

**Course Number/Title:** PE 209, 210, 211, 212

**Year:** Fall 2012

**Martial Arts I, II, III, IV**

**Department:** Physical Education

**Credit Hours:** 1

**Required Text:** None

**Days/Time:** W-TR 6-P

**Classes:** Colby Community Building

**Course Placement:** FR/SO

**Pre-requisite:** None

**Rationale:** The Style of Songahm Taekwondo is a system of teaching and training for both your mind and body, started and founded by Grand Master Haeng Ung Lee. Martial Art is a broad term encompassing the many styles of physical discipline arts that have been developed over the years and is the worlds' largest centrally administered Martial Art. From this aspect, this class will help you on physical fitness, focus, stress relief, endurance, and flexibility.

**Course Description:** This course is designed to teach the student the art of Taekwondo by using self-defense, understanding the philosophy, doing the warm-ups, focus and flexibility. The use of basic techniques (which include basic punches, kicks, strikes, and blocks), forms, one-steps, moves to sparring (sparring is one-on-one by using combinations of strikes and blocks while using accuracy and countering the attack which timing becomes a great beneficial factor in this process), and advanced self-defense will be used to achieve these goals.

### **Course and Unit Objectives:**

1. To learn the basic techniques of Taekwondo and commit them to memory.
2. To practice forms, 1-steps, sparring, and self/defense and commit them to memory.
3. To describe what Taekwondo is about and how to defend yourself in **self-defense situations only**.
4. To improve self-confidence, self-esteem, flexibility, focusing, on whatever your goals are that you want to achieve.

**Method of Instruction:** Lectures, demonstrations, practice, and fitness.

**Method of Evaluation:** Attendance, exams, and improvement.

## **Course Requirements:**

1. Attend all classes with active participation and discussion
2. Wear your uniform and belt at all times (unless told otherwise).
3. No foul language.
4. Bow at the doorway before entering and upon exiting class.
5. No gum or candy in class. This includes everyone.
6. No uniforms or belts on floor. This shows disrespect to your fellow students, instructor, and principal of the belt and uniform.
7. Keep uniform clean at all times.
8. Leave shoes in hallway.
9. Answer up "ma'ma or sir."
10. If late for class, please ask permission to join.
11. When you reach toward the end of the semester be able to tell your goals for Taekwondo.
12. Take the final test to excel to your next belt level.
13. Most importantly, never doubt yourself. Anything can be accomplished once you put your mind to it and achieve it.
14. HAVE FUN!!!!

**Assignment Policy:** During class period, students will be given instructions on what to work on. The student will accomplish as much as possible during this time period and then demonstrate what they know in front of the instructor to see what improvements (if any) need to be made.

## **Test Policy:**

Attendance	80% of grade
Test	10% of grade
Improvement	10% of grade

90 – 100%	A
80 – 89 %	B
70 – 79%	C
60 – 69%	D
59 – Below	F

**Attendance Policy:** Attendance will be closely monitored. All students are expected to be in class. Attendance is 80 percent of your grade. If a student misses a class you have the opportunity to make it up with the INSTRUCTOR'S PERMISSION.