

PED-125 : Self-Defense: Beginning

Credits 1

Lab 1

Lecture 0

Clinical/WkExp 0

Session Cycle

Fall Only

Description

This course is designed to aid students in developing rudimentary skills in self-defense. Emphasis is placed on stances, blocks, punches, and kicks as well as non-physical means of self-defense. Upon completion, students should be able to demonstrate basic self-defense techniques of a physical and non-physical nature.