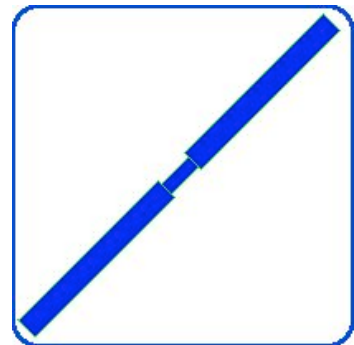
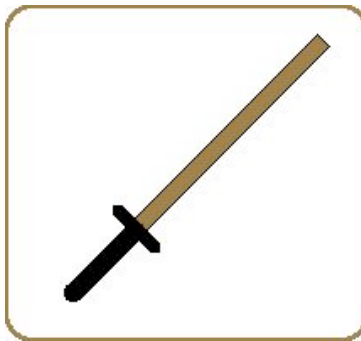
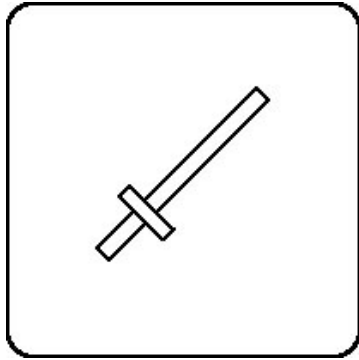




**1464 PADDED WEAPONS PROGRAM
UNIVERSITY OF MEMPHIS**



INSTRUCTOR: THOMAS KNOWLES
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CELL: 901-258-1075

U OF M 1464: PADDED WEAPONS CLASS

The Padded Weapons Course at the University of Memphis is a unique offering designed to allow students the opportunities to unleash the hero that resides within each of us. Authentic, historical technique that spans many centuries and cultures are fused into this progressive program. Combined with opportunities for character development, this course truly promotes positive growth in all areas: physical, mental, and character.

DRESS CODE

Students enrolled in this course **MUST** wear the appropriate clothing and bring their own equipment. All sports classes have necessary equipment and clothing specifically designed for that activity and this course is no exception to this fact. Furthermore, it is a sign of discipline to consistently wear the proper dress code. Proper fitness or workout clothes are required as is seasonally appropriate.

Note: we do not have a textbook in this course - but you must purchase the weapons and mask required.

EQUIPMENT: We will supply one weapon that you will use throughout the course: the Shortsword. The 2 weapons you must purchase are: the Padded Longsword and a 5' Padded Staff. I will send you via email a link to a site where you may purchase these items. The 2 weapons plus the mask cost \$150 (shipping incl) and are mandatory to properly participating and completing this course. **YOU MUST ORDER THIS EQUIPMENT IN THE FIRST 2 WEEKS OF CLASSES.**

3-RING BINDER: In addition to your weapons and clothes, bring a small 3-ring binder to keep up with handouts and technique sheets. This way you will have your reference material at hand whenever you need to practice - in class or out.

CHARACTER, ATTENDANCE, and PROGRESS

Students are enrolled in an exciting course that is unique. There is a very real connection to ancient ideas of **honor, integrity, and nobility** within our programs. I promote these ideals and expect students to portray the upstanding behavior that a people of good character reflect. **Furthermore, when working with weapons, I (and the University) cannot allow for dangerous behavior such as personal pettiness and poor attitudes. Thus, divisive and negative attitudes will NOT be tolerated.** Rather, cheerful camaraderie and encouragement is the name of our game. **ANYONE** who decides to ignore the above statements and expectations risks being asked not to return - and there may not be a second chance.

Attendance is required to learn, refine, instill, and develop skills of any kind but particularly technical martial arts skills. Thus, I allow **2 absences** before I start counting it against students. Only a physician's note detailing an injury or illness will be accepted to remove an absence. Unless one is contagious or so forth, even an 'under the weather' person can attend to watch and learn.

Test Evaluations will be done at the end of each month during the last week of classes, called Testing Week. On the first class day of Testing Week, you will have a written, fill in the blanks test. On the second class day of Testing Week, you will undergo a Practical (demonstrating) Test showing what you've learned that month. Proper handouts and multiple opportunities for review will be offered in advance of Testing Week, so there will be no surprise. Students will be evaluated for proper form, focus and concentration, accuracy of required technique, intensity of spirit, and a strong depth of understanding.

DATES

The Important Dates for FALL 2011 are as follows:

Classes Begin:	AUG 29
Labor Day Break:	SEP 5 (No Class)
Fall Break:	OCT 15 - 18 (No Class on Monday Oct 17)
MidTerm Presentation:	OCT 19
Last Day of Classes:	NOV 16 & 21 (PreTest Nov 14)
FINAL TESTING:	Dec 5 & 7 (Last Day of Classes)

The Testing Weeks for FALL 2011 are as follows:

Testing Week #1:	SEPT 26 & 38 (PreTest Sept 21)
Testing Week #2:	OCT 24 & 26 (PreTest Oct 19)
Testing Week #3:	NOV 16 & 21 (PreTest Nov 14)
FINAL TESTING:	DEC 5 & 7 (Last Day of Classes)

(The class before each Testing Week will be a group PreTest day. You will have the opportunity to figure out what you need to work on most before Test Day.)

