

Karate INKAI_webquest

WebQuest Description: Karate INKAI is the one of martial arts from japan

Grade Level: College / Adult

Curriculum: Health / PE

Keywords: INKAI Karate

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Introduction

Nowadays martial arts is important. Why? martial arts is used to protect us from bad guy, beside that martial arts are also one of sport that can make our body healthy because of the movement of martial arts. what kind of martial arts that can used? Karate INKAI is the answer for that question.Karate INKAI (Institut Karate-do Indonesia) is the one of martial arts from japan. Karate Demonstrationthis WebQuest will tell you more information about Karate INKAI martial artsit will be fun because you are going to look some videos.

Tasks

In this section you are going to work in several tasks follows :1. Students have to practice what you have learned about martial arts in this WebQuest. 2. in this task, student should review the movement of Karate INKAI martial arts, the history of Karate INKAI, where Karate come from.3. Find information that needed on the internet.4. After finish, find out several martial arts in the world.however you will be guided by some articles and videos make this section fun. have fun guysclick here to continue

Process

In this section we are going to learn Karate INKAI guided by some videos and articles.please read and watch the video slowly.have fun guys..click here click here those for the articles, now i am going to give you some videos, watch this guys!click here for kata in Karate click here for the championship of Karatetry to find out the relationship kata in Karate between komite in Karate.

Evaluation

Evaluation needed for make student understand where is the mistake..this is for the rubric..

Category and Score	Bad	Average	Good	Excellent	Score
Understanding	There is no understanding about what student have done.	Students have a little bit understanding about the topic by practice the movement of martial arts after watching videos.	Students have good understanding such as classify the kata or komite	Students have complete understanding about the technic such students have made complete the movement in kata or komite	10%
Study Skills	Apply little independent learning movement komite	Basic well developed practice in kata or komite and research skills of karate	Fairly good study and research skills of karate. Student shows some movement of komite.	Highly developed practice and learn kick or punch skills. Well self-motivated.	20%
Review the movement of karate	Student have not made a complete movement in kata of karate	Students have made a half movement in karate	Students have made complete movement but there is some mistakes and need revision.	Students have made complete and correct movement in kata	20%
Practice	did not make a good movement, just remember the first step of kata in karate	begin understand some movement	have a good movement but still needed guided	have a good movement without giuded	50%
				Total Score	100%

Conclusion

Now you have finished the WebQuest..try to practice kata in karate or komite to improve your ability.practice every day is the purpose of this webquest.if you still confuse with this material please check out my webquest again..have fun in learning process..

Teacher Page

thanks for the follow this webquest, this webquest will improve your ability in martial arts.so, please doing much practice
Standards

Credits

for the picture:

http://4.bp.blogspot.com/-h9Kbp0-m_eA/UOS9Xmzsl4I/AAAAAAAAAIGY/2F6HRte3uq8/s400/Karate+Inkai.jpg

<http://4.bp.blogspot.com/-Dm9UftL5ebA/UJl4yKrcoml/AAAAAAAAA28/i8qtmP4iHCs/s1600/institut+karate+++do+indonesia++.jpg>

http://suaramerdeka.com/foto_sport/b9873c8ae23b4c424947a852c58d305c.jpg

http://static.skalanews.com/media/news/thumbs-396-263/inkai-jadi-jawara-kejurnas-karate-junior_big__20110626114124_file_vino_cms.jpg

<http://www.tnial.mil.id/Portals/0/GambarArtikel/gashuku%20tni%20al1.JPG>

article:

<http://en.wikipedia.org/wiki/Karate>

<http://www.karateinternational.net/history.html>

videos:

www.youtube.com

Other