

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

**Course Prefix and Number: PED 138**

**Credits: 1**

**Course Title: Martial Arts II**

**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. Part II of II. Lecture 1 hour. Laboratory 1 hour. Total 2 hours per week.

**General Course Purpose**

This class is a continuation of martial arts I and seeks to refine and build on the patterns and formats learned in part one.

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

PED 137 or equivalent

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

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

- a. Practice the exercises and understand how this practice is cumulative and contributes to injury-free workouts and long-term training.
- b. Practice the basics and understand how they apply to practical situations.
- c. Start developing artful forms versus martial/physical practice.
- d. Perform free sparring and become versatile enough to accommodate any student regardless of age, size, rank, etc.

**Major Topics to be Included**

- a. Meditation, relaxation, stress control
- b. Exercises (including advanced stretching)
- c. Advanced (multiple stance, hand and foot combination)
- d. Advanced katas (extension of basics learned in PED 137) along with more sophisticated movement patterns
- e. One-step and free sparring-emphasis on stamina, accuracy, and control

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