

# University of Texas at Arlington

## Martial Arts – EXSA 0107

### Sections 001, 002 & 003

### 2009 Spring Semester

MAC – Room 135

Instructor: Mr. Johnson (817) 274-9812  
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Goals: To improve your knowledge and physical ability in the martial arts. To learn the limitations of your self-defense capabilities.

#### Basic Techniques:

These techniques are from a Korean self-defense system called Taekwondo. Taekwondo is a free fighting self-defense art form that uses the hands and feet to defend yourself against an enemy.

<u>Kicks</u>	<u>Punches</u>	<u>Blocks</u>	<u>Self-Defense vs.</u>
Front Snap Kick	Straddle Stance Punching	Low Block	One Handed Grabs (2)
Defensive Spin Kick	Forebalance Punching	High Block	Two Handed Grabs (2)
Offensive Spin Kick	Step into a Forebalance and Punch	Outside Forearm Block	Bear Hug
Step Across Spin Kick		Twin Fist Block	Full Nelson
Back Kick	Reverse Punch	Middle Knife Hand Block	Arm Bar with a Choke
Defensive Side Kick	Side Step Reverse Punch	Low Knife Hand Block	Head Lock
Offensive Side Kick	Slide up Side Step		Head Lock with a Punch
Step Across Side Kick	Reverse Punch	<b><u>Basic Forms:</u></b>	
Turn Kick	Back Fist	Palgue Il Chung	

The advance (003) class will continue with the basics throughout the semester detailing the variations each technique may have in different self-defense situations. The advance class will discuss and practice applications of weapon defense, grappling and other situations.

#### Grading:

One half from a written test from the book assigned to that class.

001 & 002: Kicking Techniques for Competition and Self-Defense; Roy Kurban

003: Book of Five Rings; Miyamoto Mushashi

One half from attendance. (minus five for each absence)

\*Classes may be taken pass/fail.

### Drop/Add Policy:

It is the responsibility of the student to either add or drop classes or withdraw from the university. Departments are no longer allowed to add students to rolls or drop students from rolls without written permission from the student. **Students will not be dropped for never attending.** Specific deadlines set by the University can be found in the current Schedule of Classes. **Deadlines for dropping classes may differ for Graduate Students and Undergraduate Students. It is the responsibility of the students to know these dates.**

### Americans with Disabilities Act (ADA):

If you are a student who requires accommodations in compliance with the ADA, please consult with me at the beginning of the semester. As a faculty member, I am required by law to provide “reasonable accommodation” to students with disabilities, so as not to discriminate on the basis of that disability. Your responsibility is to inform me of the disability at the beginning of the semester and provide me with documentation authorizing the specific accommodation. Student services at UTA include the Office for Students with Disabilities, (located in the lower level of the University Center) which is responsible for verifying and implementing accommodations to ensure equal opportunity in all programs and activities.

### Student Support Services:

The University supports a variety of student success programs to help you connect with the University and achieve academic success. They include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at (817) 272-6107 for more information and appropriate referrals.

### Academic Dishonesty:

Academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form at The University of Texas at Arlington. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

“Academic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.” (Regents’ Rules and Regulation, Part One, Chapter VI, Section 3, Subsection 3.2, Subdivision 3.22).

### Bomb Threats:

If anyone is tempted to call in a bomb threat, be aware that UTA will attempt to trace the phone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of alternate class sites in the event that your classroom is not available.

# The University of Texas at Arlington College of Education

## Mission, Core Values and Professional Dispositions

**MISSION:** To develop and deliver an educational program that ensures the highest teacher, administrator and allied health science preparation and performance and

To be a recognized contributor in the field of educational and allied health science research and practice through effective teaching, quality research and meaningful service.

The Educator and Administrator Preparation units' collaboratively developed shared vision is based on these **CORE VALUES**, dispositions and commitments to:

- Excellence
- Learner-centered environment
- Research-based
- Collaboration
- Diversity
- Technology
- Field experiences
- Life-long Learning

Each candidate in the Educator and Administrator Unit of the College of Education of UT-Arlington will be evaluated on **PROFESSIONAL DISPOSITIONS** by faculty and staff. These dispositions have been identified as essential for a highly-qualified educator. Instructors and program directors will work with candidates rated as "unacceptable" in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any deficiencies.

### Demonstrates excellence

- Meets stated expectations of student performance.
- Keeps timelines. Arrives on time for class and other activities.
- Produces significant artifacts of practitioner evidence.
- Possesses a willingness to set goals.
- Attends all classes/trainings and practicum experiences.
- Completes activities as assigned.
- Has appropriate personal appearance and/or hygiene for professional setting.

### Participates in a learner centered environment and shows respect for self and others

- Uses appropriate and professional language and conduct.
- Supports a "high quality" learning environment.
- Shows respect and consideration for the thoughts and feelings of others.

### Research-based pedagogy

- Has an awareness of and willingness to accept research-based concepts.
- Identifies important trends in education.
- Demonstrates interests in learning new ideas and strategies.
- Relates class discussions and issues to current events in education.

### Participates in on-going collaboration with peers and professionals

- Demonstrates kindness, fairness, patience, dignity and respect in working with peers, staff and instructors.
- Works effectively with others.
- Assists others in the university classroom or practicum setting.
- Demonstrates an openness to assistance from others.
- Receives feedback in a positive manner and makes necessary adjustment.

### Exhibits stewardship of diversity

- Shows appropriate stewardship and tolerance to diverse people, environments, and situations.

### Advocates use of technology

- Uses and applies existing technologies sufficiently in work.
- Shows a willingness to use and apply emerging technologies in work.

### Shows interest in the learner and the learning-process

- Demonstrates significant learning improvement over time.
- Shows interest in the learning process and demonstrates the

necessary amount of time, energy, and enthusiasm for becoming better learners, teachers, and practitioners.