

Las Positas College
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Course Outline for KIN TK3

TAE KWON DO 3

Effective: Spring 2016

I. CATALOG DESCRIPTION:

KIN TK3 — TAE KWON DO 3 — 1.00 - 2.00 units

This martial arts course is structured as a continuation from Level 2 Taekwondo. The advanced techniques of blocks, kicks and stances will reinforce concepts of fitness, cardio-respiratory conditioning, strength and balance achieved through participating in Taekwondo. Students will learn advanced self-defense techniques and advanced required forms in Accordance with World Taekwondo Federation Regulations. Attending and observing local tournaments will be assigned as an off campus activity.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN TK2 - Tae Kwon Do 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Tae Kwon Do

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	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. KINTK2

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

IV. MEASURABLE OBJECTIVES:

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

- A. Exhibit skill in equipment usage, handling, safety and maintenance for advanced Taekwondo.
- B. Incorporation of proper warm up and musculoskeletal strength and balance skills for advance skill development.
- C. Proficiency in advanced blocks, kicks, and stances according to Federation Standards
- D. Perform correctly Self Defense Exercises - #1-15
- E. Correctly demonstrate advanced Required Forms: Taeguk Yook Jang, Taeuk Chil Jang, Takquk Pahl Jang, and Koryo.

V. CONTENT:

- A. Review of Proper Tae Kwon Do Etiquette the traditional philosophies of Taekwondo
- B. Review of equipment usage, handling, safety, and maintenance
- C. Proper warm-up for Tae Kwon Do, including cardiovascular and flexibility exercises.
- D. Incorporation of Strength Training and balance exercises combined with conditioning and muscle development
- E. Advanced hand techniques in accordance to World Tae Kwon Do Federation standards
 1. single mountain block
 2. mountain block

3. back fist
4. reinforced down block
5. body block
6. forearm block
7. double forearm block
- F. Advanced foot techniques in accordance with World Tae Kwon Do Federation standards
 1. Spin Hook Kick
 2. Turn jump roundhouse kick
 3. Counter back kick
 4. Jump front kick
- G. Stances in accordance with World Tae Kwon Do Federation standards
 1. Mountain Stance
 2. Tiger Stance
- H. Self Defense Exercises - #1-15
- I. Required Advanced Forms
 1. Taeguk Yook jang (Official Form in Accordance with World Taekwondo Federation Regulations)
 2. Taeguk Chil Jang (Official Form in Accordance with World Taekwondo Federation Regulations)
 3. Taeguk Pahl Jang (Official Form in Accordance with World Taekwondo Federation Regulations)
 4. Koryo (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. Team and individual video filming will be assigned.
- C. Attending and observing local tournaments in sparring, forms, and breaking will be assigned.
- D. Perform skills for Tae Kwon Do to demonstrate proficiency attained

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Papers
4. Oral Presentation
5. Class Participation
6. Class Performance
7. Final Performance

B. **Frequency**

1. Written Examination on course content- mid term & finals
2. Participation, effort and progress will be evaluated daily
3. Skill demonstration and evaluation will be documented throughout the course

IX. TYPICAL TEXTS:

1. Lee, K. H (2011). *Taekwondo Taegeuk Forms: The Official Forms of Taekwondo*. Santa Fe, New Mexico: Turtle Press.
2. Taekwondo Headquarter Official Texts (2011). *Taekwondo Textbook 1* (First ed.). Kukkiwon, Korea: Osung Publishing Company.
3. Taekwondo Headquarter Official Texts (2013). *Taekwondo Textbook 2* (2nd ed.). Kukkiwon, Korea: Osung Publishing Company.
4. Lee, K.H. (2013). *What is Taekwondo Poomsae?* (Fourth ed.). Kukkiwon, Korea: Osung Publishing Company.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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