

## COURSE DESCRIPTION

**University:** *University of Presov*

**Faculty/university workplace:** *Faculty of Sports*

**Code:** *8KES/BZKR1/22*

**Course title:** *Karate 1*

**Type, scope and method of educational activity:**

Type of educational activity: *Seminar*

Scope of educational activity: *2 hour per week, 26 per semester*

Method of educational activity: *Attendance*

**Number of credits:** *3*

**Recommended semester:**

*1st year ST*

*Special physical training in security forces (PPBZB)*

**Study grade:** *Bachelor*

**Conditions for passing the course:**

**Form of assessment:**

*Continuous assessment*

*Prerequisites:*

*8KES/BZPUP/22 Preparatory combat sports*

*8KES/BZPTE/22 Falling techniques*

**Final evaluation:**

*Conditions for passing the course: Continuous assessment*

*Continuous evaluation:*

*By the end of the teaching part of the semester, the student must fulfill the following requirements to receive credit for a course completed with an interim evaluation (regular term - R):*

*- prepare a seminar paper of 5-10 pages on a specified topic with a minimum success rate of 50 % (to be handed in for inspection during the teaching part of the semester, at the latest one week before the end of the study part of the semester),*

*- demonstrate practical demonstrations of mastering kihon - basic grappling technical activities on the spot, with a minimum success rate of 50 %:*

- 1. UHD, seiken choku tsuki, jodan, chudan, gedan*
- 2. UHD, san ren cuki*
- 3. UHD, shomen uraken uchi (hitting the root of the nose)*
- 4. UHD, jokomen uraken uchi (to strike the temple bone)*
- 5. UHD, age uke (jodan uke), uchi uke, soto uke, gedan barai (gedan uke)*
- 6. HD, kin geri, mae geri (chudan)*

*- Demonstrate practical demonstrations of mastery of kihon ido - basic stepping technical activities in movement, with a minimum success rate of 50 %:*

- 1. Progress with ayumi ashi (walking forward) in SD with čudan oi tsuki*
- 2. Proceed with ayumi ashi (walking forward) in ZD with chudan oi tsuki*
- 3. Proceed with ayumi ashi (walking forward) in SD with jodan, oddan gyaku cuki*
- 4. Advance and retreat with ayumi ashi and suri ashi in BP*
- 5. Retreat with gedan barai in ZD*
- 6. Advance c čudan mae geri in ZD (ayumi ashi)*
- 7. HD, tai hiraki, alternating to both sides*

8. *HD, tai sabaki*

*a, practitioner begins movement with right foot while moving right, left foot while moving left, stance extends to double width, then draws opposite foot into HD (suri ashi shift),*

*b, the practitioner begins the movement with the left foot in a right repositioning, the right foot in a left repositioning, the practitioner slides the foot into heisoku dachi, then steps the other foot into HD (cugi ashi shift),*

*- Demonstrate a practical demonstration of the kata (ensemble exercise): Taykyoku jodan and chudan ichi (or Taykyoku jodan and chudan ni, or higher according to the previous STV achieved),*

*- Demonstrate a practical demonstration of kumite mastery:*

*1. Attacker: UHD, jodan cuki, alternating*

*Defender: UHD, jodan uke*

*2. Attacker: UHD, judan cuki, alternating*

*Defender: UHD: uchi uke*

*3. Forward: UHD, gedan cuki, alternating*

*Defender: UHD, gedan barai (gedan uke), alternately*

*- Pass the knowledge test with a minimum pass mark of 50%,*

*- meet the fitness criterion - minimum 15 push-ups, 15 sit-ups, 15 squats, all in one set.*

*Note - TG (technical grade) determined for kihon, kihon ido, kata and kumite according to the SKU test regulations and supplements of the Goju-ryu style (Slovak Karate Union) for 8th kyu or 7th kyu, or according to the achieved and necessary increase of STV for more advanced.*

*Final evaluation:*

*In compliance with the Study Regulations of the University of Presov (2018):*

*– student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course)*

*– during the exam period, the student is entitled to one extra dates for taking the exam,*

*– the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.*

*The student will receive credits for the course with a grade of A - E*

**Learning outcomes:**

*Learning outcomes:*

*If successfully completed the course, the student will acquire the following:*

*Knowledge:*

*– knows how to define, understands and applies the basic and technical principles of the combat sport of karate,*

*– can define and use the relevant terminology,*

*– knows the basic principles of the movement system in karate,*

*– knows the physical and biomechanical fundamentals and principles,*

*– knows the basic historical stylistic background and possibilities of karate.*

*Skills:*

*– practically master the basic technical activities on his TG (technical grade) in kihon, kihon ido, kata and kumite,*

