

# **KINE 141 - Kickboxing with Jeet Kune Do Concepts Level 2**

## **Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616679

**Discipline(s)** Martial Arts/Self-Defense

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 141

**Course Title** Kickboxing with Jeet Kune Do Concepts Level 2

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units, no longer variable. Update title.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

### **Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** Martial art intermediate level training using Jeet Kune Do (JKD) training methods and concepts. Course builds on the boxing skill-sets developed in the level one course and continues into trapping, grappling and other techniques such as arm bars and submissions. It is recommended that the student successfully complete the level 1 course before registering for level 2. Note: some equipment will need to be provided by the student.

### Schedule Description

## SECTION D

### Condition on Enrollment

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

### 1c. Recommended

Recommend student has successfully completed KINE 139 JKD Kickboxing or has beginning level martial arts or boxing experience. and/or

**1d. Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- B. Students will understand basic principles of anatomy physiology, and/or biomechanics and apply the knowledge to movement activities.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Understand Bruce Lee's training and fighting philosophy.

d.

Bruce Lee's Fighting Method  
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