

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 presents a combination of 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 introducing 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. Topics will include jujitsu techniques, as well as 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 introducing the basic elements of Taekwondo - the ancient Korean martial art. Emphasis will be placed on developing introductory skills as well as the history and philosophy of Taekwondo. Special attention will also be paid to safety procedures and injury prevention while increasing physical fitness and endurance. 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 presenting intermediate elements of Taekwondo. Emphasis will be placed on refining basic skills, as well as introducing combination and sparring techniques. Physical fitness and endurance will be developed and special attention will be 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)

KNCMB-118C Advanced Taekwondo

.5-2 units SC

- Variable hours

This is an activity course presenting advanced elements of Taekwondo - the ancient Korean martial art. Emphasis will be placed on developing powerful hand and kick striking techniques, as well as competition sparring strategies. Physical fitness and endurance will be 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)

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KNCMB-126A Beginning Aikido

- .5-2 units SC
 • *Variable hours*

This is an activity course that presents the history, philosophy, techniques and safety aspects of aikido. This Japanese warrior art is a noncompetitive, non-fighting discipline, comprised of defensive techniques and principles of movement. Emphasis is on fundamental aikido techniques, as well as increasing 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 that focuses on intermediate level aikido practice. Students will explore more complex skills and techniques with increased pace. Emphasis is on the development of concentration skills 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 that presents the history, philosophy, and safety aspects of Aikido weapons-Jo (wooden staff) and Bokken (wooden sword.) Emphasis is on fundamental aikido weapon techniques, as well as increasing cardiovascular and muscular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNCMB-130 Judo

- .5-2 units SC
 • *Variable hours*

This is an activity course that presents the history, philosophy, techniques and safety aspects of judo. Judo is a discipline comprised of throws and pins, self-discipline, punctuality, courtesy, and respect. Emphasis is on judo techniques, as well as increasing 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 that presents 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. Emphasis is on karate techniques, as well as increasing 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