

Filipino Martial Culture and Prehistoric Indian Artifacts of Oklahoma Activities Planned at SWOSU

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Southwestern Oklahoma State University is offering two Continuing Education activities this spring on the Weatherford campus.

The CE activities include Filipino Martial Culture and Prehistoric Indian Artifacts of Oklahoma, Part Two.

To enroll in one of the activities, a registration form and liability release form is located on the Continuing Education website (<http://www.swosu.edu/administration/osp/ce/forms.asp>). The forms, along with payment, can be turned in to the Office of Sponsored Programs (Administration Building 201).

For questions, contact Shannon Hawkins at 580.774.7012 or by email at shannon.hawkins@swosu.edu.

The activities are:

Filipino Martial Culture

Instructor: Daniel Farris

January 11 – May 10

Saturdays

10 – 11 a.m.

Wellness Center Large Aerobics Room (Room 144)

Fee: \$200

This activity is designed to teach various arnis defense techniques against different types of attacks. Participants will be able to demonstrate and apply combinations of attacks and defense and will be able to avoid dangerous scenarios. They will also learn about Filipino martial art philosophy and history.

Prehistoric Indian Artifacts of Oklahoma

Instructor: Lee Gregory

January 28 – February 25

Tuesdays

7 – 8 p.m.

Campbell Building Conference Room (Room 201)

Fee: \$60

This course is designed for those interested in Oklahoma's pre-history. Course participants will gain an awareness of and appreciation for the richness of the country's prehistoric heritage. Participants will also learn to recognize common types of tools and

weapons and be able to describe their uses. Part one of the activity is not required to participate in part two.