

KINE-141: KICKBOXING WITH JEET KUNE DO CONCEPTS LEVEL 2

Justification for this inactivation request

Course not offered in 3 years.

Effective Term

Fall 2025

CC Approval

11/01/2024

AS Approval

11/14/2024

BOT Approval

11/21/2024

COCI Approval

03/12/2025

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

141

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Kickboxing With Jeet Kune Do Concepts Level 2

Short Title

Kickboxing w/Jeet Kune Do 2

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

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.

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 C or beginning level martial arts or boxing experience.

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 acquire knowledge and demonstrate skills to safely engage in physical activity.
2.	Students will understand basic principles of anatomy physiology, and/or biomechanics and apply the knowledge to movement activities.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Understand Bruce Lee's training and fighting philosophy.
2.	Understand Bruce's Lee's fighting principles.
3.	Understand the diversity and influences that inform a JKD (Jeet Kune Do) practitioner.
4.	Personally define Bruce Lee's legacy and contribution to the field of martial arts.

Course Content

1. Jun Fan Jeet Kune Do
 - a. Genesis / Origins
 - b. Philosophy
2. Principles
 - a. Straight lead
 - b. Non-telegraphed punch
 - c. Economy of motion
 - d. Ranges of attack / combat
 - e. Five methods of attack
 - i. Attack by draw (ABD)
 - ii. Hand immobilization attack (HIA)
 - iii. Progressive indirect attack (PIA)
 - iv. Simple angular attack (SAA)
 - v. Attack by combination (ABC)
 - f. Centerline concept
 - g. Combat realism vs. sport
3. The contemporary JKD practitioner
4. Bruce Lee – contribution and legacy
 - a. Individualized martial art “manifesto”.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Conditioning and technique
Discussion	JKD philosophy, fighting concepts, principles
Lecture	Bruce Lee fighting philosophy, history, concepts, training guidelines

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
Exams/Tests	Terminology and technique tests. Final Exam - written exam on concepts, principles and terminology.
Class Participation	Lecture / discussion and demonstration and practice.
Lab Activities	Boxing, grappling and trapping technique drills, pre-sparring and limited sparring.
Performances	Demonstration of learned skill set and techniques.

Assignments**Reading Assignments**

Chapter 1: Physical requirements for martial arts.
 Chapter 8: Recovery and Nutrition.

Writing Assignments

Define the importance of controlling distance in fighting.
 Describe the 4 ranges of attack.

Outside-of-Class Assignments

Video viewing - I AM BRUCE LEE DVD, Group discussion following video viewing.

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

Textbook

Author

Landow, L.

Title

Ultimate Conditioning for Martial Arts

Edition/Version

1st

Publisher

Human Kinetics

Year

2016

Material Type

Other required materials/supplies

Description

Bruce Lee's Fighting Method
978-0897501705
2008

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

CCC000616679

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