

PED 153: Karate (beginning)

This course introduces the martial arts using the Japanese Shotokanform. Topics include proper conditioning exercise, book control, proper terminology, historical foundations, and etiquette relating to karate. Upon completion, students be able to perform line drill techniques and Kata for variousranks.

Credits: 1

Transfer Code: Transfer Code

Code C

Lab Hours: 0

Lecture Hours: 0

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