

Karate at NMT

Course Syllabus

Instructor: Scott Teare
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Class Location: Gym 1
Class Time: 1600-1655 Tuesdays and Thursdays

Required Text: None

Recommended Reading: Karate-Do Kyohan, Gichin Funakoshi; Kempo Karate-do, Universal Art of Self Defense, Tsuyoshi Chitose; Classical Man, Richard Kim

General Competencies: Students will

- Demonstrate the basic movements and skills of Karate;
- Demonstrate and use the Heian and Tekki Kata series appropriate to their training level;
- Demonstrate the respect and formalities associated with Karate students.

Course Description: This is a martial art program in Karate, which introduces new students to karate and increases the understanding of the art for advanced students.

Prerequisites: Over 17 years of age or permission of instructor

Course Evaluation: Students will be evaluated on a Satisfactory / Unsatisfactory scale based on their attendance and their ability to demonstrate kata at their proficiency level. Students are formally tested each semester and may advance in rank.

Course Objectives: Provide an introduction to new students interested in the art of Karate and advanced instruction for students who already hold ranks in Karate. Students will be taught kata appropriate to their abilities and will be instructed in more advanced techniques as they progress.

Basic Dojo Rules:

Be courteous! There is no reason that anyone should get hurt feelings working out.

Be safe! Be sure that you keep your nails well-trimmed, no sharp objects on clothing (zippers, buttons), and remove jewelry before class.

Wear loose fitting clothing, sweats are ideal, a karate gi is not required.

Have fun!