

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for KIN TK2

### TAE KWON DO 2

Effective: Fall 2014

#### I. CATALOG DESCRIPTION:

KIN TK2 — TAE KWON DO 2 — 0.50 - 2.00 units

Designed to reinforce and build on the many principles of the Korean martial art Tae Kwon Do from Tae Kwon Do 1. Developing intermediate techniques in kicking, punching and sparring; course will reinforce concepts of fitness and cardio-respiratory conditioning achieved through participating in Taekwondo. Students develop intermediate self-defense techniques developed from Taekwondo skills. This course is structured as a continuation from TK 1.

0.50 - 2.00 Units Lab

#### **Strongly Recommended**

KIN TK1 - TAE KWON DO 1  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

A. KINTK1

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

1. Demonstrate proper usage of equipment in the sport of Tae Kwon Do
2. Demonstrate safety procedures for intermediate TKD exercise & skills
3. Practice of proper Martial Arts Etiquette and demonstrate the traditional philosophies employed in Taekwondo
4. Identify history and traditions of Tae Kwon Do
5. Practice Tae Kwon Do terminology
6. Apply safe and effective class format including proper stretching, warm-up, breathing, and cool-down techniques for intermediate Taekwondo training.
7. Demonstrate correctly Self Defense Exercises - #1-10
8. Demonstrate proficiency of techniques and movements of Taeguk Sam Jang, Taeguk Sah Jang, Taeguk Oh Jang in Accordance with World Taekwondo Federation regulations

#### V. CONTENT:

Proper Taekwondo Etiquette and demonstrate the intermediate traditional philosophies employed

Proper warm-up for Tae Kwon Do, including cardiovascular and flexibility exercises.

Use of taekwondo equipment

1. proper maintenance
2. handling

Intermediate Korean Terminology

#### Hand techniques in accordance to World Tae Kwon Do Federation standards

1. low block
2. body block
3. face block
4. forearm block
5. inside block
6. knife hand block
7. push block
8. hook punch
9. upper punch
10. twist punch

#### Foot techniques in accordance to World Tae Kwon Do Federation standards

1. Front kick
2. side kick
3. back kick
4. roundhouse kick
5. axe kick
6. hook kick

#### Stances in accordance to World Tae Kwon Do Federation standards

1. horse stance
2. walking stance
3. front stance
4. Back Stance
5. sparring stance
6. "L" stance
7. Twist stance

#### Self Defense Exercises - #1-10

#### Required Forms

1. Taeguk Sahm jang (Official Form in Accordance with World Taekwondo Federation Regulations)
2. Taeguk Sah Jang (Official Form in Accordance with World Taekwondo Federation Regulations)
3. Taeguk Oh Jang (Official Form in Accordance with World Taekwondo Federation Regulations)

#### VI. METHODS OF INSTRUCTION:

- A. **Classroom Activity** - active class participation including stretching, muscle development, proper hand and foot techniques will be practiced
- B. **Observation and Demonstration** - students will be given a chance to watch others demonstrate proper techniques
- C. **Clinical** - stances, blocks, attacks footwork, referee clinics to increase understanding behind methods

#### VII. TYPICAL ASSIGNMENTS:

- A. Skills performance and assessment on specific exercises and techniques will be assigned.
- B. Attending and observing local tournaments in forms, sparring, and breaking will be assigned.
- C. Perform skills for Tae Kwon Do to demonstrate proficiency attained

#### VIII. EVALUATION:

##### A. **Methods**

1. Exams/Tests
2. Oral Presentation

- 3. Class Participation
  - 4. Class Performance
  - 5. Final Performance
- B. **Frequency**

Daily evaluation of student's progress/participation by instructor

IX. TYPICAL TEXTS:

- 1. Lee, K.H. *Taekwondo Taegeuk Forms: The Official Forms of Taekwondo.*, Turtle Press, 2011.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper Tae Kwon Do uniform, including fighting safety equipment.