Course Title 科目名	Japanese Sports B			Instructor 担当者	MIYAHIRA, Takashi 宮平　喬		
Semester 学期	SPRING 2027	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.