

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 78 - Taekwondo

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of the ancient martial art of Taekwondo. It is designed for a beginning level student. Emphasis will be placed on kicking and punching techniques, along with the proper techniques used in Olympic sparring. This course is designed to take each student up to the level of yellow belt, green stripe. (Belt testing under a recognized institution is optional).

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. explain basic principles, rules, strategy and etiquette used in Taekwondo.
- B. demonstrate basic blocking, punching, kicking and sparring.
- C. exhibit improved physical fitness in forms of strength and flexibility.
- D. discuss the importance of self respect and how it relates to taekwondo.
- E. discuss the basic history of Taekwondo.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Orientation, Rules, and Safety	2.00
2. Explaining Taekwondo	2.00
3. Basic stances	0.75
4. Basic blocks	0.75
5. Front and side kicks	0.75
6. Round kicks, high and low	0.75
7. Back kick	0.75
8. Introduction to combinations	1.50
9. Front and round kicks	0.75
10. Round and back kick	0.75
11. Round and side kick	0.75
12. Introduction to front leg kicking	2.00
13. Front leg: front and round kicks	0.75
14. Front leg: side kick	0.75
15. Introduction to sparring	2.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Rules of the game	2.00
2. Explaining Taekwondo	2.00
3. Basic stances	2.50
4. Basic blocks	2.50
5. Front and side kicks	2.50
6. Round kicks, high and low	2.50
7. Back kicks	2.50
8. Introduction to combinations	2.00
9. Front and round kicks	2.50
10. Round and side kicks	2.50
11. Round and back kicks	2.50
12. Introduction to front leg kicking	2.50
13. Front leg: front and round kicks	1.50
14. Introduction to sparring	2.50
15. Front leg: side kicks	1.50
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

V. METHODS OF EVALUATION

- A. Demonstration
- B. Homework
- C. Class participation
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Essays and research papers

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Review the history of Taekwondo and the impact the martial art had throughout the world.
 - 2. Read and differentiate between "traditional taekwondo" and "sport taekwondo."
- B. Writing Assignments
 - 1. Maintain a journal describing personal fitness and skill progressions.
 - 2. Write a brief essay outlining the history and impact of Taekwondo as a martial art.
- C. Out-of-Class Assignments
 - 1. Observe at least two different martial arts and be prepared to present on findings.
 - 2. Research and visit a local Taekwondo facility to observe a belt test and presentation.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to buy a Taekwondo uniform, genital protectors, arm pads, shin and instep pads.
- B. Sparring gear (optional)
- C. The college will provide the following:
 - 1. Body protector and head gear
 - 2. Kicking pads
 - 3. Kicking targets

Created/Revised by: Mario Vela

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