

Las Positas College
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Course Outline for KIN TK3

TAE KWON DO 3

Effective: Fall 2014

I. CATALOG DESCRIPTION:

KIN TK3 — TAE KWON DO 3 — 0.50 - 2.00 units

Designed to advance student proficiency of the many principles of the Korean martial art Tae Kwon Do. Students practice advanced techniques in kicking, punching and sparring; demonstrate of knowledge in concepts of fitness and cardio-respiratory conditioning achieved through participating in Taekwondo. This course is structured as a continuation from TK2

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:

	<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:

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 advanced TKD exercises and skills
3. Demonstrate proper Martial Arts Etiquette and demonstrate the traditional philosophies employed in Taekwondo
4. Identify the history and traditions of Tae Kwon Do
5. Perform and understand terminology used in Tae Kwon Do
6. Apply Safe and Effective class Format including proper stretching, warm-up, breathing, and cool-down techniques for Taekwondo training.
7. Identify advanced level body conditioning exercises
8. Perform correctly Self Defense Exercises - #1-15
9. Correctly demonstrate proficiency of advanced techniques and movements.

V. CONTENT:

Proper Tae Kwon Do Etiquette and demonstrate the traditional philosophies employed

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

Use of Tae Kwon Do equipment

1. proper maintenance
2. handling

TKD Korean Terminology

History of Taekwondo

Strength Training and balance exercises combined with conditioning and muscle development

Advanced hand techniques in accordance with 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

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

Stances in accordance with World Tae Kwon Do Federation standards

1. Mountain Stance
2. Tiger Stance

Self Defense Exercises - #1-15

Required 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**

A. Daily evaluation of student's progress/participation by Instructor

IX. TYPICAL TEXTS:

1. Lee, K. H (2011). *Taekwondo Taegeuk Forms: The Official Forms of Taekwondo* . Santa Fe, New Mexico: Turtle Press.
2. Chung, K.H (1999). *Taekwondo Kyorugi: Olympic Style Sparring* (Paperback ed.). Wethersfield, Connecticut: Turtle Press.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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