Outline of Instruction

<table>
<thead>
<tr>
<th>Division:</th>
<th>Health Sciences</th>
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<tbody>
<tr>
<td>Area:</td>
<td>Health &amp; Physical Education</td>
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<tr>
<td>Course Number:</td>
<td>HPE 176</td>
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<tr>
<td>Course Name:</td>
<td>Iaido: Japanese Swordsmanship</td>
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<tr>
<td>Prerequisite:</td>
<td>None</td>
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<tr>
<td>Corequisite:</td>
<td>None</td>
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<tr>
<td>Hours Required:</td>
<td>Class: 2 Lab: 30 Credits: 1</td>
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Course Description/Purpose

The purpose of this course is to help the participating student understand the art of Iaido, not only as a method of swordsmanship, but as an art to develop coordination between mind and body. Emphasis will be placed on physical fitness, history of the art, self-discipline and the culture of the Samurai. Involved are body movement principles, a progressive exercise program and other desirable health and technical aspects of the art of Iaido. Written assignments and tests (both written and performance testing) are a part of this course.

Major Units

- Introduction to Iaido
- Essential Principles of Iaido
- Calisthenics for Iaido
- Basic Stances, Techniques, Actions and Form Movements
- Sparring and Cutting
- Conduct Expectations, Safety

Educational Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive

Each student will be expected to Identify/Recognize . . .

- the history of Iaido and martial arts
- misconceptions about Iaido
- three main functions of Iaido (Goshindo) including the healthful benefits through techniques and kata, the effective use of the sword through cutting drills (tameshigiri), and combative and sport application:
  a. the essential physical, psychological and combined principles for Iaido
  b. differences and similarities between Iaido and other martial arts
  c. specific stances, techniques, actions, form movements, sparring and cutting in Iaido.

Performance

Each student will be expected to Demonstrate/Practice . . .

- prompt and regular attendance
- safety rules at all times
- appropriate warm up, muscle strengthening, and breathing/reaction exercises
- competent Iaido basic skills by the end of the term, with measurable improvement in skills
- etiquette in the classroom and in performing Iaido.

Attitudinal

Each student will be expected to Believe/Feel/Think . . .

- positively toward Iaido and the health benefits
- responsible for self conduct in the classroom
- that the practice of the art of Iaido improves one’s skills and health; builds respect toward one’s self and others; and increases self control, serene character, and good sportsmanship.