**MARTIAL ARTS (KARATE)**

**Karate** is a form of **Martial Arts** that tries to build strength and confidence in a person for facing any conflict. Also, it develops well-balanced mind and body, through training in fighting techniques.

**OBJECTIVES**

* Increase the energy levels while developing confidence and self-esteem.
* Improve fitness, flexibility and strength.
* Help avoid conflict through anticipation and self-control.

**GUIDELINES**

* The student has to keep in mind each class is mandatory.
* The classes will be taken 3 days per week.
* Practice is important as without practicing and knowing a lesson the next lesson cannot be taught.
* The course is given **2 credits.**
* Certificates will be given to the students, after the course, basing upon their credits.

**ST. JOSEPH’S COLLEGE FOR WOMEN(A), VISAKHAPATNAM**

**I DEGREE - MARTIAL ARTS (KARATE) (2019-2020)**

**METHOD OF ASSESSMENT**

**2 credits** are allotted to the students. Each student is assessed upon the following basis:

1. **1 credit** stands for the attendance.
2. **1 credit** for the individual performance of the students on the final day of the test.

**ST. JOSEPH’S COLLEGE FOR WOMEN(A), VISAKHAPATNAM**

**MARTIAL ARTS (KARATE)**

**SYLLABUS**

The style of karate taught to the students is **SHITO-RYU style** and the following is the course:-

* **Stances/Postures (Dachi)**

1. HeisokuDachi (attention position)
2. Mushubi Dachi (heels together, feet out 45°; formal bow stance)
3. Heiko Dachi (parallel stance; shoulder width)
4. ShikoDachi (Sumo stance -square stance, feet 45° outward)
5. ZenkutsuDachi (forward stance)

* **Punches (Tsuki)**

1. JodanTsuki (upper punch)
2. ChudanTsuki (middle punch)
3. GidanTsuki (down punch)
4. NidanTsuki (double punch)

* **Blocks (Uke)**

1. Jodan Uke (rising, upper block)
2. Yuko Uke (forearm outward side block)
3. Soto Uke (forearm outward block)
4. GedanBarai (low-level, downward block)

* **Kicks (Geri)**

1. Mai Geri (front kick)
2. Yoko Geri (side, knife edge of foot, middle area kick)
3. Mawashi Geri (roundhouse, instep, middle area kick)