

COURSE OUTLINE

LFIT-128

Martial Arts I

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with an understanding of the martial arts of the World. Students will be presented with and practice, in class, the Indonesian martial art of Pentjak Silat. This form of martial art involves the use of hand strikes, kicking, elbowing, takedowns, throws, and locks. The historical and cultural basis of various martial arts in general, as well as Pentjak Silat specifically, will be presented.

Overall Course Objectives

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

1. Perform the various classes of martial art techniques.
2. Summarize the technical, historical, and philosophical basis of the martial arts.
3. Identify and demonstrate safety practices as they relate to martial arts training.
4. Use martial arts training equipment including the kicking shield, the focus mitt, and the thai pad.
5. Demonstrate appreciation of the role conditioning plays in martial arts training by participating in class sessions.

Major Topics

1. Philosophy of the Martial Arts
2. History of the Martial Arts
3. Training Safety
4. Martial Arts Equipment Use

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but include the following.

Attendance
Skills Test
Written Test
Paper

Writing: A four page paper is included in the grading requirements.