

## PED 152: Judo (intermediate)

This course introduces more detailed aspects of the discipline of judo. Topics include breathing and physical postures, relaxation, and mental concentration. Upon completion, students should be able to demonstrate advanced procedures of judo.

**Credits:** 1

**Transfer Code:** Transfer Code

Code C

**Lab Hours:** 0

**Lecture Hours:** 0

2

**Prerequisites:**

PED 151