

# Sports, Leisure & Exercise

## Golf "Fore" Beginners

Shane Allen, PGA  
USA Golf Pines Golf Pro

Learn the basic skills of hitting irons, woods, chipping and putting. Course will also cover proper etiquette on the course and the basic rules of golf. Group lessons will be held on the driving range and practice greens.

In case of inclement weather, a classroom is available in the Gulf Pines clubhouse. *This course qualifies for discounts, coupons and value pricing.*

LOCATION: Gulf Pines Golf Course

08FSP103AG, 8/19/2008 - 12/2/2008  
16 Sessions, Tu from 2:30 PM to 3:45 PM

08FSP103BG, 8/20/2008 - 11/19/2008  
14 Sessions, W from 2:30 PM to 3:45 PM

08FSP103CG, 8/21/2008 - 11/20/2008  
14 Sessions, Th from 2:30 PM to 3:45 PM

0.7 CEU, \$89



***'Knock some strokes off your golf game with a class by Shane Allen, USA Golf Pro!***



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[www.southalabama.edu/specialcourses](http://www.southalabama.edu/specialcourses)

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## Weekend Golf: Ladies Only Beginner & Intermediate

Frank Freel, PGA

Sessions 1-5 will cover the basic skills of hitting irons, woods, chipping and putting. Course etiquette and the rules of golf will be discussed. The sixth session will be a 9-hole round of golf (allow 2 1/2 hours). In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

Included in the course fee is an "awards and sandwich" picnic following the final class session.

LOCATION: Gulf Pines Golf Course

08FSP121AG, 9/20/2008 - 10/25/2008  
6 Sessions, Sa from 10:30 AM to 11:45 AM  
0.7 CEU, \$95

## Intermediate Golf

Shane Allen, PGA  
USA Golf Pines Golf Pro

Review the "full swing" skills, chipping, putting and sand play. You will learn techniques to execute shots from special circumstances. Course will also cover practice, conditioning, and improving your game.

NOTE: Clubs can be provided if necessary.  
PREREQUISITE: Completion of a beginners golf course or a score of 60 or less in 9 holes (women) or 50 or less (men).

LOCATION: Gulf Pines Golf Course

*This course qualifies for discounts, coupons and value pricing.*

08FSP101AG, 8/21/2008 - 11/20/2008  
14 Sessions, Th from 4:00 PM to 5:15 PM  
\$89

## Evening and Weekend Golf

Frank Freel, PGA

Sessions 1-5 will cover the basic skills of hitting irons, woods, chipping and putting. Course etiquette and the rules of golf will be discussed. The sixth session will be a 9-hole round of golf (allow 2 1/2 hours).

NOTE: In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

LOCATION: Gulf Pines Golf Course

08FSP102AG, 9/20/2008 - 10/25/2008  
6 Sessions, Sa from 9:00 AM to 10:15 AM  
0.7 CEU, \$89

## Disc Golf

Cassandra Joy Bemby, M.S.

Disc golf is a lot like traditional "ball" golf, except players use specially made plastic flying discs instead of balls and clubs, and throw them for 'par' at an above-ground target instead of a hole in the ground. There are different types of discs used for different purposes, much like ball golfers use different clubs. The object of the game is to throw a golf disc into the target, typically a "Pole Hole" basket (a steel basket over which chains hang), in the fewest number of throws. The player begins by 'driving' from a designated tee area and continues toward the target, throwing each consecutive shot from the spot where the previous throw has landed. Finally, a successful 'putt' sends the disc into the target. Come learn the fundamentals of disc golf, rules, etiquette, and identify strategies, techniques, and personal skills needed in disc golf. You should be ready to play 18 holes at the completion of the course and see an improvement in distance, accuracy and scores. Wear appropriate apparel for walking and throwing disc outdoors. Basic throwing discs will be available.

