**REC-COMBATIVES (COMB)**

**COMB 100N Naginata**
**Description:** Introduction to the traditional Japanese martial art of naginata. Learn basic footwork, swinging, and other technical movements using a naginata with a wooden shaft and a bamboo, mock blade. Emphasis is on building fundamental skills, respect and good sportsmanship, personal discipline as well as Asian cultural awareness.

**Credit Hours:** 0-1

**Offered:** FALL/SPR

**COMB 101A Fencing**
**Credit Hours:** 0-1

**COMB 101B Judo I**
**Credit Hours:** 0-1

**COMB 101D Karate I**
**Credit Hours:** 0-1

**COMB 101E Personal Defense**
**Credit Hours:** 0-1

**COMB 101J Kendo I**
**Credit Hours:** 0-1

**COMB 104 Krav Maga I**
**Description:** Overview of Krav Maga which is a system of self-defense and hand-to-hand combat. Method of no-frills self-protection that creates a spirit of determination and decisive aggression, should danger arise.

**Credit Hours:** 1

**Prerequisite for:** COMB 114

**COMB 111B Judo II**
**Credit Hours:** 1

**COMB 111D Karate II**
**Credit Hours:** 0-1

**COMB 111J KENDO-JAPAN FNCNG II**
**Credit Hours:** 0-1

**COMB 114 Krav Maga II**
**Prerequisites:** COMB 104

**Description:** Progression to an intermediate level of skills in Krav Maga. Improve and advance the basic techniques learned in the Level I course. Self-defense awareness, conflict resolution, and personal protection from physical attacks.

**Credit Hours:** 1

**COMB 121D Karate III**
**Credit Hours:** 0-1

**COMB 124 Krav Maga III**
**Prerequisites:** COMB 114

**Description:** Progression to the advanced level of skills in Krav Maga. Improve the intermediate skills learned in the Level II class to an advanced level. Ability to identify when confrontations become escalated and techniques to defuse the situations and combative techniques and mental preparedness to improve the ability to successfully survive a potential attack.

**Credit Hours:** 1

**COMB 131D KARATE IV**
**Credit Hours:** 0-1