San Diego State University  
Department of Exercise and Nutritional Sciences  
ENS 138 Advanced Judo  
1.0 Unit  
Fall 2016  
RACQ 101/PG 180 (Mat Room)  
Monday/Wednesday 6:30 - 7:20pm

Instructor: Denis Lyubchenko  
Contact: lyubchenko.d@gmail.com  
Office Hours: By appointment

Course Prerequisites

Beginning and intermediate judo classes or instructor’s approval are required. A working knowledge of competition in judo or Jujitsu is expected. It is extremely important to remember that this is a very physical course and will include grabs, pushing, pulling, explosive body movements and falling. Make sure you are healthy enough to participate in this course. See or email instructor with any questions.

Course Registration Process and Registration Fee Payment:

- Registration for the ENS credit class is completed on SDSU WebPortal (see more information under Student Add Policy for WebPortal).
- Courses located in Aztec Recreation Center (ARC), ARC Express and Aquoplex require an Aztec Recreation membership that may be purchased in person at each location during operating hours. Refer to class description at arc.sdsu.edu/ensclasses or your instructor to confirm membership requirement.
- The course registration fee payment is required for all registered students taking for credit or non-credit (if applicable).
- Course registration fee payment must be made within one week after the student drop date through Aztec Recreation (AR) at the Aztec Recreation Center, Aztec Aquaplex, Aztec Lanes, ARC Express or online at arc.sdsu.edu. The registration fee may ONLY be paid through one of these AR locations or website and is NOT included with university billing for tuition and lab fees.
- Students that have not paid fee directly to Aztec Recreation by the deadline will not be permitted to continue participation until payment is made. Please provide copy of your receipt to instructor to verify payment.
- A student’s space in class is not guaranteed until registration fee and membership (if applicable) are paid.
Important Dates to Remember:

8/29/16    First Day of Classes
9/12/16    Student Add/Drop Deadline
9/18/16    SoCal Judo's Tournament, Temecula
9/19/16    Deadline to pay registration fee at Aztec Recreation or arc.sdsu.edu
10/22/16    Judo America's Tournament, San Diego
11/13/16    PSJA Tournament, Oceanside (USJF judo card required)
11/30/16    Belt Testing
12/12/16    Final Belt Test

Course Materials

- Judo Gi's may be purchased for $55. There are some Gi's available for class use by students.
- If the student has another type of martial arts or MMA/BJJ outfit, they may bring it to class the first day to see if it will be appropriate.
- Women must wear high-neck T-shirts beneath the Judo Gi.

Purpose

This course examines the theory and techniques of Kodokan & Kosen Judo. It also identifies the difference in contest rules between IJF judo (Olympic) and the Freestyle judo movement. Content focuses on skills required to develop confidence and skill, in the worlds most played martial sport.

Course Description

This course is designed to extend students’ development in the sport of judo by participation in competitive judo events. Students will develop basic, intermediate and advance skills in judo, necessary to participate in sport judo safely. Competition strategy and tactics will be covered in detail. Students will be required to participate in two competitive events with students from other area universities and private judo programs. Participation in at least one tournament event is expected. In addition to new skills and techniques, students will be required to demonstrate greater proficiency in basic skills and techniques covered in the Beginning and Intermediate Judo courses. Students will have the opportunity to test for their next rank during the semester.

Learning Outcomes

By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1) Demonstrate the acquisition and application of motor skills for judo.
2) Demonstrate understanding of the applicable skills in recognizing openings, execution of proper skill and defending any technique in judo contest.
3) Demonstrate 2 sets of judo throwing techniques (Nage) used in combination attack.
4) Participate in at least one judo workout event with outside school or local judo tournament.
5) Identify appropriate conditioning methods and equipment needs for judo.

**School of ENS/Aztec Recreation Learning Goals and Objectives**

1) Demonstrate a positive change in personal fitness and wellness.
2) Demonstrate skills and knowledge necessary to participate in the course-specific activity.
3) Demonstrate an understanding of the course-specific activity as it relates to health for overall wellness and student success.

**Assessment & Grading**

<table>
<thead>
<tr>
<th>Exams</th>
<th>Details</th>
<th>Learning Outcomes Assessed</th>
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</thead>
<tbody>
<tr>
<td>Nage Exam Every 3rd week</td>
<td>Demonstrations of featured techniques for each featured throwing Technique</td>
<td>Course: 1, 2, 3&lt;br&gt;Department: 1, 3</td>
</tr>
<tr>
<td>Randori exercise every other Wednesday</td>
<td>Demonstrations of contest Judo ability</td>
<td>Course: 1, 2, 3&lt;br&gt;Department: 1, 2, 3</td>
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<tr>
<td>Participation in workout with local Dojo or Tournament participation</td>
<td></td>
<td>Course: 1, 2, 3, 4&lt;br&gt;Department: 2</td>
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</table>

Grading Criteria:

Students will be evaluated in the following areas: skill development and active daily participation.

<table>
<thead>
<tr>
<th>Evaluation Areas</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Daily Participation</td>
<td>65 points</td>
</tr>
<tr>
<td>Tournaments or Dojo Friday workouts</td>
<td>10 points</td>
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<tr>
<td>Final Project/Practical</td>
<td>25 points</td>
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<tr>
<td>Total</td>
<td>100 points</td>
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Grading Scale:

- 90-100%  A
- 80-89%  B
- 70-79%  C or Credit
- 60-69%  D or No Credit
- <60%  F or No Credit

Incomplete (I): If portion of the coursework has not been completed and evaluated due to unforeseen, but fully justified reasons, there is a possibility of earning credit. This grading option will be used when a student is unable to complete practical requirements for the course due to illness, injury, or emergency situation. The missed assignments will typically be made up in the following semester but no later than one calendar year immediately following the end of the term in which the incomplete grade is assigned.
Withdrawal Unauthorized (WU): This indicates you enrolled in the course, did not withdraw from the course but failed to complete the requirements. It is typically used when a student stops coming to class and therefore misses a significant number of assignments, course activities, or both.

