

Kinesiology combative

KINESIOLOGY COMBATIVE - KNCMB

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Limitations on enrollment

Effective fall term 2013, changes to the regulations that govern community college enrollments placed limitations on the number of courses that students may take in certain disciplines within the Contra Costa Community College District. The charts below indicate which Diablo Valley College (DVC) courses are assigned to groups of courses ("families") for which limitations have been imposed. Certain courses within certain "families" may be repeated (see catalog description), however, students are limited to four enrollments within the family. Certain DVC courses are equivalent to courses at Los Medanos College and Contra Costa College. An enrollment in an equivalent course at one of those colleges will count toward the allowable four enrollments within the family.

NOTE: Diablo Valley College may offer experimental or topics courses. When appropriate, based on content, such courses will be assigned to a "family" and that enrollment will be counted as an experience within the "family".

KINESIOLOGY

Family: Combatives

KNCMB-110	Self-Defense
KNCMB-114	Jujitsu
KNCMB-118A	Beginning Taekwondo
KNCMB-118B	Intermediate Taekwondo
KNCMB-118C	Advanced Taekwondo
KNCMB-126A	Beginning Aikido
KNCMB-126B	Intermediate Aikido
KNCMB-128	Aikido Weapons-Jo and Bokken
KNCMB-130	Judo
KNCMB-134	Karate
KNCMB-150A	Intermediate Taekwondo
KNCMB-150B	Advanced Taekwondo

KNCMB-110 Self-Defense

.5-2 units SC
• Variable hours

This is an activity course that combines defensive techniques and concepts from jujitsu, judo, karate, and aikido. Students will explore self-defense techniques, as well as increase muscular fitness (strength, endurance, flexibility, and balance), improve self-discipline, focus, balance, relieve stress, and increase mental awareness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-114 Jujitsu

.5-2 units SC
• Variable hours

This is an activity course involving the history, philosophy, techniques and safety aspects of jujitsu. This Japanese system of unarmed combat teaches students to yield to the opponent's strength to gain a physical advantage. Students will learn jujitsu techniques, as well as increase cardiovascular and muscular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-118A Beginning Taekwondo

.5-2 units SC
• Variable hours

This is an activity course designed to teach beginning skills, the history, and philosophy of taekwondo, while increasing physical fitness and endurance. Special attention will be paid to safety procedures and injury prevention. Taekwondo is an ancient Korean martial art where students will learn "the way of fist and foot". CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-118B Intermediate Taekwondo

.5-2 units SC
• Variable hours

This is an activity course designed to teach intermediate taekwondo skills, including sparring techniques. Improvement of physical fitness and endurance will be emphasized with special attention paid to safety procedures and injury prevention. The history of taekwondo in the United States and an introduction to board-breaking techniques will be presented. CSU, UC (credit limits may apply to UC - see counselor)

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KNCMB-118C Advanced Taekwondo

- .5-2 units SC
- *Variable hours*

This is an activity course designed to teach advanced taekwondo skills for the student to develop powerful hand and kick striking techniques, as well as competition sparring strategies. Physical fitness and endurance will be further developed and special attention will be paid to safety procedures and injury prevention. Preparation for taekwondo competition will also be addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-126A Beginning Aikido

- .5-2 units SC
- *Variable hours*

This is an activity course involving the history, philosophy, techniques and safety aspects of aikido. This is a Japanese warrior art involving a noncompetitive, non-fighting discipline, that is comprised purely of defensive techniques and principles of movement. Students will learn fundamental aikido techniques, as well as increase cardiovascular and muscular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-126B Intermediate Aikido

- .5-2 units SC
- *Variable hours*
- *Recommended: KNCMB-126A or equivalent*

This is an activity course focusing on an intermediate level of aikido practice. Students will explore more complex skills and techniques with an emphasis on increased pace, as well as continue to develop concentration and cardiovascular and muscular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-128 Aikido Weapons - Jo and Bokken

- .5-2 units SC
- *Variable hours*

This is an activity course using Aikido weapons Jo (wooden staff) and Bokken (wooden sword.) The historical, philosophical, and safety aspects of Aikido weapons Jo and Bokken will also be explored. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-130 Judo

- .5-2 units SC
- *Variable hours*

This is an activity course involving the history, philosophy, techniques and safety aspects of judo. Judo emphasizes throws and pins, self-discipline, punctuality, courtesy, and respect. Students will learn judo techniques, as well as increase cardiovascular and muscular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-134 Karate

- .5-2 units SC
- *Variable hours*

This is an activity course involving the history, philosophy, techniques and safety aspects of Kajukembo Karate. This martial art form teaches the way of the "empty hand" using legs, arms and fists, as well as Kiai (expression of inner energy), which accompanies each action. Students will learn karate techniques, as well as increase cardiovascular and muscular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-150 Topics in Martial Arts and Combatives

- .3-4 units SC
- *Variable hours*

A supplemental course is martial arts/combatives to provide a study of current concepts, movements and problems in combatives and related subdivisions. Specific topics will be announced in the schedule of classes. CSU