

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 102 002 Judo: Introduction
1 Credit FALL 2019
Mon & Wed 10:30am-11:45am Fairfax Campus RAC 2002
(10/14-12/18)

Faculty

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Prerequisites/Core requisites

none

University Catalog 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 Overview

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- All communication will be through GMU e-mail.
- Students are expected to purchase a Judo-gi
- 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. No chewing gum please.
- 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.

Course Delivery Method

This is an activity class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

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

Professional Standards

None

Required Texts

Hand outs will be distributed as necessary

Suggested reading: *Kodokan Judo* by Jigoro Kano

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Assignments and/or Examinations

Midterm exam is a written exam and a practical exam given as directed in class.

Final exam is written and a practical exam will be given as directed in class.

Attendance/Participation Policy

- Attendance and Participation are paramount in successfully learning Judo. For every class, students will receive 5 points for a total of 75 points (15 classes x 5 points). Students must attend and participate the entire class to receive their points. There will be a 1 point deduction for every minute the student is late.
- Unexcused absences, late arrivals, and lackadaisical performance can significantly affect the grade. Absences are only excused with a doctor's note. Phone calls, emails, and texts do not excuse an absence. Doctor's note must be presented immediately upon return to class or scanned and emailed to the instructor by next class

Grading

Class Participation/Attendance (30%)

Midterm Exam (20%)

Final Exam (50%)

Grading Scale:

- | | | | |
|------------------|----------------|----------------|---------------|
| • $A = 94 - 100$ | $B+ = 88 - 89$ | $C+ = 78 - 79$ | $D = 60 - 69$ |
| • $A- = 90 - 93$ | $B = 84 - 87$ | $C = 74 - 77$ | $F = 0 - 59$ |
| | $B- = 80 - 83$ | $C- = 70 - 73$ | |

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

CLASS SCHEDULE

1	10.14.19	Review of Etiquette and customs, skill assessment
2	10.16.19	Skill Assessment continued
3	10.21.19	Osoto Gari or Ashi Guruma (a study of Yamashita)
4	10.23.19	Yamashita (continued): The Hell Choke Study
5	10.28.19	The Genius of Koga: A different way of performing seoi nage
6	10.30.19	Koga (continued): How he developed his Seoi Nage
7	11.04.19	Armbar: the purpose of Judo (A Rhonda Rousey Study)
8	11.06.19	Armbars continued
9	11.11.19	The Fall of Modern Judo (a study and look at leg attacks)
10	11.13.19	The Fall of Modern Judo continued (Kano vs a Fisherman)
11	11.18.19	Modern Judo vs Kosen Judo vs Brazilian Jiu Jitsu (a study of rules)
12	11.20.19	Judo as a form of Self Defense?
13	11.25.19	Review and Refinement
	11.27.19 -12.01.19	THANKSGIVING BREAK
14	12.02.19	Practice and Q & A
15	12.04.19	Practice and Q & A
16	12.16.19	Final Exam

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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