



KARATE
Mount St. Mary's University
Course: MSCI 103

Meeting Time: 8:00 AM Tuesday & Thursday
Knott ARCC, East Campus
Hombu Dojo

Chief Instructor: Kancho Soller
8th dan

Office: McGowan Center
Office of the Executive Vice President
Telephone: 301.447.7407
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Association and Style: The Phoenix Karate-do Association Kyokushinkai International teaches the Japanese style of Kyokushin, founded by the late Mas Oyama. All students in the class are members of The Phoenix Karate-do Association and the Mount St. Mary's Karate Club.

Purpose: The purpose of the class is to have students develop an understanding and appreciation for the art of karate-do. Our continuous goal is to improve our karate skills with our immediate objective being to train in karate. The class is an educational leadership development course that combines academic standards and student development to help forge high character through regular training and the appreciation of the Karate-do discipline.

Philosophy of the Class and Association: The Phoenix Karate-do Association advocates an educational view in training by establishing as its central purpose the development of well rounded individuals of high character who will lead balanced lives and contribute to society in general. To

reach this objective, the development of our physical, mental and spiritual components are emphasized in training. Our training is designed to have proper and progressive instruction in spiritual discipline and etiquette, physical technique and education, self defense, competitive sport, and community awareness. The ultimate goal of karate-do is to achieve perfection of character and have an understanding of our ability for self-reliance.

Class Instruction and Focus: Classes are conducted in a simple, disciplined, and traditional atmosphere. Physical training is often strenuous, as we wish to develop strong bodies to help contribute to our health and sense of self confidence and well being. The legend of the Association, the Phoenix, symbolizes the importance of developing an individual's will - a non-quitting spirit - that enables us to view that "nothing is impossible" and no setback is permanent. Along with the development of this individualism, it is also our objective to impress upon all karateka the need for community; to have friends, support, and to be able to help others grow by sharing. The Kyokushin style of karate practices jissen (contact karate). Bruises and other injuries are often commonplace due to the physical nature of the art. Students are expected to remain safety conscience at all times and perform techniques as instructed in order to avoid and minimize injury to themselves and others. All students are encouraged to engage in an active level of physical fitness in order to get the most enjoyment from the class.

Instructors often have physical contact with a student to move their body, hands, feet, etc into the proper position. Please do not hesitate to tell the instructor if you are uncomfortable, at any time, with their contact.

Expectations for Karateka:

A. Attend and participate in classes. Students are allowed two unexcused absences; an additional absence may result in a "B" being the highest possible grade. Students who miss up to five classes are eligible for only a "C". Students who miss more than five should expect a "D" or "F" grade. Absences may be excused by the Chief Instructor on an individual basis.

B. Demonstrate in verbal and written formats knowledge of all information outlined in the "Yellow Belt Sheet" (and respective Belt Sheets for advanced students) contained in The Phoenix Way.

C. Attend the Association's Gashuku (special training). There is one each semester usually on a Saturday. TBA

D. For students to qualify for a grading of "A" the above requirements must be met in addition to satisfactory performance of the first two kata in the curriculum (Tsuki no Kata & Jun ni Ho).

Required Text: The Phoenix Way, Millennium Gold Edition (First or Second Edition). All students must have a copy of this text and will be required to bring it to class. Cost: \$35.00 (includes DVD)

Required Uniform: Karatedo dogi, white in color, embroidered with the legend of The Phoenix Karate-do Association. Dogi are required for every class. Cost: \$75.00

*As a convenience to students dogi and text are available
in the Office of the Executive Vice President, McGowan Hall*

Final grades will be determined by completing the requirements with active attendance. Extra credit may be obtained by attending special classes, training at another Phoenix Dojo, or by special arrangement with the Chief Instructor.

www.msmary.edu/phoenixkarate

Top of page one: special Japanese kanji representing the Kyokushin style of karate, meaning
“ultimate truth”

Below: symbol of the Phoenix Karate-do Association Kyokushinkai International representing
“rising will”



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