

Course Title 科目名	Traditional Japanese Sports B 武道 B	Instructor 担当者	SAKAMOTO, Michito 坂本 道人
Semester 学期	Spring	Credits 単位	2
Course Level 履修年次	N/A	hrs/wks 時間数/週	2
【Course Objectives and Focus : 授業の到達目標及びテーマ】 (1) To learn throwing technique and grappling technique after thoroughly learning basics (etiquette, posture, body movement, grip fighting and fall breaking.) (2) To respect each other through with attention to traditional motion. (3) To be able to understand victory or defeat based on the International Judo Federation rules.			
【Course Summary : 授業の概要】 Traditional Japanese Sports B features advanced skills, Combination techniques and Change techniques using the skills mastered in Traditional Japanese Sports A. Also, by referring to referee rules, this course aims to allow students to be able to play Judo games and judge a match.			
【 Preparatory Work : 準備学習等についての具体的な指示】			
【 Content : 各回の授業内容】			
Day 1	Guidance		
Day 2	Basic Movements		
Day 3	Practices of the Basic Skills [Throwing Techniques], Ashi-Waza [Hiza-Guruma, De-Ashi-Harai]		
Day 4	Review of Throwing Techniques, Te-Waza [Tai-Otoshi]		
Day 5	Practices of the Basic Skills [Katamewaza], Review of Throwing Techniques		
Day 6	Pinning Techniques [Kesa-Gatame, Yoko-Shiho-Gatame], Review of Throwing Techniques		
Day 7	Koshi-Waza [O-Goshi, Tsuru-Goshi], Pinning Techniques [Tate-Shiho-Gatame]		
Day 8	Te-Waza [Ippon-Seoi-Nage, Seoi-Nage], Pinning Techniques [Kata-Gatame]		
Day 9	Combination Techniques [Throwing Techniques, Pinning Techniques], Promise Practice		
Day 10	Combination Techniques [Throwing Techniques, Pinning Techniques], Promise Practice		
Day 11	Combination Techniques, Change Technique, Free Practice		
Day 12	Combination Techniques ,Change Technique, Free Practice		
Day 13	Refereeing Methods, Free Practice		
Day 14	Match and Refereeing		
Day 15	Summary		
【Textbooks, Course Materials: テキスト・参考書等】 1) DVD 上達レッスン強くなる柔道 (小俣幸嗣:成美堂出版, 2006) 2) 柔道上達 BOOK 一本をとる! (小俣幸嗣:成美堂出版,2004) 3) DVD 試合に勝つ! 柔道 連絡技・変化技を極める! (小俣幸嗣、坂本道人:大泉書店,2009)			
【Grading Criteria: 成績評価の方法】 Class Participation 50% , Skill Test 40% , Attitude to the Class 10%			
【Note: 履修上の注意】			