

**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

**Student Learning Outcomes:**

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

**Date Created/Updated** (Month, Day, and Year): September 1, 2015