Interested in taking Martial Arts classes? Want to learn how to defend yourself? Want a fun class to help keep your GPA boosted up? Need a few more random credits to graduate? Does your major have a PE requirement? ODU offers 1-credit PE classes in traditional Japanese Martial Arts.... Sign up!

We train in a very formal, traditional school. We also have other course offerings: iaido, Kendo and Kobudo are offered on Sundays Off Campus - Interested contact kbaylor@odu.edu

**To sign up:**

* Locate the CRN of the class you would like to take below
* Log on to Leo Online
* Navigate to Registration >> Add/Drop/Withdraw Classes
* Paste/type the CRN in the fields at the bottom
* Submit/Register

*If you haven't trained with our dojo before, you should sign up for the beginner level class, regardless of your previous experience. If the beginner class is full, you may register for intermediate or advanced, but you will still have to start as a new white belt in our school.*

**KARATE DO**  Mondays - Wednesdays  6:00pm to 7:15pm

The Karate class helps students develop optimal fitness and mental strength, self-discipline, self-confidence, positive attitude, and effective defensive skills based on classical Karate do tradition. It intends to help students develop effective and swift defensive skills as well as artistic expressive experience through Kata practice. Training subjects include fundamentals of striking, blocking, kicking, and various forms of Kata.

**Class Dates:**  Aug 24 – Oct 22  
CRN PE-142  Beg - 17156  PE-143  Inter- 17151  PE-144  Adv- 17152  PE-145  Theory- 17153

**JUDO**  Mondays - Wednesdays  6:30pm to 8:00pm

The Judo class aims to develop optimal fitness in terms of strength, endurance and flexibility. Training areas include throwing, sweeping, pinning, and limited locking skills and choking skills. It stresses the importance of soft flexibility and swift accuracy of the technique rather than physical brute strength.

**Class Dates:**  Aug 24 – Oct 22  
CRN PE-150  Beg - 17159  PE-151  Inter - 17155

**SELF – DEFENSE**  Mondays – Wednesdays  4:30pm to 5:45pm

This course is designed to introduce the fundamental skills of self-defense. Objective's contains preparatory exercise drills, basic defensive body movements and application of fundamental defensive pattern drills utilizing various martial art disciplines. The skills focuses on facing imminent and critical situations, and intends to help students build self-confidence and overall understanding of preventive measures as well as strategic awareness and attitude of self-defense.

**Class Dates:**  Aug 24 – Oct 22  
CRN PE-140  Beg -- 17160  PE-141  Inter -- 17161

**AIKIDO**  Tuesdays - Thursdays  6:00pm to 7:15pm

The Aikido class focuses on developing optimal fitness and mental calmness, focusing, self-discipline, self-confidence, positive attitude, and effective defensive skills. It intends to help students develop non-violent, artistic and graceful defensive art of classical martial arts. Training includes falling safely, flowing, evading, throwing, locking, pinning, and Atemi-waza. It intends to stress Aiki-harmony, Aiki-philosophy of non-aggressive self-defense techniques.

**Class Dates:**  Aug 24 – Oct 22  
CRN PE-146  Beg – 17157  PE-147  Inter- 17158  PE-148  Adv- 17175  PE-149  Theory - 17154