*This course qualifies for discounts, coupons and value pricing.*

08FSP129AG, 5/27/2008 - 7/17/2008  
16 Sessions, Tu & Th from 10:20 - 11:15 AM  
\$89

# Sports, Leisure & Exercise

## Weight Training

Staff

A progressive conditioning course using isotonic contraction for the development of strength and muscular endurance. You will learn proper warm up and stretching techniques, the benefits of resistance training, proper lifting techniques and the benefits associated with weight training. Weight training has been shown to better define and sculpt muscles resulting in a more toned appearance.

LOCATION: HPELS 1130

*This course qualifies for discounts, coupons and value pricing.*

08FSP310AG, 8/18/2008 - 11/24/2008  
29 Sessions, M & W from 9:05 - 9:55 AM

08FSP310BG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 10:10 - 11:00 AM

08FSP310CG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 8:00 - 8:50 AM

08FSP310DG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 9:30 - 10:20 AM

\$89

*No class September 1, November 26, or November 27, 2008.*

## Jogging

Staff

Understand the basics of running/jogging, including warm-up and cool-down, the fundamentals of form, and how long and how often to run. Topics also include proper clothing and shoes, alternate techniques of conditioning, and the connection between jogging and weight control.

LOCATION: HPELS 1140

*This course qualifies for discounts, coupons and value pricing.*

08FSP650AG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 8:00 - 8:50 AM  
\$59

*No class September 1 and November 26, 2008*

## Gymnastics

Steven F Pugh, Ph.D.

Develop the basic concepts, skills, and techniques used in gymnastics. You will learn safety factors involved in the skills and techniques. Topics include: jumps, rolls, scales and balances, springs combination, vaulting, and much more.

LOCATION: HPELS 1125

NOTE: This course qualifies for discounts, coupons and value pricing.

08FSP700AG, 10/7/2008 - 12/2/2008  
16 Sessions, Tu & Th from 12:30 - 1:20 PM  
\$79

*No class November 27, 2008*

## Volleyball

Staff

This course will familiarize you with the basic elements of volleyball including scoring, defending and attacking. Topics to be covered include: rotation, digs, passing, sets, spikes, dinks, basic team strategy and defensive skills.

LOCATION: Student Recreation Center

*This course qualifies for discounts, coupons and value pricing.*

08FSP580AG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 9:30 - 10:20 AM

08FSP580BG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 11:00 - 11:50 AM  
*No class November 27, 2008*

1.5 CEU, \$89

*No class November 27, 2008*

## Basketball

Staff

This course will familiarize you with the basic rules and fundamental skills of the game of basketball. Topics to be covered include: defensive and offensive skills and strategy, dribbling, passing, shooting, two-man game, pick and roll, give and go, screening and footwork.

LOCATION: HPELS 1140

NOTE: This course qualifies for discounts, coupons and value pricing.

08FSP560AG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu and Th from 12:30 PM to 1:20 PM  
1.5 CEU, \$89

*No class November 27, 2008*

## Beginner's Bowling

Staff

Learn the basics of bowling at Camellia Bowling Lanes. You will learn beginning bowling terminology and etiquette, as well as the four-step approach, ball control and pin bowling.

LOCATION: All classes held at Camellia Bowling Lanes

*This course qualifies for discounts, coupons and value pricing.*

08FSP250AG, 8/18/2008 - 12/1/2008  
15 Sessions, M from 2:30 PM to 3:45 PM  
*No class September 1, 2008*

08FSP250BG, 8/19/2008 - 12/2/2008  
16 Sessions, Tu from 2:30 PM to 3:45 PM

08FSP250CG, 8/20/2008 - 11/19/2008  
14 Sessions, W from 2:30 PM to 3:45 PM

08FSP250DG, 8/21/2008 - 11/20/2008  
14 Sessions, Th from 2:30 PM to 3:45 PM

1.8 CEU, \$59

# Sports, Leisure & Exercise



*Yan started her professional career on table tennis in 1964. She was a member of the national table tennis team for the People's Republic of China and held the title of national champion numerous times. She represented China in international competitions where she was victorious over national champions from many other countries. She also served as coach for the Chinese professional table tennis team for several years. In addition to her competing and coaching, Yan has taught table tennis, refereed tournaments and directed sports departments. She has taught table tennis for the University of South Alabama since 1989.*



