

University of Arkansas – Fort Smith
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General Syllabus

PHYE 1571 Martial Arts II

Credit Hours: 1

Activity Hours: 2

Prerequisite: PHYE 1561 Martial Arts I

Effective Semester: Fall 1999

I. Course Information

A. Catalog Description

Builds on the fundamentals of Martial Arts I with instruction at a faster pace. The focus will be on a new form, throwing and grappling, and joint kicking. One new form and eleven wrist techniques, thirteen clothing grabs and six opposite wrist grabs.

B. Additional Information – None

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will be able to:

1. Demonstrate advanced methods of kicking, punching, break-falls, and tumbling. Students will become proficient at soft fall techniques.
2. Increase their mental and physical energy through stress reduction.
3. Demonstrate proper flowing movements. Students will demonstrate smoothness, coordination, and balance while developing power, speed, and quickness of movement.
4. To perfect muscle tone, firm the body and enhance flexibility. This is to condition the muscles, tendons, ligaments, and joints so that they adapt to doing the kinds of movements specific to martial art.
5. Perfect proper stances and ki-ap skills.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills

Students will learn to analyze the form and techniques of proper fundamentals used in martial arts.

Communication Skills

This course introduces students to the communication that is involved in martial arts.

III. Major Course Topics

- A. History and Terminology
- B. Theories of Power
- C. Safety and Injury Prevention
- D. Striking and Blocking Surfaces
- E. Martial Arts Etiquette
- F. Basic Stances
- G. Basic Exercises
- H. Hyung/Form
- I. Break Falls and Basic Tumbling
- J. Basic Sparring Techniques
- K. Pressure Point Areas