

PED 126 : Self-Defense: Intermediate

This course is designed to aid students in building on the techniques and skills developed in [PED 125](#). Emphasis is placed on the appropriate psychological and physiological responses to various encounters. Upon completion, students should be able to demonstrate intermediate skills in self-defense stances, blocks, punches, and kick combinations.

Credits 1

Class Hours 0

Lab Hours 2

Clinical Experience Hours 0

State Prerequisite Courses

[PED 125](#)

Notes

This course has been approved for transfer under the CAA as a pre-major and/or elective course requirement.
This course has been approved for transfer under the ICAA as a pre-major and/or elective course requirement.