

Course Title 科目名	Traditional Japanese Sports A 武道 A	Instructor 担当者	SAKAMOTO, Michito 坂本 道人
Semester 学期	Fall	Credits 単位	2
Course Level 履修年次	N/A	hrs/wks 時間数/週	2
<b>【Course Objectives and Focus : 授業の到達目標及びテーマ】</b>			
<p>1) To learn throwing technique and grappling technique after thoroughly learning basics (etiquette, posture, body movement, grip fighting and fall breaking.)</p> <p>2) To respect each other through with attention to traditional motion.</p> <p>3) To understand the fundamental principle of Judo, Seiryoku Zenyo (theory of application) and Jita Kyoei (mutual prosperity) through acquisition of techniques.</p>			
<b>【Course Summary : 授業の概要】</b>			
Traditional Japanese Sports A features acquisition of interpersonal skills: Ukemi, Nage-waza and Katame-waza. Further to practical instruction, this course uses audio-visual aids to introduce the history of Judo and educational effects.			
<b>【 Preparatory Work : 準備学習等についての具体的な指示】</b>			
<b>【 Content : 各回の授業内容】</b>			
Day 1	Guidance		
Day 2	Basic Movements		
Day 3	Practices of the Basic Skills [Throwing Techniques] 1.Ashi-Waza [Hiza-Guruma]		
Day 4	Te-Waza [Tai-Otoshi ]		
Day 5	Practices of the Basic Skills [Katamewaza], Review of Throwing Techniques		
Day 6	Pinning Techniques [Kesa-Gatame, Yoko-Siho-Gatame], Review of Throwing Techniques		
Day 7	Ashi-Waza [Osto-Gari], Pinning Techniques [Kami-Shiho-Gatame]		
Day 8	Koshi-Waza [O-Goshi, Tsuru-Goshi], Pinning Techniques [Tate-Shiho-Gatame]		
Day 9	Te-Waza [Ippon-Seoi-Nage, Seoi-Nage], Pinning Techniques [Kata-Gatame]		
Day 10	Koshi-Waza [O-Goshi, Tsurikomi-Goshi, Harai-Goshi], Promise Practice, Rule		
Day 11	Promise Practice [Review of Throwing Techniques and Pinning Techniques], Rule		
Day 12	Promise Practice		
Day 13	Free Practice		
Day 14	Free Practice		
Day 15	Summary		
<b>【Textbooks, Course Materials: テキスト・参考書等】</b>			
<p>1)DVD 上達レッスン強くなる柔道(小俣幸嗣:成美堂出版, 2006)</p> <p>2)柔道上達 BOOK 一本をとる!(小俣幸嗣:成美堂出版,2004)</p> <p>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)</p>			
<b>【Grading Criteria: 成績評価の方法】</b>			
Class Participation 50% , Skill Test 40% , Attitude to the Class 10%			
<b>【Note: 履修上の注意】</b>			