

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: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: ACV

Offered: FALL/SPR

COMB 101A Fencing

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 101B Judo I

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 101D Karate I

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 101E Personal Defense

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 101J Kendo I

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

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

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

Prerequisite for: COMB 114

COMB 111B Judo II

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 111D Karate II

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 111J KENDO-JAPAN FNCNG II

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

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

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

Prerequisite for: COMB 124

COMB 121D Karate III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

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

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

COMB 131D KARATE IV

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC