

# Line Dancing and Filipino Martial Culture Being Offered by SWOSU Continuing Education

08.20.2014

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

The CE activities include Line Dancing Class and Filipino Martial Culture.

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 additional information, contact Dr. Yolanda Carr at 580.774.7010 or by email at [yolanda.carr@swosu.edu](mailto:yolanda.carr@swosu.edu).

The activities are:

## **Line Dancing Class**

Instructor: Tina Barnes

August 26 – December 16

Tuesdays and Thursdays

5:15 – 6:15 p.m.

Wellness Center Large Aerobics Room (Room 145)

Fee: \$75

This activity is designed for those interested in having a fun time while increasing their fitness level, coordination and range of motion. The activity is extremely low impact and for people of all fitness levels. No workout attire is required.

## **Filipino Martial Culture**

Instructor: Daniel Farris

August 25-December 5

Two classes offered: Mondays 3-4 p.m. 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 in a general sense.