

PED 155: Self Defense

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.

Credits: 1

Transfer Code: Transfer Code

Code C

Lab Hours: 0

Lecture Hours: 0

2