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## Racquetball

Staff

Racquetball is an exciting year-round sport ... fast-paced and mentally stimulating. Beginners are invited to learn correct techniques, skills and strategies. You may compete in singles and doubles play as the course progresses. Enroll with a friend for a wonderful time and a healthy workout.

LOCATION: Student Recreation Center

*This course qualifies for discounts, coupons and value pricing.*

08FSP400AG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 9:05 - 9:55 AM

08FSP400BG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 10:10 - 11:00 AM

08FSP400CG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 9:30 - 10:20 AM

08FSP400DG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 11:00 - 11:50 AM

\$79

*No class September 1, November 26, and November 27, 2008.*

## Table Tennis

Yan J Ge

This fast-paced class is for the serious ping-pong player. Yan Jun is a national table tennis champion from the city of Beijing in the People's Republic of China. Fundamentals of the sport will be covered and playing techniques will be stressed for both singles and doubles play. *This course qualifies for discounts, coupons and value pricing.*

LOCATION: Student Recreation Center  
08FSP450AG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 9:05 - 9:55 AM

08FSP450BG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 10:10 - 11:00 AM

\$59

*No class September 1 and November 26, 2008*

## Beginner's Tennis

Staff

Learn the fundamentals of an active and popular sport. Forehand and backhand ground strokes, volley, approach shots, and the serve will be covered. Additionally, you will learn the rules of the game, strategy, and singles and double play. This course is progressive as new skills and techniques are introduced each week. SUPPLIES: Please bring a racquet to each class.

LOCATION: USA varsity tennis courts adjacent to Student Recreation Center/HPELS Building

*This course qualifies for discounts, coupons and value pricing.*

08FSP470AG, 8/18/2008 - 12/1/2008  
Brian A Allred, M.A., C.R.S.S.  
29 Sessions, M & W from 9:05 - 9:55 AM

08FSP470BG, 8/18/2008 - 12/1/2008  
Brian A Allred, M.A., C.R.S.S.  
29 Sessions, M & W from 10:10 - 11:00 AM

08FSP470CG, 8/19/2008 - 12/2/2008  
Randy Hunter, M.E.  
29 Sessions, Tu & Th from 9:30 - 10:20 AM

08FSP470DG, 8/19/2008 - 11/25/2008  
Randy Hunter, M.E.  
29 Sessions, Tu & Th from 11:00 - 11:50 AM

1.3 CEU, \$59

*No class September 1 and November 26, and November 27, 2008*

# Sports, Leisure & Exercise

## American Red Cross Water Safety Instructor

Alexandra S Barter, M.Ed.,  
ARC Certified Instructor

The purpose of this course is to train instructor candidates to become American Red Cross Water Safety Instructors. Instruction included development of personal water safety and swimming skills. Candidates will learn to prepare and use block plans and lesson plans for all levels of swimming instruction from infant, pre-school stage through adult levels. Upon successful completion of skills and written tests candidates will receive Water Safety Instructor Certification. Attendance at all class sessions is essential if certification is desired. Candidates must be 17 years of age or older.

Course Prerequisites: Front Crawl (freestyle) 50 yards; Back Crawl 50 yards; Sidestroke 50 yards; Breaststroke 50 yards; Elementary Backstroke 50 yards; Butterfly 10 yards; Standing Front Dive; perform a reaching assist; perform wading assist; and a throwing assist to a victim, using equipment and bring to safety. Perform a long shallow dive, then perform a surface dive and retrieve a 10 lb. diving brick from 6 to 9 feet of water, bring the brick to the surface. Enter shallow water and approach a face down victim with suspected spinal injury. Use the head splint to maintain in-line stabilization.

