

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number: PED 137**

**Credits: 1**

**Course Title: Martial Arts I**

**Course Description (including lecture hours, lab hours, total contacts)**

Emphasizes forms, styles, and techniques of body control, physical and mental discipline, and physical fitness. Presents a brief history of development of martial arts theory and practice. Lecture 1 hour. Laboratory 1 hour. Total 2 hours per week.

**General Course Purpose**

To learn the basics of self-defense and develop confidence in oneself and one's abilities.

**Course Prerequisites/Corequisites** (*Entry-level competencies **required** for enrollment*):

none

**Course Objectives** (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Summarize the principles involved in conducting a Martial Art class.
- b. Outline the basic stances, hand and feet combinations, and kick techniques.
- c. Apply the techniques for developing muscular strength, muscular endurance, and flexibility.
- d. Apply the techniques for meditation and katas (martial arts forms and movements)
- e. Summarize the various training philosophies.

**Major Topics to be Included**

- a. Meditation, relaxation, stress control
- b. Exercises (including advanced stretching)
- c. Basics (multiple stance, hand and foot combination)
- d. Beginning katas (martial arts forms and movements)
- e. One-step and free sparring-emphasis on stamina, accuracy, and control

**Effective Date of Course Content Summary (Month, Date Year):** August 1, 2008