

# Physical Education: Martial Arts Courses

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## Courses

### **PEMA 115. Self-Defense. 1 Credit.**

Fundamental concepts of self defense. Mental and physical strategies, awareness and reaction training. Class theme is prevention, covering the "Three As": Awareness, Assessment, Action.

### **PEMA 116. Women's Self Defense. 2 Credits.**

Supportive, empowering class focusing on verbal and physical skills for avoiding and resisting assault. Includes boundary-setting, de-escalation, assertiveness, healthy relationship skills, and effective fighting techniques. Repeatable once for a maximum of 4 credits.

### **PEMA 199. Special Studies: [Topic]. 1-2 Credits.**

Repeatable.

### **PEMA 255. Kickboxing. 1 Credit.**

Repeatable. This dynamic martial art includes punching and kicking skills, techniques and the rules of competitive kickboxing. Develops balance, flexibility and strength. All PE courses are repeatable once for credit.

### **PEMA 311. Jeet Kune Do I. 1 Credit.**

Repeatable. Basic concepts of Jeet Kune Do and the Filipino Martial Arts. Basic movements, including strikes, kicks, grappling, and defensive weaponry. Develop individualized training methods. Repeatable once for a maximum of 2 credits.

### **PEMA 312. Jeet Kune Do II. 1 Credit.**

Repeatable. Intermediate concepts of Jeet Kune Do and the Filipino Martial Arts. Demonstrate movements, immobilization techniques, and practical self defense skills. Repeatable once for a maximum of 2 credits.  
Prereq: PEMA 311 or equivalent.

### **PEMA 321. Jiu-Jitsu I. 1 Credit.**

Repeatable. Introduction to concepts of Brazilian Jiu-Jitsu. Combative activity incorporating throwing, falling, grappline, holds, and safe positioning. Development of practical self-defense knowledge and skills. Repeatable once for a maximum of 2 credits.

### **PEMA 322. Jiu-Jitsu II. 1 Credit.**

Repeatable. Basic and intermediate motions of Brazilian Jiu-Jitsu. History, rules and scoring system for sport, escape movements, submission holds. Repeatable once for a maximum of 2 credits.  
Prereq: PEMA 321 or equivalent.

### **PEMA 331. Mixed Martial Arts I. 1 Credit.**

Introductory techniques from boxing, wrestling, jiu-jitsu and muay thai. Rules and scoring system of competitive mixed martial arts. Sequence with PEMA 332. PE activity courses are repeatable once for credit.

### **PEMA 332. Mixed Martial Arts II. 1 Credit.**

Intermediate techniques; building on skills learned in PEMA 331. Develops strategy, game-plan skills, training methods; increases physical strength and skills. Sequence with PEMA 331. PE activity courses are repeatable once for credit.

### **PEMA 399. Special Studies: [Topic]. 1-2 Credits.**

Repeatable.