NOTE: 1st class held HPELS Building, Room 1170. Remainder of classes held USA Main Campus Pool. *This course qualifies for discounts, coupons and value pricing.*

TEXTBOOKS: American Red Cross Swimming and Diving, American Red Cross Water Safety Instructors Manual, and American Red Cross Instructor Candidate Training Participants Manual.

08FSP221AG, 8/18/2008 - 10/3/2008  
19 Sessions, M, W & F from 12:20 - 2:15 PM  
4.0 CEU, \$89

*No class September 1, November 26 and November 28, 2008*

## American Red Cross First Aid: Responding to Emergencies

Alexandra S Barter, M.Ed., ARC  
Certified Instructor

This course is designed to help the citizen responder react in respiratory and circulatory emergencies and provide care in life threatening situations of cardiac arrest, shock, and bleeding. Course covers first aid for musculoskeletal injuries and sudden illnesses and more. This course is a complete first aid program with certification offered in Adult CPR and First Aid.

TEXTBOOK: First Aid: Responding to Emergencies

NOTE: Final Certification Exam Date (check with instructor).

LOCATION: HPELS room 2036

08FHL500AG, 8/18/2008 - 12/1/2008  
15 Sessions, M from 10:10 - 11:00 AM

08FHL500BG, 8/20/2008 - 11/19/2008  
14 Sessions, W from 10:10 - 11:00 AM

08FHL500CG, 8/18/2008 - 12/1/2008  
15 Sessions, M from 11:15 AM - 12:05 PM

08FHL500DG, 8/20/2008 - 11/19/2008  
14 Sessions, W from 11:15 AM - 12:05 PM

08FHL500EG, 8/19/2008 - 12/2/2008  
16 Sessions, Tu from 6:00 - 6:50 PM

1.5 CEU, \$79

*No class September 1, 2008*

## Beginning Swimming

Alexandra S Barter, M.Ed., ARC  
Certified Instructor

Instruction and practice in beginning swimming and water safety. You will have the opportunity to become more confident in and around water and have an opportunity to participate in an outstanding form of exercise.

LOCATION: 1st class meets HPELS 2036 then USA Pool.

*This course qualifies for discounts, coupons and value pricing.*

08FSP800AG, 8/19/2008 - 10/2/2008  
14 Sessions, Tu & Th from 12:30 - 1:20 PM  
\$89

*No class November 27, 2008*

**Anyone 18 years or older can attend Special Courses. Individuals under 18 may enroll in our Exam Reviews, Speed reading, and Camp/Youth Programs.**

## STEP Aerobics

Staff

This course provides a fun, exciting and challenging low impact aerobic workout with minimal stress to the joints. All fitness levels can enjoy this class by adjusting the bench height. Wear exercise clothes and tennis shoes. Feel free to use the locker rooms in the USA Gymnasium.

LOCATION: HPELS 1125

*This course qualifies for discounts, coupons and value pricing.*

08FDA390AG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 2:30 - 3:20 PM  
\$89

*No class September 1 and November 26, 2008*

# Sports, Leisure & Exercise

## Musical Aerobics

Aleesha S Palombo

Dance/exercise your way to improved coordination, muscle strength, and cardiovascular endurance. Set to music, you will learn floor patterns for upper body exercise and floor stretches concentrating on each body part. Wear exercise clothes and tennis shoes. Feel free to use the women's locker room in USA's gymnasium.