U OF M 1464: PADDED WEAPONS CLASS

PART ONE

WEAPON: Shortsword

SHORTSWORD ELEMENTS

Strikes

Angles 1 - 8

Stances

Cradle
Attention Stance
Ready
Salute
Lift Foot

Blocks

Wall Block
High Block

Block Set 1

#8 -> High Block (High/Men)
#3 -> Wall Block (Middle/Dou)
#3 -> Lift Foot (Low/Ashee)

Sinawali 1

#1 Cut (High)
#4 Cut (Low)

PART ONE REQUIRED KATA: SHORTSWORD KATA 1

PART TWO

WEAPONS: Shortsword, Longsword

SHORTSWORD ELEMENTS

Strikes

Fwd Horizontal Thrust
Reverse Horiz Thrust
Body Thrust; Throat Thrust
Rotation Thrust; Poke; Lifting Thrust

Stances

Hollow Out

Blocks

Neck Block

Block Set 2

#1 -> Neck Block (High/Men)
#3 -> Hollow Out (Middle/Dou)
#3 -> Hollow Out (Low/Ashee)

Sinawali 2

#1 Cut (High)
#4 Retract (Low)
#2 Cut (High)

LONGSWORD ELEMENTS

Strikes

Men (Head)
Kote (Hands)
Dou (Body)
Ashee (Shin)
Tski (Throat)

Blocks

High Block
Wall Block
Sweep Block
Roof Block (L/R)
Shield Block (L/R)

Stances/Elements

Attention Stance
Ready Stance
Overhead Stance
Body Stance
Finishing Stance
Show No Weapon

PART TWO REQUIRED KATA: SHORTSWORD KATA 2, LONGSWORD KATA 1

U OF M 1464: PADDED WEAPONS CLASS

PART THREE

WEAPONS: Shortsword, Longsword, Staff

~ SKILL SETS/TECHNIQUE ~

SHORTSWORD ELEMENTS

Block Set 3

Throat -> Lean Back (High/Tski)
#3 -> Hollow Out (Middle/Dou)
#3 -> Lift the Foot (Low/Ashee)

Sinawali 3

#2 Retract (High)
#4 Retract (Low)
#2 Retract (High)

LONGSWORD ELEMENTS

Strike Sequences

Overhead -> #8 [**Men**]

High Vertical -> #1 [**Dou**] -> H. Vertical -> #2 [**Dou**]

Low Vertical -> #6 [**Dou**] -> L. Vertical -> #7 [**Dou**]

Back -> #4 [**Men**] -> Back -> #3 [**Men**] OR

Back -> #2 [**Dou**] -> Back -> #1 [**Dou**]

Body -> #5 [**Tski**]

Skills

Moulinet: Fwd/Bwd – both hands

STAFF ELEMENTS

Stances

Attention Stance Ready Stance
Fwd Rdy Stance Hidden Stance
Bow to Staff Scan
Focus Bow

Blocks

Wall Block
High Block
Down Block

Strikes

Overhead Strike Power Thrust
Reverse Strike Forward Strike
Chin Strike Side Strike (L/R)
Down Strike 4-Strike
3-Strike Combo

PART THREE REQUIRED KATA: LONGSWORD STRIKE SEQUENCES, LONGSWORD KATA 2, BO STAFF KATA 1 & 2

U OF M 1464: PADDED WEAPONS CLASS

REQUIRED KATA

WEAPONS: Shortsword, Longsword, Staff

SHORTSWORD KATA 1

Cradle Sword, Shortsword Salute, Ready Stance
Angles 1-8, Ready Stance, Right Turn
Angles 1-8, Ready Stance, Right Turn
Angles 1-8, Ready Stance, Right Turn
Angles 1-8, Ready Stance, Right Turn
Salute, Cradle, Bow

SHORTSWORD KATA 2

Cradle, Bow, Salute, Ready Stance
Forward Horizontal, Reverse Horizontal,
Body Thrust, Throat Thrust,
Rotation Thrust, Poke, Lifting Thrust,
Pass Forward/Pivot Turn R. (turnaround)
Forward Horizontal, Reverse Horizontal,
Body Thrust, Throat Thrust,
Rotation Thrust, Poke, Lifting Thrust,
Pass Forward/Pivot Turn R (turnaround)
Salute, Cradle, Bow

LONGSWORD KATA 1

Attention Stance, Bow, Draw
Overhead Stance -> [MEN] (pause)
Overhead Stance -> [KOTE] (pause)
Overhead Stance -> [DOU] (pause)
Overhead Stance -> [ASHEE] (pause)
Body Stance -> [TSKI] (pause)
Retreat 5 steps
Shake the Blood, Sheath, Show No Weapon, Bow

BO STAFF KATA 1

Plant staff vertically at arm's length in front of RF with RH. Place LH then RH on top and then Bow To Staff.

Using RH, place staff in L elbow then R elbow, close hands and step feet together: Focus Bow.

Straighten arms quickly to pop staff up and catch LH down/RH up, R Pass Bk into Hidden Stance: Scan.

