

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 138

Credits: 1

Course Title: Martial Arts II

Course Description: 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. Prerequisite: PED 137 or equivalent. Laboratory 2 hours per week.

General Course Purpose: This class is a continuation of PED 137 - Martial Arts I and seeks to refine and build on the patterns and formats learned in part one.

Course Prerequisites and Co-requisites:

Prerequisite: PED 137 or equivalent

Course Objectives:

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.; and
- e. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of martial arts skills.

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: September 2015