LOCATION: HPELS room 2030

*This course qualifies for discounts, coupons and value pricing.*

08FDA400AG, 8/18/2008 - 12/1/2008  
29 Sessions, M & W from 11:15 AM -12:05 PM

08FDA400BG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu & Th from 12:30 - 1:20 PM  
\$89

*No class September 1 and November 26-27, 2008*

## FEATURED INSTRUCTOR



*Aleesha Smith-Palombo has been dancing since she was two years old while living in France. She has received degrees in dance and physical education and has been teaching all types of dance and aerobics for USA since 1985. She believes dance classes are not only a great form of exercise, but also an excellent opportunity for socializing. Her goal is for students upon completing one of her classes is to hear a particular type of music and recognize the correct style of dance - and dance to it with confidence. "Dance is a fantastic way to relieve stress as well as a way to have fun," says Aleesha.*

## Movement, Rhythms and Developmental Activities

Aleesha S Palombo

This course begins with movement awareness and basic movement skills, and progresses to rhythmic activities such as the traditional dance steps in folk and square dancing. Developmental games and relays are also explained and practiced. Basic manipulative skills of controlling and propelling moveable objects are practiced with jump ropes.

LOCATION: HPELS 1125

*This course qualifies for discounts, coupons and value pricing.*

08FDA301AG, 8/18/2008 - 12/1/2008  
43 Sessions, M,W & F from 9:05 - 9:55 AM

08FDA301BG, 8/18/2008 - 12/1/2008  
43 Sessions, M,W & F from 10:10 - 11:00 AM

08FDA301CG, 8/19/2008 - 12/2/2008  
30 Sessions, Tu & Th from 9:30 - 10:45 AM

08FDA301DG, 8/18/2008 - 12/1/2008  
30 Sessions, M & W from 4:40 - 5:55 PM

3.5 CEU, \$79  
*No class September 1, and November 26-28, 2008*

## Dance Performance

Aleesha S Palombo

Dance Performance provides dancers with an opportunity to gain performance experience in all forms of dance. Participants will present several programs throughout the semester.

LOCATION: HPELS 2030

PREREQUISITE: Advance dance experience  
*This course qualifies for discounts, coupons and value pricing.*

08FDA150AG, 8/22/2008 - 11/21/2008  
14 Sessions, F from 11:15 AM to 12:55 PM

*No class November 28, 2008*

\$79

## Ballroom

Aleesha S Palombo

Take a trip down memory lane and enjoy the smooth sounds of the Big Band era! Learn many popular dances including the Swing, the Waltz, the Fox Trot, the Cha Cha and the Cotton-Eyed Joe. In addition to learning steps, you will be introduced to other essentials such as rhythm, timing, variations of dances and dance etiquette. Wear comfortable clothes.

LOCATION: HPELS room 2030

*This course qualifies for discounts, coupons and value pricing.*

NOTE: Wear smooth sole shoes, no tennis shoes

08FDA500AG, 8/19/2008 - 12/2/2008  
16 Sessions, Tu from 11:00 AM - 12:15 PM  
1.8 CEU, \$89

## Ballet I

Aleesha S Palombo

Join Aleesha Smith Palombo for the finer "pointes" of ballet. Enjoy this classic art form with emphasis on developing the strength and flexibility necessary for proper body alignment. The course will teach all levels of expertise and you are encouraged to progress at your own pace.

NOTE: Wear leotard, tights and ballet slippers.

LOCATION: HPELS 2030

08FDA050AG, 8/21/2008 - 11/20/2008  
14 Sessions, Th from 11:00 AM - 12:15 PM  
\$79

# Sports, Leisure & Exercise



## Latin Dance

Aleesha S Palombo

This course will help you develop an understanding of Latin Dance. Through movement participation, vocabulary understanding, visual aids and partnering you will become knowledgeable of the history of Latin Dance as well as the various Latin music, techniques and dance forms.

LOCATION: HPELS 2030

*This course qualifies for discounts, coupons and value pricing.*

NOTE: Wear smooth sole shoes, no tennis shoes

08FDA570AG, 8/18/2008 - 12/1/2008  
16 Sessions, M from 6:00 PM to 7:15 PM  
1.8 CEU, \$89

*No class September 1, 2008*

## Cajun & Swing Dance

Aleesha S Palombo

This course will help you develop an understanding of Latin and Swing Dancing. Through movement participation, vocabulary understanding, visual aids and partnering you will become knowledgeable of the history of Latin and Swing Dance as well as the various techniques, dances and styles of this form of dance.

