I. INTRODUCTION:

A. The purpose of this course is to introduce students to the Martial Art of TAE KWON DO, which involves physical activity as well as mental discipline.

B. This course meets curriculum requirement for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

A. Students will be able to comprehend and illustrate by example the rules regarding the safety, strategy and manners of the sport.

B. Students will be able to demonstrate competency by participating in offensive and defensive maneuvers.

C. Students should be able to comprehend and apply the principle that the achievement and maintenance of good physical condition is essential to success in the sport of TAE KWON DO and must be introduced by fitness exercises.

D. Students should be able to develop skills and understanding of the general principles of personal defense and safety and should also be able to develop a sense of responsibility for one's self as well as others.

m. INSTRUCTIONAL MATERIALS:

A. Lecture

B. Teacher Modeling

C. Cooperative Group

D. Discussion

E. Guided Practice

F. Independent Practice
IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations

GRADE COMPUTATION

Participation 50%
Written Examinations 50%

*Participation grade will include suiting out in proper attire, positive contributions to class
and team efforts, promptness in beginning activities, constant and maximum effort toward
activity objectives, and demonstration of good sportsmanship.

ABSENCES AND TARDIES

A student may be absent from class TWO times and tardy to class TWO times without
penalty. It is our recommendation that these "FREE" absences be used for days when you
have to work, can't find a babysitter, have a flat tire, etc.... Because this is an activity course,
each absence and tardy beyond the two that are allowed will carry a penalty. Five points will
be deducted from your final grade for each absence and two points for each tardy. Students
who register late will be responsible for the days they have missed. Students who have
DOCUMENTED EXCUSES for absence should make arrangements to attend make-up
classes to be held the last three Fridays of the semester.

The student will be required to provide a documented excuse when he/she misses either
written exams or skills tests. It will be his/her responsibility to arrange with the instructor the
missed exam. Students who fail to make such arrangements immediately upon their return
to class will not be allowed to take the test.

V. COURSE OUTLINE:

A. Orientation

1. Objective: To introduce students to the martial art of TAE KWON DO, which
involves physical activity as well as mental discipline.

   a. Warm-ups
      (1) Cardiovascular Exercises
      (2) Stretching Exercises
b. Forms
   (1) Kyu-yool (discipline)
   (2) Kam-sah (appreciation)

c. Count Kicks
   (1) 3-count front kick
   (2) 4-count side kick

d. Six Basics

e. Self-defense Techniques

f. White Belt One Step
   (1) Attacker-steps forward with loud yelling
   (2) Defender-steps back with loud yelling

B. Evaluation

1. Discussion
2. Project
3. Activity
4. Test
5. Teacher Observation