

Intro to Oklahoma Pre-History & Filipino Martial Culture Offered as CE Activities at SWOSU

06.11.2014

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

The CE activities include Filipino Martial Culture and Stones and Bones: An Introduction to Oklahoma Prehistory.

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 Dr. Yolanda Carr at 580.774.7010 or by email at yolanda.carr@swosu.edu.

The activities are:

Filipino Martial Culture

Instructor: Daniel Farris

Now – July 19

Mondays and Wednesdays

3-4 p.m.

Wellness Center Large Aerobics Room (Room 145)

Fee: \$200

This activity is designed to teach various arnis defense techniques against empty-handed attacks and weapons. Participants will also be able to defend themselves in basic combat scenarios against knife, stick, sword, staff and other types of attacks. They will also learn about Filipino martial art philosophy and history.

Stones and Bones: An Introduction to Oklahoma Prehistory

Instructor: Lee Gregory

June 26 – July 24

Thursdays

7 – 8 p.m.

Campbell Building Room 206

Fee: \$72

This activity is designed to give participants knowledge and understanding of prehistoric artifacts and indigenous to the state of Oklahoma. Participants will be able to identify various types of artifacts in terms of their use and age and gain an appreciation of the ancient people who inhabited the state.