

# North Hennepin Community College

## GCST 1220: Practical Applications of Traditional Aikido

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 07 - Human Diversity, Goal 09 - Ethical/Civic Resp

This course uses Traditional Aikido (a Japanese martial art) in order to help the student gain skills both on and off the mat, applying them to his or her profession and daily life. The student will research, study, and practice real-life scenarios and situations of de-escalation, protection, compliance, and restraint-maximizing safety, focus, awareness, and control.

Aikido is a life-giving tool. This class appeals to the beginner and experienced Aikido student. It is ideal for Criminal Justice, Emergency Medical Services (EMS), Military, and Security jobs as well as other service professions.

\*Note: This course is an elective course in Global and Cultural Studies fulfilling the MnTC Goal Areas 7 & 8. It will not count toward any HEALTH OR PE requirements.

### B. COURSE EFFECTIVE DATES: 08/24/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Aikido Techniques to include:
  - Core = Rule of 12
  - Pins- 1kkyo, 2kyo, 3kyo, 4kyo (4)
  - Throws- kotegaeshi, iriminage, X, X (4)
  - Disarming- kotegaeshi, gokyo, hiji-jime, elbow (4)
    - Clear (body or use arm or both/ gun goes off)
    - Control
    - Disarm
    - Disable (Command or hands on)
  - Variations
  - Multiple attackers
  - De-escalation
  - Voice commands
  - Use of force continuum
  - Positioning self strategically, footwork
  - While handcuffing
  - Escort holds
  - Knife defense
  - Knockout game defenses
  - Multiple attackers defense (one at a time and all at once)

## **D. LEARNING OUTCOMES (General)**

1. Demonstrate appropriate Aikido skills, including an awareness of personal responsibility and one's inter-relatedness to society. (MnTC G7, comps. b, c, e; MnTC G9, comps. a, b, e; NHCC ELOs 1, 3)
2. Analyze everyday cultural and societal situations where the practice of Aikido can have a positive effect (such as de-escalation). (MnTC G7, comps. b, c, e; MnTC G9, comps. a, b, e; NHCC ELOs 1, 2, 3)
3. Apply the skills of Aikido practice to everyday personal and professional situations. (MnTC G7, comps. b, c, e; MnTC G9, comps. a, b, e; NHCC ELOs 1, 2, 3)
4. Relate the practice of Aikido to a healthy, respectful and responsible approach to one's own daily life activities, interactions with the world of their daily activities and challenges they face. (MnTC G7, comps. b, c, e; MnTC G9, comps. a, b, e; NHCC ELOs 1, 3)

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

### Goal 07 - Human Diversity

1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
2. Analyze their own attitudes, behaviors, concepts and beliefs regarding diversity, racism, and bigotry.
3. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

### Goal 09 - Ethical/Civic Resp

1. Examine, articulate, and apply their own ethical views.
2. Understand and apply core concepts (e.g. politics, rights and obligations, justice, liberty) to specific issues.
3. Identify ways to exercise the rights and responsibilities of citizenship.

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World - Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills - Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement - Including: Civic knowledge and involvement - campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.