LOCATION: HPELS 2030

*This course qualifies for discounts, coupons and value pricing.*

NOTE: Wear smooth sole shoes, no tennis shoes

08FDA515AG, 8/18/2008 - 12/1/2008  
15 Sessions, M from 7:30 PM to 8:45 PM  
1.8 CEU, \$89

*No class September 1, 2008*

## Belly Dancing: Beginning

Jane McWilliams

Belly Dancing is a basic in Middle Eastern dancing. Isolations from the shoulders and arms to feet, it comprises a total body workout. In the beginning class the camel walk, Egyptian walk, 3-point turn, 5 Arabic steps, and 5 types of hip shimmies will be taught. You will learn basic steps progressing to a whole choreographed dance. As Jane says about Belly Dancing, "It is a creative outlet; a way to have fun and a form of expression. It's something all of your own."

NOTE: Wear comfortable clothes to dance & exercise in.

08FDA561AG, 9/20/2008 - 11/8/2008  
8 Sessions, Sa from 10:00 - 11:15 AM  
1.0 CEU, \$67

## Belly Dancing: Intermediate

Jane McWilliams

Continue your abdominal work out in belly dancing with this intermediate course. You will start out reviewing and perfecting techniques learned in the basic class then build on those with new and more complex movements. The technique of layering moves, building combinations and use of finger cymbals will be introduced. New Middle Eastern rhythms including the Cheftitelli and 9/8 will also be introduced. After successfully completing the intermediate class, you will have the opportunity to audition for the junior Zuri Middle Eastern Dance Troupe.

PREREQUISITE: Belly Dancing: Beginning

08FDA563AG, 9/20/2008 - 11/8/2008  
8 Sessions, Sa from 11:30 AM to 12:45 PM  
1.0 CEU, \$67

*"Yoga is great for leaning how to relax after a stressful day or even taking mini-vacations during the day!"*

*- Marcia Grove*

## Body Conditioning

Renee Cooper

This is a physical activity class which includes various methods of physical conditioning. Through active participation, you will develop knowledge and skills sufficiently adequate to toning all muscle groups of the body using weights, resistance tubes and other equipment, as provided, as well as to increase cardioconditioning. Agility, coordination and balance, strength, flexibility, posture and good positioning will also be gained. Bring exercise mat to each class.

NOTE: Bring exercise mat to each class.  
LOCATION: HPELS room 2030

*This course qualifies for discounts, coupons and value pricing.*

08FSP320AG, 8/18/2008 - 12/1/2008  
29 Sessions, M and W from 3:35 - 4:25 PM  
*No class Sept. 1 & Nov. 26, 2008*

08FSP320BG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu and Th from 2:00 - 3:15 PM  
*No class Nov. 27, 2008*

08FSP320CG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu and Th from 5:00 - 5:50 PM  
*No class Nov. 27, 2008*

3.7 CEU, \$89

## Yoga: A Total Fitness and Stress Management Program

Gary D Kubina, M.Ed.

Breathe in..breathe out, stretch & relax. You will learn how to stretch the body gently, increase flexibility, and use breathing techniques to improve health and calm the mind. Guided relaxation exercises will show participants ways to reduce stress and tension, improve balance and strengthen core muscles, especially the back.

NOTE: Bring exercise mat to class.

08FDA450AG, 9/16/2008 - 11/18/2008  
8 Sessions, Tu from 7:00 PM to 8:30 PM  
1.2 CEU, \$94

*No class September 30 & November 4, 2008.*

# Sports, Leisure & Exercise

## Soo Bahk Do: Beginning

Steven A Diaz, Ph.D.

Soo Bahk Do is a traditional Korean martial art with a history that spans 2000 years. It is a distinctly unique martial art that focuses on developing mind, body and spirit to develop a functional capability in its practitioners through the practice of the combat oriented exercises. This training conditions the mind and body for the realities of unarmed self defense and provides for a high degree of personal awareness. As an art form, it focuses on form, theory and aesthetics. As a system of self defense, Soo Bahk Do has great practical applications. Through systematic instruction, Soo Bahk Do teaches step-by-step methods of utilizing your body's energies in self defense. The training conditions the whole person- mind, body and spirit; to effectively generate, organize and disperse your body's energy in a powerful, focused way. This course is designed to you with the basic skills to perform traditional Soo Bahk Do techniques. The course will focus on beginner conditioning and flexibility exercises, and the step by step instruction of basic hand and foot movements. Beginner self defense and hand-to-hand practice with partners will also be introduced.

NOTE: Uniform is required.

LOCATION: HPELS room 2025

*This course qualifies for discounts, coupons and value pricing.*

08FKA740AG, 8/23/2008 - 11/22/2008  
14 Sessions, Sa from 9:00 AM to 10:50 AM  
\$89



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## Soo Bahk Do: Intermediate

Steven A Diaz, Ph.D.

This intermediate course of Soo Bahk Do is designed for students who have completed the beginner course of this traditional Korean martial art. Focusing on the development of mind, body and spirit, intermediate training involves a completion of basic movements and an introduction to pre-sequenced and non-sequenced sparring techniques. Uniform is required. *This course qualifies for discounts, coupons and value pricing.*

PREREQUISITE: Soo Bahk Do: Beginner

LOCATION: HPELS room 2025

08FKA741AG, 8/23/2008 - 11/22/2008  
14 Sessions, Sa from 11:00 AM - 12:50 PM  
\$89

## Martial Arts: Aikido

Phillip M Norrell, Sandan, Ed.D.

Interested in learning self-defense techniques? Concerned that you may be too small, too old or have physical limitations that would prevent you from using martial arts? Then Aikido--a gentle, but effective Japanese martial art--is a must for you! Aikido emphasizes the use of natural movement, avoidance, off-balances and redirection of an attacker's force to overcome aggression. Aikido allows you to come to a peaceful resolution while causing the least amount of harm to the attacker. This is a distinct advantage over martial arts that emphasize ways to injure your attacker. Saving the best news for last--people of almost any age or size, including some physical limitations, can still use Aikido effectively against the largest and strongest of aggressors. *This course qualifies for discounts, coupons and value pricing.*

LOCATION: HPELS room 1125

Textbook: Aikido: Principles of Kata and Randori

08FKA745AG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu and Th from 5:30 - 6:45 PM  
\$89  
*No class November 27, 2008*

## Beginner Tai Chi

Leigh R Taylor

A moving meditation that stresses relaxation, slow continuous movements, mental focus and martial arts techniques to improve balance, flexibility, coordination, mental focus and general good health. Twenty-four (24) movements are taught individually and put together into a continuous, flowing form. This gentle exercise can be learned by persons of all ages and practiced for a lifetime. You will learn through verbal directions, demonstrations and by following the instructor in practicing the movements. An 18 movement Qi Gong is taught as a warm up exercise. Participate in the healing power of T'ai Chi...aerobic alternative, heart helper, balance booster, bone protector, and pain reliever.

08FDA440AG, 9/15/2008 - 12/3/2008  
24 Sessions, M and W from 7:30 - 8:30 PM  
3.0 CEU, \$89

## Intermediate Tai Chi

Leigh R Taylor

For those who wish to continue honing their Tai Chi skills or train in the more advanced 42 movement combined form used for competition. You may also learn a weapon form using a cane or learn a Sun style form.

08FDA441AG, 9/15/2008 - 12/3/2008  
24 Sessions, M and W from 8:30 - 9:30 PM  
3.0 CEU, \$89

# Sports, Leisure & Exercise

## Karate I

Phylis Logsdon, 3rd Degree Blackbelt (Sandan)

This beginning course is based on traditional teaching methods that gradually build conditioning, flexibility, and concentration. Techniques include blocking, punching, striking, and kicking. This course focuses on kihon (basics), kata (form), and sanbon kumite (three step sparring). The first kata, Heian Shodan, is taught. *The course is designed especially for men and women over 14. This course qualifies for discounts, coupons and value pricing.*

LOCATION: HPELS 2025

08FKA100AG, 8/18/2008 - 11/24/2008  
29 Sessions, M and W from 12:20 - 1:10 PM

08FKA100BG, 8/19/2008 - 12/2/2008  
29 Sessions, Tu and Th from 5:00 - 5:50 PM  
*No class Sept 1, Nov 26 or Nov 27, 2008*  
\$69

## Interim Shotokan Karate Session

Jared Yeend, Nidan 2nd Degree Black Belt

Designed for intermediate and advanced karate students who wish to continue their karate training between semesters. A short-term session.

LOCATION: HPELS 2025

08FKA450AG, 12/4/2008 - 1/8/2009  
11 Sessions, Tu & Th from 6:00 - 7:30 PM  
\$39

## 33<sup>RD</sup> ANNUAL KARATE TRAINING CAMP

T. Mikami, *Lead Instructor*  
Shigeru Takashina, *Guest Instructor*



This annual karate training camp is designed for any style karate student. The focus is on basic techniques, kata, sparring, and shotokan karate style. An instructor's training session is included.

USA has been involved in shotokan karate training for more than 40 years and Masters

Mikami and Takashina have instructed the karate training camp since it began 31 years ago. Mr Mikami is the chief instructor for the Southern Region of the ASKA and the International Shotokan Karate Federations and holds the Eight Degree Black Belt from the Japan Karate Federation and is a twice national champion of Japan. Mr. Takashina, the ISKF Technical Director, is currently an Eighth Degree Black Belt, and serves as the chief instructor for the South Atlantic Region of the International Shotokan Karate Federation.

The camp spirit is meant to foster rigorous training from beginning to end like it is one unit or one complete experience. For this reason, rates for individual sessions are discouraged. *First training session begins at 6:00 p.m. Friday evening.*

07FKA500AG, 10/24/2008 - 10/26/2008  
3 Sessions, F, Sa and Su, .8 CEU, \$85

\$65 if postmarked by September 30, 2008  
\$55 children 12 and under

***Early registration is highly encouraged!!***

## Karate II

This is a continuation of the beginning course that expands the concepts of this traditional martial art. Training in the katas (forms) through the Heians and advanced kata takes the student into the higher levels. Additional techniques and applications expand the concepts of this art. Black belt training is also incorporated in this class. *The course is designed especially for men and women over 14.*

LOCATION: HPELS 2025

This course qualifies for discounts, coupons and value pricing.

08FKA200AG, Phylis A Logsdon,  
3rd Degree blackbelt (Sandan)  
8/18/2008 - 12/1/2008  
29 Sessions, M and W from 1:25 - 2:15 PM

08FKA200BG, Phylis A Logsdon,  
3rd Degree blackbelt (Sandan)  
8/19/2008 - 12/2/2008  
29 Sessions, Tu and Th from 6:00 - 6:50 PM

08FKA200CG, James T Williams,  
2nd Degree Blackbelt (Nidan)  
8/18/2008 - 12/1/2008  
29 Sessions, M and W from 6:00 - 6:50 PM

*No class Sept 1, Nov 26 or Nov 27, 2008*

\$69



REGISTER ON-LINE

[www.usacontinuinged.com](http://www.usacontinuinged.com)

or via FAX (251)431-6408

24-hours a day, 7 days a week!