

## PED 137 **Taekwondo** Spring 2007 Course Information

### **Instructor**

Instructor: Master David Lyons  
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### **Course Description**

This course is an introduction to basic techniques of the Korean martial art taekwondo.

### **Course Fee**

There is a participation fee of \$20 for this course.

### **To Earn Credit**

To earn PE credit for this course, you must attend 12 classes and pay the \$20 participation fee.

You are not required to become a member of the Taekwondo Club, to purchase a uniform, or participate in belt promotion tests. However, you are invited to do these things if you wish.

### **What to Wear**

Wear comfortable workout clothes that do not restrict your movement. Please leave watches and jewelery in your dorm room or in a gym bag.

### **Etiquette**

Taekwondo is a martial art, and as such, has a code of etiquette for behavior during training. Taekwondo is based on mutual respect among fellow students and between teacher and student. In particular, students are expected to follow the teacher's instructions, and to ask permission when this is not possible. We do this not merely to follow tradition, but also for safety.

### **Email**

Occasional course announcements will be made to your LVC email account.