

Course Title 科目名	Japanese Sports A			Instructor 担当者	MIYAHIRA, Takashi 宮平 喬		
Semester 学期	FALL 2026	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】							
After successfully completing this course, the student will be able to: 1) Perform the KATA (HEIAN SHODAN) 2) Acquire fundamental knowledge of KARATE.							
【Course Summary: 授業の概要】							
In this class, students will study the concepts and history of Karate-do as a traditional Japanese martial art (Budo). Basic karate techniques, including (Uke), (Tsuki), and (Keri), will be acquired, culminating in the performance of Kata.							
【Study Required outside Class (Preparation etc): 事前・事後学習】							
Practice and review of: - Fundamental Karate Knowledge - KATA (HEIAN SHODAN) - KUMITE (YAKUSOKU)							
【Class Outline: 授業計画(各回の授業内容)】							
Session 1	Course Introduction						
Session 2	Karate Stance Practice						
Session 3	Basic Karate Techniques_1						
Session 4	Basic Karate Techniques_2						
Session 5	Basic Karate Techniques_3						
Session 6	Basic Karate Techniques_4						
Session 7	Introduction to KATA(HEIAN SHODAN)_1						
Session 8	Introduction to KATA(HEIAN SHODAN)_2						
Session 9	Introduction to KUMITE_1						
Session 10	Introduction to KUMITE_2						
Session 11	Introduction to KUMITE_3						
Session 12	Practice: Preparing for the Test						
Session 13	Performance Test: KATA						
Session 14	Paper Test & Summary						
【Textbooks, Course Materials: 教科書、参考書等】							
(Youtube Reference) https://www.youtube.com/watch?v=_TKccmdk-wc							
【Grading Criteria: 成績評価の方法】							
Performance Test (KATA): 40% Report: 30% Class Participation: 30%							
【Note: 履修上の注意】							
To prevent injuries, keep your nails short and remove accessories. To stay hydrated, bring your own drinks.							