



REC-COMBATIVES (COMB)

COMB 100N Naginata

Description: Learn the traditional Japanese martial art of Naginata. Atarashii (modern) Naginata is a martial arts discipline covering basic footwork, cutting, and other technical movements using a naginata with a wooden shaft and a bamboo, mock "blade". The emphasis is on building fundamental skills, respect and good sportsmanship, personal discipline as well as Asian cultural awareness. This requires active participation with no prior martial arts experience needed.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Offered: FALL/SPR

Course and Laboratory Fee: \$40

COMB 101A Fencing

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

COMB 101B Judo I

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$45

COMB 101D Karate I

Description: Learn traditional Japanese martial art of Shotokan Karate. Karate is a martial arts discipline covering basic stances, punches, kicks, and blocking techniques for the purpose of self-defense. The emphasis is on building fundamental skills, respect and good sportsmanship, personal discipline as well as Asian cultural awareness. This requires active participation with no prior martial arts experience needed.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Prerequisite for: COMB 111D

Course and Laboratory Fee: \$45

COMB 101E Personal Defense

Description: Teach safety principles and skills to avoid and minimize violence. Basic techniques, practices, and awareness for the purpose of personal defense and safety is covered. No previous martial arts experience is required to develop the basic physical/technical skill in Personal Defense necessary for safe practice in everyday situations.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Course and Laboratory Fee: \$45

COMB 101J Kendo I

Description: Learn the traditional Japanese martial art of Kendo. Kendo is a martial art covering basic footwork, cutting, and other technical movements using a "shinai", a mock sword made of bamboo. The emphasis is on building fundamental skills, respect and good sportsmanship, personal discipline as well as Asian cultural awareness. This requires active participation with no prior martial arts experience needed.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Prerequisite for: COMB 111J

Course and Laboratory Fee: \$45

COMB 102B Introduction to Boxing

Description: Basic history of the sport of boxing and skills to allow beginners to safely train with various boxing techniques will be covered. This requires active participation, no prior boxing experience is needed, and students will not make contact with other students during this course.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Offered: FALL/SPR

Course and Laboratory Fee: \$125

COMB 104 Krav Maga I

Description: Learn the traditional Israeli form of fighting called Krav Maga. Krav Maga is a martial art covering self-defense techniques to become more aggressive and accurate in a self-defense situation. The emphasis is on basic fighting stance and movement, punches, kicks and how to defend against such movements. This requires active participation with no prior martial arts experience needed.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Prerequisite for: COMB 114

Course and Laboratory Fee: \$45

COMB 111B Judo II

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$45

COMB 111D Karate II

Prerequisites: COMB 101D

Description: Teach traditional Japanese martial art of Shotokan Karate. Karate is a discipline that includes basic stances, punches, kicks, and blocking techniques for the purpose of self-defense. Emphasis on building fundamental skills, respect and good sportsmanship, personal discipline as well as Asian cultural awareness. Introduction to more complex techniques and kata (forms) that will improve skills in Shotokan Karate in order to explore competition, personal improvement, and advancement.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Course and Laboratory Fee: \$45

COMB 111J Kendo II

Prerequisites: COMB 101J

Description: Advance skills in the traditional Japanese martial art of Kendo. Kendo is a martial art that includes basic footwork, cutting, and other technical movements using a "shinai", a mock sword made of bamboo. The emphasis is on reinforcing fundamental skills, respect and good sportsmanship, personal discipline as well as Asian cultural awareness. Improve technical skills in order to explore personal improvement and advancement.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Course and Laboratory Fee: \$45

COMB 114 Krav Maga II

Prerequisites: COMB 104

Description: Learn intermediary concepts of traditional Israeli form of fighting called Krav Maga. Krav Maga is a martial art covering self-defense techniques to become more aggressive and accurate in a self-defense situation. The emphasis is on the fighting stance and movement, punches, kicks and how to defend against such movements. This requires active participation and previous martial arts experience needed.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Prerequisite for: COMB 124

Course and Laboratory Fee: \$45

COMB 121D Karate III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

COMB 124 Krav Maga III

Prerequisites: COMB 114

Description: Learn advanced concepts of traditional Israeli form of fighting called Krav Maga. Krav Maga is a martial art covering self-defense techniques to become more aggressive and accurate in a self-defense situation. The emphasis is on the fighting stance and movement, punches, kicks and how to defend against such movements. This requires active participation and previous martial arts experience needed.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$45

COMB 131D KARATE IV

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass