

**GEORGE MASON UNIVERSITY College of Education and Human Development
School of Recreation, Health & Tourism**

RECR 102 001 – Judo: Introduction (1)
Fall 2016 F 10:30-11:45 8/29-12/20
Location: RAC 2002

Faculty

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Prerequisites None

Course Description

Introduces basic body mechanics of throwing, sweeping, grappling, and submission skills used in Judo and for self-defense. Presents the history of judo, rules of the sport, and proper safety and falling techniques.

Course Delivery Method Lab

Learner Objectives

At the conclusion of the Judo course students should be able to:

1. Discuss briefly the history, philosophy and theory of Judo.
2. Demonstrate the basic customs and courtesies of Judo.
3. Demonstrate proper posture, movement and balance.
4. Demonstrate at least four first set throwing techniques.
5. Demonstrate proper falling techniques to include the forward roll fall.
6. Demonstrate selected pins, chokes, and arm bar techniques:

Required text none Handouts. Handouts to be distributed as necessary

Recommended reading: *Kodokan Judo* by Jigoro Kano

Course Evaluation

Class Participation/Attendance (30%)

Midterm Exam (20%) – Written (5%) and practical (15%)

Final Exam (50%) – Written (10%) and practical (40%)

Grading Scale

<i>A</i>	= 94 – 100	<i>B+</i>	= 88 – 89	<i>C+</i>	= 78 – 79	<i>D</i>	= 60 – 69
<i>A-</i>	= 90 – 93	<i>B</i>	= 84 – 87	<i>C</i>	= 74 – 77	<i>F</i>	= 0 – 59
		<i>B-</i>	= 80 – 83	<i>C-</i>	= 70 – 73		

Course Information

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Those with Judo uniforms are encouraged to wear them. Long sweat pants or “Gi” pants are recommended; however, shorts may also be worn. Students may wear a short or long sleeved t-shirt.
4. Students will NOT wear shoes, tank tops, jeans or “cut offs” of any kind. All jewelry and accessories MUST be removed before class and stored properly.
5. Consistent attendance is necessary to develop minimum acceptable performance. Attendance will be taken during each class. To earn full credit for class participation/attendance students shall adhere to the following five areas to earn 5 points per day.
 1. Hands on interaction with other students.
 2. Actively participates in the class activity.
 3. Shows genuine interest giving sufficient effort.
 4. Displays good sportsmanship and manners.
 5. Student is punctual for class, on time and ready to go in proper attire and participated for the entire class.Anyone coming in late or leaving early will lose 1 point for that class.

Students are also expected to help set up the mats and/or put away the mats at the end of class as needed. Your ability to be helpful is indeed noted.

Professional Dispositions Students are expected to exhibit professional behaviors and dispositions at all times.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of

professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).

- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Tentative Course Schedule

Students are required to actively participate. All classes include warm up exercises and physical activity.

Sept 2	Discuss the history and philosophy of Judo in Japan and the United States. Judo basics.
Sept 9	Fundamental techniques (rolls, break falls, grips, and stances)
Sept 16	Continued Judo basics. Begin learning selected throws from the first set.
Sept 23	Continued learning selected throws from the first set.
Sept 30	Additional review of selected throws. Introduction of two Judo pins.
Oct 7	Midterm Exam. Written and demonstration.
Oct 14	Alternate date for Midterm Exam. Written and demonstration for those not yet examined.
Oct 28	Additional throwing techniques and review.
Nov 4	Basic escapes from pins and other ground positions.
Nov 11	Arm bars, chokes, and pins.
Nov 18	Continued review of arm bars, chokes and pins. Discussion of basic IJF contest rules. Refine Judo techniques.
Nov 25	No class. Thanksgiving break.
Dec 2	Class review. Question and answer period. Written final and practical for those ready.
Dec 9	Final exam day. Fun randori session as time allows.

Each class will include a brief warm-up period, stretching to increase range-of-motion and prevent injury, strengthening exercises to improve upper and lower body strength and a cool-down period. Students will be expected to maintain a minimal level of physical fitness involving cardiovascular conditioning and torso, back and abdominal strength.