Chamber and do Overhead Strike w/R Pass Fwd **[MEN]**

Chin Strike/Down Strike into Rev Strike (w/R Frnt Stance) then Fwd Strike

L Side Strike / R Side Strike, chamber and Power Thrust w/deep R Frnt Stance **[TSKI]**

Recover back and pull staff to upper chest and lower horizontally, -- **(slowly)**

Quick High Block **[HA!]** -> Down Block **[HA!]**,

Move to R Wall Block slowly **(exhale slowly/loudly)**

Push staff with LH and spin it behind R Arm

Move into Attention stance (step feet together), Bow

U OF M 1464: PADDED WEAPONS CLASS

REQUIRED KATA

[WORDS IN UPPERCASE SHOULD BE CALLED]

WEAPONS: Longsword, Staff

LONGSWORD KATA TWO

Bow in Attention Stance.

Step out w/right foot as quick Single-Hand #4 into
Special Moulinet on R Side into R Vertical Stance (hi), Shadowstep Fwd #1 **[DOU]**,
CrossBack to L Back Stance, Pass Fwd -> High #4 **[MEN]**, retreat into R Back Stance
Step back with R Foot as turn 90° R as Overhead Stance,

Pass Fwd + Kote Strike **[KOTE]**, lower into Body Stance, step fwd **[TSKI]**,
L Pass Fwd, PivotTurn 180° R with Hidden Stance (Rev Grip): Sword Left Hip,
CrossFwd as UpSlice into DownThrust **[TSKI]**,

Flip Sword over and step to L and pivot turn 90° R with left Vertical Stance (hi),
L Pass Fwd and #2 **[DOU]**, right Vertical Stance (low), R Pass Fwd and #6 **[DOU]**,
Crossback into Fwd Ready Stance, Sidestep to R,
Shake the Blood, Step RF to LF,
Sheath the weapon, Show No Weapon,
Bow

BO STAFF KATA TWO

Start in Attention Stance, Bow, Open Feet in Parallel

Begin RH: Underhand Around.

Release RH and LH "draws" the staff in presentation on L side in L front stance

R Pass Fwd then 4 Strike, Reverse Strike R, Forward Strike L,

Look 45° R, Chamber/Pwr Thrust **[TSKI]**,

Look 45° L, Close Legs L and Wall Block L - R (quick),

Reverse Strike vertical downspin to R as drop almost on to L Knee in deep R front stance,

Stand/Slide Legs Closed R to L (quickly) as Uppercut L,

Step to R, Downsweep in front deep L to R into hi Vertical Stance R (pause) slide RH to LH,
Step up to Middle Stance and Baseball Swing from R to L 360° around head **[MEN]** back to center

With LH, pull slowly back on L side (*exhale loudly*), Step to Ready Stance and
Quick High Block **[HA!]** -> Down Block **[HA!]**, (invert slowly) Bo on R side (*exhale loudly*),
Spin staff behind R Arm as move into Attention stance (step feet together), Bow

The University of Memphis: College of Education: HSS Dept

MIDTERM PROJECT

Department: Human Sports & Sciences
Course: HSS 1461/64
Professor of Record: Thomas Knowles (tknowles@memphis.edu) 901-258-1075

MIDTERM PROJECT REQUIREMENTS

General Details –

- SIZE: 3-Panel 24 x 36 POSTER/FOAM BOARD size, suitable for table or wall display
(THESE WILL BE ON DISPLAY IN THE MAIN HALLWAY OF THE FIELD HOUSE. 2nd FLOOR)
- PUT YOUR NAME and UNIVERSITY EMAIL on the backside of the poster.
- IMAGES: 2 maximum per panel – 8.5 x 11” max size. Must be quality resolution images, not chunky webics
- SOURCES: At least 1 print source and at least 2 online sources.
- LIST ALL SOURCES: on a notecard in bottom right corner. Identify source using † or other marks.

Specific Details and Suggestions –

- No “HOW TO” projects.
- Start with a question/reason/purpose for the project. Example: Some of the most surprising people knew how to handle weapons... List the question/reason at the top left of the posterboard.
- Attempt to answer the question or explore the reason in the project (show why or who). You should use paragraphs, not single sentences.
- Come to a conclusion at the end of the paper / explain what you have learned or gained from your work at the bottom right of the posterboard.
- Pick an intriguing topic about: Ancient/Medieval/Renaissance/Historical/Modern Swords/wpns
- Possible topics include (but not limited to):
 - Historical figures who swordfought...a ‘Did You Know’ kind of idea
 - Non-Western countries/cultures that had wpns/swordfighting as part of the society
 - The rise and fall of civilizations due to advancements in weaponry like ours (edged weapons
 - The historical development of a certain weapon into a modern sport
 - The character values deeply infused with heroic battles and throughout societies
 - Edged weapons in modern entertainment (behind the scene info is important– no gore/horror
 - For historical sources: start with reclaimingtheblade.com, fioredeiliberi.org, thearma.org

IMPORTANT REQUIREMENT –

- You MUST email me or tell me your subject/choice for presentation for approval by Sep 12!!