

# PHYSICAL EDUCATION/SELF-DEFENSE (PEDF)

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## **PEDF 151, KARATE 1 (2)**

An introduction to Karate with emphasis on basic knowledge of fundamental martial arts exercises, and attacking and defensive techniques. (A special fee will be assessed).

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall and Spring Semesters

## **PEDF 152, PERSONAL SELF-DEFENSE 1 (2)**

An introduction to personal self-defense through both classroom instruction and participatory practice. Introductory techniques and concepts will be taught in order to encourage the student to think in terms of options and choices, develop one's awareness, assertiveness skill, and safely practice physical self-defense techniques. A variety of methods will be taught to increase one's physical and mental preparedness, enhance confidence and enable the student to feel more empowered in his or her life.

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall and Spring Semesters

## **PEDF 153, FENCING 1 (2)**

Students will be introduced to the fundamentals of modern foil fencing such as: footwork, lunge, attack, parry-riposte, strategy, tactics, technique and bouting. Fun and safety are emphasized at all times. All equipment (foils, gloves, jackets and masks) are provided. Special protective jackets are provided for ladies. (A special fee will be assessed).

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall and Spring Semesters