*– can actively use the acquired information and skills to solve practical tasks,*

*– performs at an appropriate level the necessary technical activities with adaptability,*

*adaptation to performance conditions in both technical and fitness aspects.*

**Competencies:**

- *can solve basic floor activities in relation to his/her TG,*
- *can identify his/her position within the team,*
- *clearly assesses the ethical, social and other contexts arising in the course of practice,*
- *can work independently on his/her technical improvement,*
- *can adequately evaluate and maintain the quality of technical and fitness activities,*
- *can navigate the acquisition of necessary information,*
- *can react appropriately in new situations under pressure in a manner appropriate to his/her TG,*
- *acts responsibly and ethically when rehearsing as a team,*
- *actively expands his/her field of expertise and can take responsibility for his/her results.*

### **Course content:**

*Course content:*

*Lectures:*

- *Introduction to the history of karate and its inclusion in the systematics of the fights, onset forms.*
- *Terminology in karate, practical didactic and methodological foundations of karate.*
- *Principles of karate and practical demonstrations.*
- *Division of styles and their practical differences.*
- *Structure of sport karate (WKF, EKF, SKU,...), examples of forms.*
- *Structure of technical means in karate.*
- *Postures (dachi waza), stretches (kamae), use in self-defence - didactic and methodological practical principles.*
- *Basic arm techniques - strikes (cuki waza).*
- *Basic techniques - kicks (geri waza).*
- *Basic student kata of 8th and 7th kyu, respectively, according to the achieved TG.*
- *Techniques on the spot (kihon), on the move (kihon-ido), body striking surfaces.*
- *Basic combinations of techniques for 8th and 7th kyu, respectively according to the achieved TG.*
- *Practicing fighting with and without a partner in kumite.*

*Seminars:*

*The content of the seminars is a practical implementation of theoretically described methods of sports diagnostics and individual aspects of motor manifestations according to the structure of the lectures.*

### **Recommended literature :**

*Recommended literature:*

*PIVOVARNÍK, J., 2015. KATA, trinásť komnata karate. Prešov: Prešovská tlačiareň s.r.o.. ISBN 978-80-970862-6-8.*

*ZEMKOVÁ, E. a kol., 2006. Teória a didaktika karate. Bratislava: Vydavateľstvo UK v Bratislave. ISBN 80-223-2041-2.*

*ŠEBEJ, F., 1986. Karate kata. Bratislava: Šport. ISBN 77-039-86.*

*ŠEBEJ, F., 1998. Karate. 2. vydanie. Bratislava : TIMY. ISBN 80-88799-49-X.*

*Slovenský zväz karate, 2021. Skúšobný poriadok Goju ryu 2021 s doplnkami, skúšky po*

8.Dan. [online][cit.2022-01-16]. Dostupné z: <https://www.karate.sk/123/trenersko-%E2%80%93-akreditacna-a-registracna-komisia>

HALL, A. D., 2012. *Encyclopedia of Japanese martial arts*. New York: published by Kodansha USA, Inc. ISBN 978-1-56836-410-0.

LIND, W., 1996. *Tradice karate. Mistři a styly tradičního bojového umění s Okinawy, Číny a Japonska*. Brno : M. Kalivoda – Comenius.

McCARTHY, P., 2005. *Bubiši, Bible karate. Z anglického originálu Bubishi, The Bible of Karate*. Bratislava: CAD PRESS. ISBN 80-88969-26-3.

### **Notes:**

*Notes:*

*Student's workload distribution: total workload = 90 hours*

- *contact teaching: 20 hrs.*
- *preparation of a seminar paper of 5-10 pages: 5 hrs.*
- *individual theoretical preparation on the basis of recommended literature: 20 hrs.*
- *individual training to meet the course requirements: 30 hrs.*
- *self-study for the knowledge test: 15 hrs.*

*Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.*

### **Course evaluation:**

Total number of students evaluated: 210

A	B	C	D	E	FX
25%	30%	21%	6%	3%	16%

### **Lecturers:**

*doc. PaedDr. Pavel Ružbarský, PhD., univer. prof., guarantor*

*Ing. Mgr. Ján Pivovarník, PhD., co-guarantor, examiner, seminary supervisor*

*prof. Mgr. Wojciech Jerzy Czarny, PhD., co-guarantor, examiner, seminary supervisor*

**Date of last change:** 01.09.2023

**Approved by:** *doc. PaedDr. Pavel Ružbarský, PhD., univer. prof.*