

Fitness & Lifestyle - Taekwondo

Course Title	Fitness & Lifestyle - Taekwondo		
Course Code	GEN231	Course Type	Free Elective
Credit	2	Contact Hours	30
Prerequisites	None	Co-Requisites	None
Duration	15 weeks	Class Type	Gymnasium

SolBridge GACCS Objectives	%	Learning Objectives
1. Global Perspective	0	1. Fundamental basic knowledge of Taekwondo with a minimum level of competences in self-defense 2. Learn the genuine traditional martial arts which emphasizes not only learning accurate self-defense techniques, but also mental training including Asian philosophies and its culture.
2. Asian Expertise	80	
3. Creative Management Mind	0	
4. Cross Cultural Communication	15	
5. Social Responsibility	5	

Course Description

This course is aimed to introduce a basic Taekwondo for beginners. Students who take this 15 week course should be able to acquire fundamental basic knowledge of Taekwondo with a minimum level of competences in self-defense. The students will learn the genuine traditional martial arts which emphasizes not only learning accurate self-defense techniques, but also mental training including Asian philosophies and its culture.

Learning and Teaching Structure

The teaching method would be based on the Social Learning Process. The instructors will provide the Taekwondo techniques and the students will imitate the motions repeatedly until they can do the techniques by themselves. The instructor will also provide occasional lecture on the topic and philosophy

Assessment	%	Text and Materials
Attendance	20	There is no textbook required
Physical technique Test	60	
Written Test	20	

Course content by Week

1	Course Introduction: Grading policy as well as other important issues for the course will be explained
2	Basic stands, ready motion, punches, block to down and up, kicking shape
3	Front and side kicks
4	Punch with front stance, Basic form #1
5	Review, lecture and 1st Midterm Physical test
6	Round house kick and Basic form #2
7	Back stance and middle block
8	Back pivot kick
9	Side punch with horseback riding stance
10	Basic form #3, Review and lecture
11	2nd Midterm Physical test, Free fighting stance, Introduction of Hap-ki-do techniques
12-13	Five combinations
14	Controlled basic free fighting practice
15	Review and written test & Skill test