Expectations and Class Policies

Daily Participation:

This class is designed to provide students with a mix of theoretical concepts and practical experience. You will be expected to participate in each day’s activities since the best way for you to develop practical knowledge is to experience the movements. Your participation is critical.

Participation points may be deducted if the following are not adhered to:

- Wear proper attire (Loose, modest, comfortable workout clothes, no street clothes or jeans. Do not wear jewelry or watches during class as they could be broken or possibly injure you or your workout partner.)
- Be on time for class and stay for the entire class
- Be physically engaged in activity demonstrating sincere effort for all tasks
- Demonstrate respectful behavior at all times and be supportive of your classmates
- Cell phones must be turned off and put away during class
- No food or beverages other than water in closed container
- Students may practice only when instructor is present.
- Your personal hygiene should be conductive to physical training with other students. Fingernails should be trimmed short.
- It is important to respect yourself, your fellow students, and your instructors. This respect involves maintaining a certain level of etiquette during class. Judo is a full contact sport, but is one of the safest because of its rules.
- No shoes are to be worn on the mat at any time.

Absence Policy:

- Attendance is required every class period.
- Students will be given one unexcused absence for class that meets 1 time/week without being penalized and that do not need to be made up.
- If a student misses more than maximum unexcused absence(s), they will need to complete a make-up or bonus assignment, if available, from the instructor to make up points.
- Absences due to illness, which is documented by the University Health Center or from a personal physician, will not be penalized and these absences will be considered excused. If you are sick (contagious, running a fever) or you have injured yourself (rolled your ankle, twisted your knee) and are unable to attend but have not gone to the doctor, you need to contact the instructor to confirm an excused absence. Instructor may require documentation. Students should notify the instructor of any injury or long-term medical condition as soon as possible.
- Students need to notify the instructor regarding absences that will occur during the semester due to religious observances or university sponsored activities. Students will not be penalized for these absences and they will be excused if instructor is notified in advance.
• If you know you have a demanding schedule and are likely to have a spotty attendance record for this class, please consider taking the class for credit/no credit grading or for non-credit (if applicable).

Assignments:
• All assignments are due in class on designated submission date given in syllabus or by instructor.
• Failure to submit assignments on time will result in a daily penalty of 10% with no credit awarded for the assignment after one week past due unless previously arranged.
• Complete all work independently unless it is a group assigned project.

Other Policies:
• All students in credit classes are expected to adhere to university and Aztec Recreation policies and conduct standards.
• If student is injured during class, immediate notification of instructor is required.

Student Add Policy for WebPortal
• Students can register for open course sections from their registration assignment time through the fifth day of classes.
• If a course selection is full, students can join the wait list for a course section on their registration date and time through the tenth day of classes.
• Students must join the wait list for all course sections beginning on the sixth day of classes through the tenth day of classes even if there are available seats.
• Faculty/Instructors must add seats to their course sections in order for students to be added from the wait list.
• Course Registration fee payment is required to participate in this course and must be made directly to Aztec Recreation after registration completed in WebPortal and before fee deadline, which one week after student drop date.

Students with Disabilities
If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that the Counselor for Students with Disabilities send a letter verifying your disability. You will receive the appropriate accommodations from the day that you provide me with the necessary documentation. Course accommodations will not be applied retroactively (e.g. after an exam).

Academic Integrity
All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented. If in doubt, you are encouraged to review guidelines for the proper use of sources, (e.g. http://www.hamilton.edu/resource/wc/usingsources.html ), as well as university guidelines, including definition and policy, regarding cheating and plagiarism http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism_AcadSen.pdf
## Course Outline

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<tr>
<th>Week</th>
<th>Topic</th>
<th>Activity</th>
<th>Assignment</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Course Introduction and Review</td>
<td>Randori last class of every week.</td>
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<tr>
<td>2</td>
<td>Review of Nage and Newaza</td>
<td>Review techniques first class of every week</td>
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<tr>
<td>3</td>
<td>New Techniques</td>
<td>Review &amp; Randori</td>
<td>Review video</td>
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<tr>
<td>4</td>
<td>Newaza</td>
<td>Ground work</td>
<td></td>
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<tr>
<td>5</td>
<td>Combinations Work/Tactics &amp; Strategy</td>
<td>Throwing skills</td>
<td></td>
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<tr>
<td>6</td>
<td>Kouchi makikomi series/Review</td>
<td>Throwing skills</td>
<td></td>
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<tr>
<td>7</td>
<td>Counters and Defense</td>
<td>Throwing skills</td>
<td></td>
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<tr>
<td>8</td>
<td>Juji-gatame (cross arm bar)</td>
<td>Ground work</td>
<td></td>
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<tr>
<td>9</td>
<td>Osaekomi Waza/First test</td>
<td>Belt test</td>
<td>Review Student Video</td>
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<tr>
<td>10</td>
<td>Review testing</td>
<td></td>
<td></td>
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<tr>
<td>11</td>
<td>Shime waza (strangulation &amp; choking/roll with Jujitsu class)</td>
<td>Ground work</td>
<td></td>
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<tr>
<td>12</td>
<td>Review/test</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Hiza Gatame (Knee arm lock)</td>
<td>Ground work</td>
<td></td>
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<tr>
<td>14</td>
<td>Kouchi makikomi series</td>
<td>Combinations</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Belt Testing Final</td>
<td>Testing</td>
<td>Review Student Video</td>
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