

University of Arkansas – Fort Smith
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General Syllabus

PEAC 25761 Martial Arts III

Credit Hours: 1

Activity Hours: 2

Prerequisite: PEAC 15761 Martial Arts II

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

Continues basics from Martial Arts I and II. Starts executing pressure-point strikes with hand and foot. There will be a new form, 45 new techniques, and double-kicking. Participation is mandatory. Emphasis will be on pressure points on the body and how to strike with different parts of the hands and feet. The previous 15 techniques in Martial Arts I and II will now be done in a sparring situation with mid-level throws and falls.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course students will be able to:

1. Use “new” and advanced martial arts terminology.
2. Demonstrate intermediate skills in parrying, pressure point striking and will demonstrate use of proper stepping and subsequent angle that are used in striking a given pressure point.
3. Students will demonstrate and perfect advanced techniques (i.e., throwing, falling, and grappling techniques at the waist level; kicks and punches directed at specific areas of the body; joint-locking techniques).
 - a. Students will demonstrate locking wrist and elbow joint techniques. Their objectives in learning these techniques will be to study the range of motion of wrist and elbow joints without injuring their partner.
 - b. Students will demonstrate an ability to respond to attacks spontaneously, yet with controlled and coordinated movements. If attacked, students will be able to use the techniques in “a” above to lock various joints, such as the wrist, elbow, and shoulder of his/her attacker.
4. Perform soft fall and hard fall techniques.
5. Integrate all the skills learned from Martial Arts I, II, and III in coordinated, smooth, and balanced movements, with proficiency in power, speed, and

quickness of movement.

B. University Learning Outcomes

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 use communication skills involved in martial arts.

III. Major Course Topics

- A. History and Terminology
- B. Theories of Power
- C. Safety and Injury Prevention (no chewing gum, no jewelry)
- D. Striking and Blocking Surfaces (hand and feet)
- 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 (vital areas)