

University of Arkansas – Fort Smith
5210 Grand Avenue
P.O. Box 3649
Fort Smith, AR 72913-3649
479-788-7000

PHYE 2571 Martial Arts III

Credit Hours: 1

Activity Hours: 2

Prerequisite: PHYE 1571 Martial Arts II

Effective Semester: Fall 1999

I. Course Information

A. Catalog Description

Continues basics from Martial Arts I and II. Starts executing pressure-point strikes with hand and foot. There will be a new form, 45 new techniques, and double-kicking. Participation is mandatory. Emphasis will be on pressure points on the body and how to strike with different parts of the hands and feet. The previous 15 techniques in Martial Arts I and II will now be done in a sparring situation with mid-level throws and falls.

B. Additional Information – None

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course:

1. Student will demonstrate a knowledge of “new” martial arts terminology. Students will perfect the advanced terminology in Martial Arts III to master new techniques.
2. Students will demonstrate a knowledge of intermediate parrying and pressure point striking. Students will demonstrate proper stepping and subsequent angle that are used in striking a given pressure point.
3. Students will demonstrate and perfect advanced techniques (i.e., throwing, falling, and grappling techniques at the waist level; kicks and punches directed at specific areas of the body; joint-locking techniques).
 - a. Students will demonstrate locking wrist and elbow joint techniques. Their objectives in learning these techniques will be to study the range of motion of wrist and elbow joints without injuring their partner.
 - b. Students will demonstrate an ability to respond to attacks spontaneously, yet with controlled and coordinated movements. If attached, students will be able to use the techniques in “a” above to

lock various joints, such as the wrist, elbow, and shoulder of his/her attacker.

4. Students will demonstrate knowledge of soft fall and hard fall techniques.
5. At the end of Martial Arts III, students will demonstrate their ability to integrate all the skills learned from Martial Arts I, II, and III in coordinated, smooth, and balanced movements, with proficiency in power, speed, and quickness of movement.

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 (no chewing gum, no jewelry)
- D. Striking and Blocking Surfaces (hand and feet)
- E. Martial Arts Etiquette
- F. Basic Stances
- G. Basic Exercises
- H. Hyung/Forms
- I. Break Falls and Basic Tumbling
- J. Basic Sparring Techniques
- K. pressure Point Areas (vital areas)