

PDP MA 103 Tae Kwon Do, Beginning

Instructor: Osmond Chen

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Meets once per week: 1.0 Credit

Course Description

The practice of Tae Kwon Do – an ancient Korean martial art – develops character through self-confidence, patience, physical fitness, mental alertness, leadership, humility and respect.

Required Equipment

Loose, comfortable workout clothing. Tae Kwon Do uniform is recommended but optional.

Course Goals:

Introduction to Tae Kwon Do. Strength and conditioning training, flexibility training, basic upper body and lower body techniques, which include punches, blocks, kicks and strikes; forms, sparring, self-defense and meditation. Besides physical fitness, training also strengthens the mind, in particular, courtesy, self-control, discipline, attention, mental alertness, humility, perseverance and respect. Strengthens one's mind and humbles one's soul.

Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 90% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need a strong attendance record to receive a passing grade. You are allowed a maximum of 3 absences. All absences are counted equally, so please only use absences for medical or

other emergencies. If you have more than 3 absences, you will need to arrange to make up the classes you have missed with the instructor.

Please let me know if you plan on attending another section of class so that I can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://learn.bu.edu> and can be accessed by entering your username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here. Your instructor will inform you if a Blackboard site has been set up for the semester.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule

Class 1	<ul style="list-style-type: none"> • Introduction to Tae kwon do • Introduce this particular class: what they will learn, what to expect, what to wear, eat/hydrate before class, will take attendance, not competing against anyone, golf game, etc. • Light exercise, introduction of plyometrics, light stretching • Teach counting in Korean • How to tie a belt
Class 2	<ul style="list-style-type: none"> • Additional plyometric/new strength/conditioning exercise • How to make a fist and linear punch • The importance of solar plexus • Stances (walking, front, horse)
Class 3	<ul style="list-style-type: none"> • Blocking (high, middle, low)
Class 4	<ul style="list-style-type: none"> • Basic kicking (Front, Axe, Push)
Class 5	<ul style="list-style-type: none"> • Increase conditioning/flexibility training • Begin to punch with power • Taeguk 1
Class 6	<ul style="list-style-type: none"> • Footwork; Stance switching

Class 7	<ul style="list-style-type: none"> • Practice Kicking (No power. Just body control. Technique, build core muscle and coordination) • Combinations • Building up their balance, strength and coordination as a solid foundation
Class 8	<ul style="list-style-type: none"> • Introduction to different pushups each class, then mix it up • Side-raising up
Class 9	<ul style="list-style-type: none"> • Side Kick
Class 10	<ul style="list-style-type: none"> • Introduction to Sparring • Close stance/open stance in sparring; the pocket
Class 11	<ul style="list-style-type: none"> • Dolyo chagi (turning kick) • Turn around in fighting stance
Class 12	<ul style="list-style-type: none"> • Continue dolyo chagi • In line moving forward from fighting stance • Mastery with Taeguk 1, moving to Taeguk 2
Class 13	<ul style="list-style-type: none"> • Kicking combinations in sparring • Blocking and moving during sparring
Class 14	<ul style="list-style-type: none"> • Back kick and counters • Power Kicking
Class 15	<ul style="list-style-type: none"> • 360 roundhouse
Class 16	<ul style="list-style-type: none"> • Advance variations of basic kicks • Creating own kicking combinations
Class 17	<ul style="list-style-type: none"> • Mastery of Taeguk 2, transition to Taeguk 3
Class 18	<ul style="list-style-type: none"> • Jumping Snap Kick
Class 19	<ul style="list-style-type: none"> • Conditioning for higher jump
Class 20	<ul style="list-style-type: none"> • Flying side kick
Class 21	<ul style="list-style-type: none"> • Switch kicks
Class 22	<ul style="list-style-type: none"> • Mastery of Taeguk 3 • Testing knowledge of Taeguk 1-3 • Transition to Taeguk 4
Class 23	<ul style="list-style-type: none"> • Shadow sparring • Difference between sparring kicks and poomsae kicks
Class 24	<ul style="list-style-type: none"> • Spinning Hook Kick
Class 25	<ul style="list-style-type: none"> • Light head contact during sparring
Class 26	<ul style="list-style-type: none"> • Minor Tricking (cartwheels and tumbling)
Class 27	<ul style="list-style-type: none"> • Review of Taekwondo skills
Class 28	<ul style="list-style-type: none"> • Creating team demonstration using Poomsae and kicking
Class 29	<ul style="list-style-type: none"> • Taekwondo Demonstration