

Las Positas College
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Course Outline for KIN TK2

TAE KWON DO 2

Effective: Spring 2016

I. CATALOG DESCRIPTION:

KIN TK2 — TAE KWON DO 2 — 1.00 - 2.00 units

This martial arts course is structured as a continuation from Level 1 Taekwondo. The intermediate techniques of kicking, punching and sparring will reinforce concepts of fitness and cardio-respiratory conditioning achieved through participating in Taekwondo. Students will learn intermediate self-defense techniques from Taekwondo skills. Attending and observing local tournaments will be assigned as an off campus activity.

1.00 - 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:

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. KINTK1

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

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

- A. Proper Taekwondo Etiquette and intermediate traditional philosophies of TKD
- B. Proper warm-up for Tae Kwon Do, including cardiovascular and flexibility exercises.
- C. Use of taekwondo equipment
 1. proper maintenance
 2. handling
- D. Intermediate Korean Terminology

E. Hand techniques in accordance with 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

F. Foot techniques in accordance with World Tae Kwon Do Federation standards

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

G. Stances in accordance with 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

H. Self Defense Exercises - #1-10

I. 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**

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. *Taekwondo Taegeuk Forms: The Official Forms of Taekwondo.*, Turtle Press, 2011.
2. Taekwondo Headquarter Official Texts. *Taekwondo Textbook 1.* 1st ed., Osung Publishing Company, 2011.
3. Taekwondo Headquarter Official Texts. *Taekwondo Textbook 2.* 2nd ed., Osung Publishing Company, 2013.
4. Lee, Kyu. *What is Taekwondo Poomsae?*. 4th ed., Osung Publishing Company, 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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