

Las Positas College
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Course Outline for KIN TK1

TAE KWON DO 1

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN TK1 — TAE KWON DO 1 — 0.50 - 2.00 units

A beginning level self-defense course designed to teach fundamental techniques of Taekwondo. Developing basic techniques in kicking, punching and sparring, the course will introduce concepts of fitness and cardio-respiratory conditioning achieved through participating in Taekwondo. This course is structured as a martial arts class.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Martial Arts/Self-Defense

Family: Kinesiology Tae Kwon Do

| | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| Lab Hours: | 27.00 | 108.00 |
| Total Hours: | 27.00 | 108.00 |

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Practice Martial Arts Etiquette and demonstrate the traditional philosophies employed in Taekwondo
- Identify safe and effective class format including proper stretching, warm-up, breathing, and cool-down techniques for Taekwondo training.
- Demonstrate proper usage of equipment in the sport of Taekwondo
- Demonstrate safety procedures for exercising in Taekwondo
- Identify Beginner level body conditioning exercises
- Demonstrate basic hand, foot and stances for self defense exercises
- Correctly demonstrate proficiency of techniques and movements of Gi Bon Poomse, Taeguk Il Jang, Taeguk Ee Jang in Accordance with World Taekwondo Federation regulations

V. CONTENT:

- Taekwondo traditional philosophies
 1. Basic Korean terminology
 2. Etiquette
- Stretching, warm-up, breathing, and cool down procedures for Taekwondo exercises
 1. Cardiovascular
 2. Flexibility
- Use of Taekwondo equipment
 1. Proper maintenance
 2. Handling
- Basic hand techniques following World Taekwondo Federation standards
 1. Low block
 2. Body block
 3. Face block
- Basic foot techniques following World Taekwondo Federation standards
 1. Front kick
 2. Side kick
 3. Back kick
- Basic stances in following World Taekwondo Federation standards
 1. Horse stance
 2. Walking stance
 3. Front stance
- Self defense exercise
 1. Wrist release
 2. Hand release

3. Elbow release
 4. Shoulder release
 5. Neck release
- H. Required Forms
1. Gi Bon Poomse (beginner level Form)
 2. Taeguk Il Jang (Official Form following World Taekwondo Federation Regulations)
 3. Taeguk Ee Jang (Official Form following World Taekwondo Federation Regulations)

VI. METHODS OF INSTRUCTION:

- A. Demonstration and Lecture will be main method of instruction
- B. Use of written and oral assessment will be used
- C. Video and film analysis of various type of movements as well as individual skills will be used
- D. Laboratory skills demonstrations and exercises will be used

VII. TYPICAL ASSIGNMENTS:

- A. Skill performance and assessment on specific exercises and techniques will be assigned.
- B. Perform skills for Taekwondo to demonstrate proficiency attained

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
- B. Class Participation
- C. Final Class Performance

IX. TYPICAL TEXTS:

1. Lee, K.H (2011). *Taekwondo Taegeuk Forms: The Official Forms of Taekwondo* . Santa Fe, New Mexico: Turtle Press.
2. Sang. H. Him (2010). *Taekwondo Step Sparring*. Santa Fe, New Mexico: Turtle Press.
3. Gilles Savoie (2010). *Taekwondo: a Technical Manual*. New York, New York: Random House.
4. <http://www.teamusa.org/USA-Taekwondo.aspx> USA Taekwondo Official Website

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper Taekwondo uniform, including fighting safety equipment.