

University of Arkansas – Fort Smith
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General Syllabus
PEAC 15761 Martial Arts II

Credit Hours: 1

Activity Hours: 2

Prerequisite: PEAC15616 Martial Arts I

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

Builds on the fundamentals of Martial Arts I with instruction at a faster pace. The focus will be on a new form, throwing and grappling, and joint kicking. One new form and eleven wrist techniques, thirteen clothing grabs and six opposite wrist grabs.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will be able to:

1. Demonstrate advanced methods of kicking, punching, break-falls, and tumbling. Students will become proficient at soft fall techniques.
2. Increase their mental and physical energy through stress reduction.
3. Demonstrate proper flowing movements.
4. Students will demonstrate smoothness, coordination, and balance while developing power, speed, and quickness of movement.
5. Tone muscle, firm the body and enhance flexibility. In order to perform movements specific to martial arts.
6. Perfect proper stances and ki-ap skills.

B. University Learning Outcomes (ULOs)

This course enhances student abilities in the following areas:

Analytical Skills

Critical Thinking Skills

Students will analyze the form and techniques of proper fundamentals used in martial arts.

Communication Skills (Written and Oral)

Students will model communication skills involved in martial arts.

III. Major Course Topics

- A. History and Terminology
- B. Theories of Power
- C. Safety and Injury Prevention
- D. Striking and Blocking Surfaces
- E. Martial Arts Etiquette
- F. Basic Stances
- G. Basic Exercises
- H. Hyung/Form
- I. Break Falls and Basic Tumbling
- J. Basic Sparring Techniques
- K. Pressure Point Areas