

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

## Course Outline for KIN TK

### TAE KWON DO

Effective: Spring 2008

#### I. CATALOG DESCRIPTION:

KIN TK — TAE KWON DO — 0.50 - 2.00 units

A form of martial arts that originated in Korea over 4000 years ago. It is both a hard and a soft style of karate which uses mostly kicks, and some use of hands and other body parts, such as head and elbows.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<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: 4

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

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate safety procedures for exercising in Tae Kwon Do
- B. Demonstrate proper usage of equipment in the sport of Tae Kwon Do
- C. Explain the history and traditions of Tae Kwon Do
- D. Demonstrate proper etiquette of Tae Kwon Do
- E. Use and understand terminology and language used in Tae Kwon Do
- F. Recognize and demonstrate the skills necessary to perform Tae Kwon Do routines
- G. Demonstrate differences between defending and attacking movements
- H. Demonstrate established routine form techniques of Tae Kwon Do
  - I. Identify basic punches and kicks
- J. Know proper conditioning exercises for Tae Kwon Do
- K. Be able to recognize and perform good sportsmanship and leadership qualities
- L. Understand importance of traditions of Tae Kwon Do
- M. Recognize the life long benefits of Tae Kwon Do
- N. Explain the ranking system of Tae Kwon Do especially the colored belt promotions

#### V. CONTENT:

- A. Proper warm-up for Tae Kwon Do, which includes cardiovascular and flexibility exercises.
- B. Use of equipment and it's proper maintenance
- C. Proper skills development techniques for punching, kicking, throwing, handling, breaking away and falling.
- D. Attacking technique strategies and skills.
- E. Defending technique strategies and skills.
- F. Proper exercises in developing skills for all of Tae Kwon Do movements.
- G. Making proper training adjustments depending on skill level.
- H. Follow traditional Tae Kwon Do protocol during classes

#### 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. Team and individual video filming will be assigned. C. Attending and observing local fighting, forms and breaking tournaments in Tae Kwon Do will be assigned. D. Perform skills for Tae Kwon Do to demonstrate proficiency attained

#### VIII. EVALUATION:

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

1. Exams/Tests

2. Oral Presentation
3. Class Participation
4. Other:
  - a. Participation and Effort will be evaluated daily
  - b. Skills demonstration and test at beginning of class, during mid term week and finals week will be implemented
  - c. Written and/or oral examination on course content

**B. Frequency**

**IX. TYPICAL TEXTS:**

1. Various reading from Tae Kwon Do books.
2. Internet readings of Tae Kwon Do materials

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

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