

ODU MARTIAL ARTS

Spring 2026



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: Jan 20 – Mar 10

CRN PE-142 **Beg- 26357** PE-143 **Inter- 26358** PE-144 **Adv- 26359** PE-145 **Theory- 26360**



JUDO Tuesdays - Thursdays 7:25pm to 8:40pm

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: Jan 20 – Mar 10

CRN PE-150 **Beg - 26365** PE-151 **Inter - 26366**



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: Jan 20 – Mar 10

CRN PE-140 **Beg -- 26355** PE-141 **Inter -- 26356**



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: Jan 20 – Mar 10

CRN PE-146 **Beg – 26361** PE-147 **Inter- 26362** PE-148 **Adv- 26363** PE-149 **Theory - 26364**

