**Practice Project 7**

**Part 1**

**Website Theme:** Some Sport

1. Pick a sport. You are going to make a webpage about that sport. Make sure the material is work appropriate.
2. Find images and information related to the topic.
3. You are going to create the following pages
   1. A general page talking about the topic.
      1. The general page should include some Youtube links containing highlights.
   2. A page talking about the history of that topic.
   3. A page linking to learn more about that topic and how to get involved.
4. Make sure to use images and video throughout this page. You are going to want to use a suitable background image.
5. As usual, make sure images are work appropriate.
6. Make sure to save your web page often.

**Part 2**

1. Make a new folder in your folder called **Practice Project 7B**. Name your home page **index.html** and save it in that folder. Your CSS document will be called **style.css**.

**Create a website that includes:**

* 2-3 webpages
* A navigation menu
* CSS document (style.css)
* Divs
* Percentages
* Classes
* Images
* Links
* Youtube Links
* Images

**Setting up your document:**

<!doctype html>

<html>

<head>

<title></title>

</head>

<body>

</body>

</html>

**Citation Advice**

For this assignment and future assignments, you should make sure to paraphrase any information you find online. Do not just directly type or copy and paste information into your website. This will help you avoid issues with plagiarism, which can cause you to fail assignments or harm your professional reputation. The B Side assignments cover topics you already went over, so now you need to properly cite information and avoid plagiarizing.

When using resources, make sure to write down where you found information. Citation is showing where you found certain information that you wrote. This is used for academic writing and professional writing.

You want to paraphrase information usually. According to Wikipedia, paraphrasing “is a restatement of the meaning of a text or passage using other words.” You can still occasionally use quotes, but do not do so too often and make sure to cite the resource you are directly quoting. Make sure to put information in your own words typically. You do not need to write down every single sentence, just use the important ones.

You do not need to cite your opinions, but make sure to clarify if that something is your opinion.

Proper citations and paraphrasing will help you make better websites.

Here are some articles on paraphrasing.

<https://www.grammarly.com/blog/paraphrase/>

<https://examples.yourdictionary.com/examples-of-paraphrasing.html>

<https://www.scribendi.com/academy/articles/how_to_paraphrase.en.html>

**Research**

**What is Taekwondo**

<https://www.teamusa.org/usa-taekwondo/v2-getting-started-in-taekwondo/what-is-taekwondo>

Taekwondo is a traditional Korean martial art. Taekwondo is composed of three words. The first word is Tae, which means foot. The second word is Kwon, which means fist. The last word is Do, which means way. Taekwondo focuses on using your legs, your fists and most importantly, having discipline and focus behind your actions.

Taekwondo uses a large number of foot skills, which makes it different from other martial arts. However, Taekwondo also includes various hand techniques to support foot techniques and to help people develop into well rounded martial artists.

**About Taekwondo**

<https://ase.tufts.edu/taekwondo/about_tkd.html#:~:text=Tae%20kwon%20do%20is%20a,a%20long%20and%20intricate%20history>.

While Taekwondo does have throwing, it mainly focuses on using punches and kicks. In particular, Taekwondo stands out due to its powerful and high kicks.

One of Taekwondo’s central principles is unity. Taekwondo focuses on a unity between body, mind and life. Practicing Taekwondo requires being calm and focused in order to do well. That calmness and focus can be applied to your life outside Taekwondo as well, which helps you grow. Taekwondo is more than just a series of techniques, it is a way of life.

**What does Taekwondo Teach**

<https://healthyliving.azcentral.com/taekwondo-teach-19539.html>

Taekwondo has several parts for its curriculum. First, Taewondo teaches physical techniques, which include punches and kicks. As you learn more Taekwondo, you will learn more advanced techniques.

Taekwondo also includes forms, a series of ordered motions that help students learn how to defend themselves.

Another major part of Taekwondo is sparring, which is a more dynamic way of defending yourself. Step sparring is used to teach students how to use a specific number of movements. Free sparring has no limits on the number or order of movements. This dynamic structure helps students learn how to defend themselves.

Lastly, Taekwondo features breaking, which is using a hand or leg technique to break through a board of wood. This helps you learn how to execute techniques with power. Some more advanced breakings even involve breaking through bricks.

Taekwondo also focuses on mentality along with physical techniques. Taekwondo helps teach, self-respect, self-discipline, concentration and good listening. This makes Taekwondo particularly valuable for children, but these are useful skills for any person, regardless of their age.

**Why Taekwondo**

<https://www.uvm.edu/~tkd/docs/why_tkd.pdf>

Taekwondo is great for physical health and does not use special equipment. Being able to practice without equipment makes training easier and safer. Since you are pacing yourself without equipment, injuries occur less often than if you were using equipment. Taekwondo also helps with muscular strength and flexibility.

**Taekwondo and Self Defense**

<https://taekwondo.fandom.com/wiki/Taekwondo_Self_Defense>

While Taekwondo may not be the absolute greatest martial art for self defense, it is still useful for self-defense. Kicking is useful for self defense since you are able to kick someone while being far away enough from their arms. This will help you be safer.

In general, self-defense is very risky since you may be attacked by multiple assailants who may even be armed. No matter what martial art you do, defending yourself is not entirely safe. The most important principles for self-defense are to be aware of your surroundings and to be able to de-escalate situations safely.

**Is Taekwondo Good for Self-defense? The Answer Might Surprise You!**

<https://wayofmartialarts.com/is-taekwondo-good-for-self-defense/>

Taekwondo is a useful martial art for defending yourself, but not the absolute best. Training in one martial art is better than not training in any martial arts. Having a well rounded set of skills, including striking, kicking, throwing and grappling, will allow you defend yourself well. Taekwondo does not use a large amount of grappling and punching though, but does use throwing and kicking.

Practicing Taekwondo will help you get better at kicking. Strong kicks can be very useful when defending yourself Kicking someone in the leg while defending yourself will potentially knock them down. In addition, Taekwondo helps with general fitness, which will improve your ability to defend yourself.

**Personal Experience**

From my personal experience, Taekwondo tends to be a good social outlet as well. If you have a kid, they will have a nice social environment since Taekwondo has a lot of children and they will wind up training with a group of students that are their belt level. You often train with people your own age if you are a teenager. Taekwondo also has a vibrant community for adults as well.

**Brainstorming**

1. What is Taekwondo?
   * Very basics
   * Taekwondo Curriculum
2. Why should you practice Taekwondo?
   * Physical Health
   * Mental Health
   * Self Defense Skills
   * Social Outlet
3. Where can you learn Taekwondo?
   * There are a lot of schools in NJ