



ODU Credited Martial Arts Classes

Spring 2023

Develop your mind, body, and spirit

Classes are eight weeks, one academic credit, SRC 1111

Session 2: January 07 – February 28

Mondays and Wednesdays – 4:20pm – 5:35pm

PE 140 Beginning Self Defense – 29689
PE 141 Intermediate Self Defense – 29690

Mondays and Wednesdays – 5:45pm – 7:00pm

PE 142 Beginning Karatedo – 29691
PE 143 Intermediate Karatedo – 29692
PE 144 Advanced Karatedo – 29693
PE 145 Theory of Karatedo – 29694

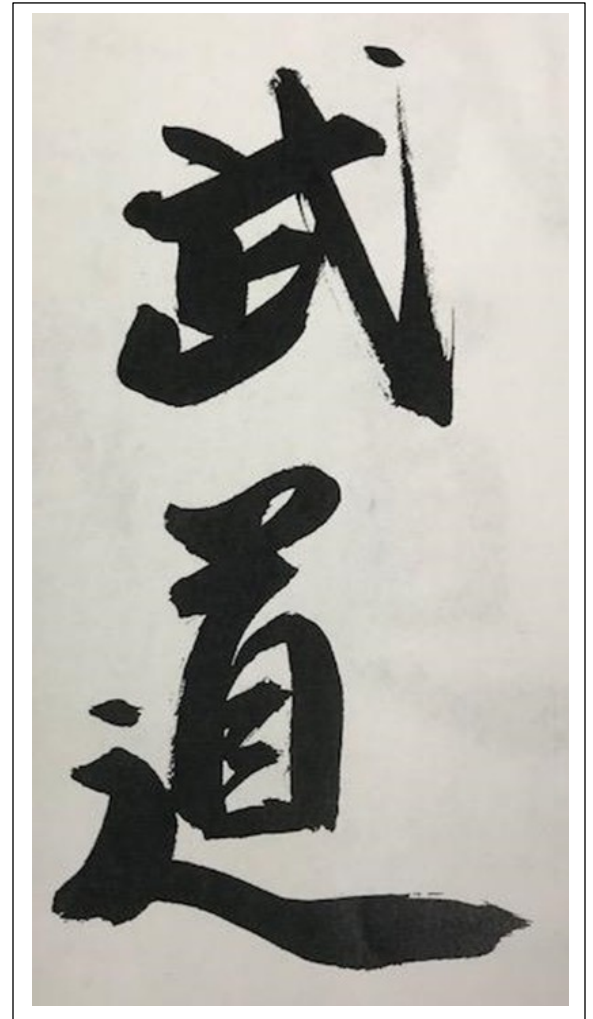
Tuesdays and Thursdays – 5:45pm – 7:00pm

PE 146 Beginning Aikido – 29695
PE 147 Intermediate Aikido – 29696
PE 148 Advanced Aikido – 29697
PE 149 Theory of Aikido – 29698

Tuesdays and Thursdays – 7:10pm – 8:25pm

PE 150 Beginning Judo – 29699
PE 151 Intermediate Judo – 29700

Additional Advanced classes are available
Contact Bruce Myers, Jr bgmyers@odu.edu



For more information regarding our traditional Martial Arts classes – go to ODU HMS home page and look under Physical Activity Courses

Register – Leo On Line

Instructors: Shihan Jeff Hastings, Shihan Dai Bruce Myers, and other certified Yudansha.
Certified by the Dai Nippon Butoku Kai www.dnbk.org