

# Taekwondo: Building Body and Soul Introduction to Korean Martial Arts (2019)

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## 1. GOAL

- Experience of Korean culture through taekwondo.
- Improve health through various techniques of taekwondo.
- Build an upright character and confidence through poomsae and sparring.

## 2. SUMMARY

1. Theory of taekwondo 1) Definition 2) History 3) Character 4) Type of taekwondo
2. Taekwondo etiquette 1) Bow 2) Mutual respect 3) Spirit of taekwondo 4) How to wear taekwondo uniform.
3. Taekwondo practice 1) Basic positions of taekwondo 2) Kicking 3) Poomsae 4) Sparring 5) Breaking

## 3. PROGRESS

Theory	Practical work
10%	90%

## 4. METHOD

Lecture	Practical work	Discussion	AV Materials
√	√	√	√

## 5. EVALUATION

Final Exam	Presentation	Participation in Class
40%	30%	30%

## 6. TOTAL TIME

15times (five days a week, Monday to Friday, 09:00 ~ 12:00)

2credit (7/8~7/26)

Day 1 (7/8)	<ul style="list-style-type: none"> <li>- Theory of taekwondo(definition, history, character, type of taekwondo)</li> <li>- Taekwondo etiquette (bow, mutual respect, etc.)</li> <li>- Warm-up (stretching)</li> <li>- Basic position(stance, block, punch)</li> </ul>
Day 2 (7/9)	<ul style="list-style-type: none"> <li>- Physical training for taekwondo</li> <li>- Basic position(stance, block, punch)</li> <li>- Basic kicking(front, roundhouse, side kick)</li> <li>- Basic step(forward &amp; backward)</li> </ul>

Day 3 (7/10)	<ul style="list-style-type: none"> <li>- Basic position(stance, block, punch, strike)</li> <li>- Poomsae (taegeuk 1jhang)</li> <li>- Kicking(ax kick, back kick, back spin kick)</li> <li>- Basic step(forward &amp; backward)</li> </ul>
Day 4 (7/11)	<ul style="list-style-type: none"> <li>- Basic position(stance, block, punch,strike)</li> <li>- Poomsae (taegeuk 1jhang)</li> <li>- Kicking(ax kick, back kick, back spin kick)</li> <li>- Basic step(forward &amp; backward)</li> </ul>
Day 5 (7/12)	<ul style="list-style-type: none"> <li>- Basic position(stance, block, punch, strike, thrust)</li> <li>- Poomsae (taegeuk 1&amp;2 jhang)</li> <li>- Kicking(divide into groups of two or five)</li> <li>- Sparring</li> </ul>
Day 6 (7/15)	<ul style="list-style-type: none"> <li>-Poomsae (taegeuk 1&amp;2 jhang)</li> <li>-Kicking(ax kick, back kick, back spin kick)</li> <li>-Speed kick &amp; shuttle kick</li> </ul>
Day 7 (7/16)	<ul style="list-style-type: none"> <li>- Basic position(stance, block, punch, strike, thrust)</li> <li>- Poomsae (taegeuk 2&amp; 3jhang)</li> <li>- Kicking (ax kick, back kick, back spin kick, narae kick, dolgae kick)</li> <li>- Speed kick &amp; shuttle kick</li> </ul>
Day 8 (7/17)	<ul style="list-style-type: none"> <li>- Poomsae (taegeuk 1,2, 3jhang)</li> <li>- Advanced kick(target sparring)</li> <li>- Advanced step</li> </ul>
Day 9 (7/18)	<ul style="list-style-type: none"> <li>- Physical training for taekwondo</li> <li>- Kicking (ax kick, back kick, back spin kick, narae kick, dolgae kick)</li> <li>- Sparring</li> </ul>
Day 10 (7/19)	<ul style="list-style-type: none"> <li>- Poomsae (taegeuk 1,2, 3 jhang)</li> <li>- Kicking (ax kick, back kick, back spin kick, narae kick, dolgae kick)</li> <li>- Target sparring)</li> </ul>

Day 11 (7/22)	<ul style="list-style-type: none"> <li>- Poomsae (taegeuk 4 jhang)</li> <li>- Intensive kicking (ax kick, back kick, back spin kick, narae kick, dolgae kick)</li> </ul>
Day 12 (7/23)	<ul style="list-style-type: none"> <li>- Advanced kick(target sparring)</li> <li>- Sparring</li> <li>- Breaking</li> </ul>
Day 13 (7/24)	<ul style="list-style-type: none"> <li>- Basic position(stance, block, punch, strike, thrust)</li> <li>- Poomsae (taegeuk 1,2, 3,4 jhang)</li> <li>- Speed kick, shuttle kick, Group game</li> <li>- Sparring</li> </ul>
Day 14 (7/25)	<ul style="list-style-type: none"> <li>- kicking (ax kick, back kick, back spin kick, narae kick, dolgae kick)</li> <li>- Advanced kick(target sparring)</li> <li>- Breaking</li> </ul>
Day 15 (7/26)	<ul style="list-style-type: none"> <li>- Final Exam (practical test)</li> </ul>