Course Description and Objectives

The objective of this course is to learn the philosophical and historical backgrounds of Taekwondo (TKD) and master basic Taekwondo (TKD) martial art skills such as kicks, punches, blocks, and Taeguek forms to facilitate physically and mentally reflective growth. As a form of martial arts, Taekwondo’s ultimate goal is to achieve self-reflection through the physical trainings and self-discipline. Pass/fail only. Throughout this course, the students will be able to:

1. understand the philosophical and historical backgrounds of Taekwondo
2. master basic Taekwondo kicks, punches, blocks and forms up to the yellow belt level
3. perform TKD non-touching sparring using the basic and advanced skills
4. self-reflect on their physical and mental growth through the training.

Required Texts:

  ISBN: 978-1594390661

Other readings as assigned

Structure of each class session:

- Stretching/Warm-up
- Postures
- Basic Forms
- Kicks/Punches
- Non-touching Sparring
- Taeguek Forms (Poomsae)
- Questions and Discussion of Readings
- Reflective Meditation

Dr. Taewoong Kim holds a 4th degree Taekwondo black belt (Dan) authorized by the Kukkiwon headquarter in South Korea. He has trained Taekwondo for more than 20 years with grandmasters in South Korea and in the U.S. Dr. Kim taught basic Taekwondo at Middlebury College.
Course Activities

1. **Kicks**: front kick, front-turning kick, axe-kick, back kick, round-house kick, side kick, fast kick, flying kick, double kick, turning kick, sparring kicks, demo kicks
2. **Blocks**: head block, body block, low block, side block, back-stance block, knife-hand block
3. **Punches**: basic TKD punches – head, body, and low punches
4. **Forms (Poomsae)**: Taegeuk 1 forms, Taegeuk 2 forms, Taegeuk 3 forms
5. **Sparring**: TKD sparring skills
6. **Performance Day Activity** (week 16): students will create a TKD performance by combining kicks, punches, and forms they learned into a demonstration performance and a TKD drama. Instructor will give mentoring.

Uniform

Taekwondo uniform is recommended. You can bring your own TKD uniform if you have. If you don’t have, you can wear a normal workout pants and shirts. Eventually, it is ideal to have your own TKD uniform, because wearing and preparing a uniform show your respect to yourself and classmates, which is an integral part of TKD martial art. A new uniform can be purchased at $20-30 in the market.

Attendance Policy

Class Attendance: students are expected to attend every class on time. A passing grade is based upon attendance and participation, including class discussions of the readings. More than 30% absences will result in the grade of F.

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Just as a stool requires three legs to stand upright so the taekwondoist must cultivate basic skills, meaningful forms, and effective sparring in order to have both feet firmly planted in the art. ~Doug Cook

Taekwondo certainly takes root in man's instincts to survive by means of protecting himself from outside threat with the bare-hand fighting skills, and it was developed into a systematized martial art in the times of three-kingdom era. The three kingdoms, i.e., Silla (founded in B.C. 57), Koguryo (B.C. 37) and Paekje (B.C. 18), were all antagonistic among themselves in their respective hopes to achieve national unification on the Korean Peninsula... That spirit was based on the traditional "seon" (impeccable virtuousness) philosophy and the warriors accepted it as a martial spirit. Above all, Silla's hwarangdo (youth warrior's corps) was a typical example of inheriting this spirit. Their firm view of the state was derived from the thought of loyalty and filial piety, with which they could voluntarily abandon their lives for the sake of national security. In addition, the courage of "no retreat from fighting" was also another virtue of that spirit. ~Kukkiwon

When I actually stood on the podium and had the medal around my neck, I realized that the medal represents an accumulation of everything I’d done up to that point—every kick I had thrown since I was a little kid, and all the times that I didn’t want to go to practice, or all the times that I was crying in practice or all bruised up going to school. It represented all that hard work that I had put in and that everyone else had put into me and my journey. In that moment it all collided. ~Jackie Galloway, 2016 U.S. Olympic Taekwondo Team
<table>
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<tr>
<th>Week</th>
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| 1    | Monday:  - Ready postures  
       - Punch postures  
       - Front Kick/Front-turning Kick  
       Wednesday:  - Low-stance low block  
       - Axe kick/Back kick  
       - Non-touching Sparring |
| 2    | Monday:  - Side kick  
       - Fast kick  
       - Taegeuk 1 forms  
       Wednesday:  - Turning kick  
       - Taegeuk 1 forms  
       - Non-touching Sparring  
       - Reading discussion (philosophy) |
| 3    | Monday:  - Round-house kick  
       - Kick combo  
       Wednesday:  - Blocks/Punches  
       - Kick combo  
       - Non-touching Sparring |
| 4    | Monday:  - Double kick  
       - Taegeuk 2 forms  
       Wednesday:  - Sparring kicks  
       - Kick combo  
       - Non-touching Sparring  
       - Reading discussion (history) |
| 5    | Monday:  - Taegeuk 1 - 2 forms review  
       - Kick combo  
       Wednesday:  - Back-stance block  
       - Non-touching Sparring |
| 6    | Monday:  - Side block  
       - Flying kick (for sparring)  
       Wednesday:  - Kick combo  
       - Non-touching Sparring |
| 7    | Monday:  - Taegeuk 1 & 2 – demo/test  
       Wednesday:  - Non-touching Sparring  
       - Flying kick (demo) competition  
       - Reading discussion (forms) |
| 8    | Fall Break |
| 9    | Monday:  - Taegeuk 3 forms  
       - Double kick  
       Wednesday:  - Kick combo  
       - Non-touching Sparring |
| 10   | Monday:  - Taegeuk 3 forms  
       - Knife-hand block  
       Wednesday:  - Kick combo  
       - Non-touching Sparring  
       - Reading discussion (techniques) |
| 11   | Monday:  - Taegeuk 3 – demo/test  
       Wednesday:  - Kicks – demo/test |
| 12   | Monday:  - Advanced flying kicks  
       - Non-touching Sparring  
       Wednesday:  - Kick combo  
       - Non-touching Sparring  
       - Reading discussion (identity) |
| 13   | Monday:  - Taegeuk 1-3 review  
       - Kick combo  
       - Reading discussion (reflection)  
       Wednesday:  Performance Day Prep Workshop1  
       - Forms  
       - Kicks |
| 14   | Thanksgiving Break |
| 15   | Monday:  - Sparring Kicks  
       - Reading discussion  
       Wednesday:  Performance Day Prep Workshop2  
       - Kicks, TDK drama |
| 16   | Monday:  Performance Day rehearsal  
       Wednesday:  Performance Day |