

Course Title 科目名	Traditional Japanese Sports A 武道 A			Instructor 担当者	NAKATA, Naoki 仲田 直樹		
Semester 学期	FALL 2023	Course Level 履修年次	N/A	Credits 単位	2	hrs/wks 時間数/週	2
【Course Objectives: 授業の到達目標】							
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 understand the fundamental principle of Judo, Seiryoku Zenyo (theory of application) and Jita Kyohei (mutual prosperity) through acquisition of techniques.							
【Course Summary: 授業の概要】							
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.							
【Study Required outside Class (Preparation etc): 事前・事後学習】							
【Class Outline: 授業計画(各回の授業内容)】							
Session 1	Guidance						
Session 2	Put on judo-gi, Ukemi [back,side, rolling]						
Session 3	Practices of the Basic Skills [Throwing Techniques] 1.Ashi-Waza [Hiza-Guruma]						
Session 4	Te-Waza [Tai-Otoshi]						
Session 5	Practices of the Basic Skills [Katame-waza], Review of Throwing Techniques						
Session 6	Pinning Techniques [Kesa-Gatame, Yoko-Siho-Gatame], Review of Throwing Techniques						
Session 7	Ashi-Waza [Osto-Gari], Pinning Techniques [Kami-Shiho-Gatame]						
Session 8	Koshi-Waza [O-Goshi, Tsurigoshi], Pinning Techniques [Tate-Shiho-Gatame]						
Session 9	Te-Waza [Ippon-Seoi-Nage, Seoi-Nage], Pinning Techniques [Kata-Gatame]						
Session 10	Koshi-Waza [O-Goshi, Tsurikomi-Goshi, Harai-Goshi], Promise Practice, Rule						
Session 11	Promise Practice [Review of Throwing Techniques and Pinning Techniques], Rule						
Session 12	Promise Practice						
Session 13	Free Practice						
Session 14	Free Practice						
Session 15	Summary						
【Textbooks, Course Materials: 教科書、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】							