparring and limited sparring.

Final Class Performance -- demonstration of learned skill set and techniques.

Final Exam -- written exam on concepts, principles and terminology.

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 1: Physical requirements for martial arts.

Chapter 8: Recovery and Nutrition.

B. Writing Assignments

Define the importance of controlling distance in fighting.

Describe the 4 ranges of attack.

C. Other Assignments

Video viewing - I AM BRUCE LEE DVD

Group discussion following video viewing.

7. Required Materials

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

Book #1:

Author: Landow, L.

Title: Ultimate Conditioning for Martial Arts

Publisher: Human Kinetics

Date of Publication: 2016

Edition: 1

B. Other required materials/supplies.

- Bruce Lee's Fighting Method
978-0897501705
2008