

**Iowa State University**  
Department of Health and Human Performance  
**EX SP 170 TaeKwonDo/Karate**  
ycpak@iastate.edu

**INSTRUCTOR**      Yong Chin Pak      Graduate of Yongin University, Korea  
241 Forker      **7th Degree Black Belt Taekwondo**  
294-5966      **6th Degree Black Belt Judo**  
Office Hours: M-F 4-5:30pm      **8<sup>th</sup> Degree Black belt Hapkido**

**TEXTBOOK**      Yong Chin Pak, *TaeKwonDo*. Available at UBS and the Campus Book Store.

**CLASS TIME**      Monday and Wednesday, 9am,10am and 11am

- All classes meet in the martial arts room, 202E Forker , unless announced differently.
- This class will report no later than 5 minutes after the hour dressed and ready for roll call.
- It is an excellent idea to come as early as possible to warm up and to acquire a little extra practice and warm-up time when possible.
- Classes will dismiss 15 minutes before the hour; therefore, there are only 35 minutes of activity. Please be prompt so that as much as possible can be accomplished.

**EQUIPMENT**      Standard Taekwondo uniform (dobok); all sizes \$35; a uniform is easily re-sold for about \$15 less than purchase price if kept clean and in good condition.

**SAFETY**      This class involves heavy physical contact, strict adherence to these safety rules is necessary.

- No rings, watches, earrings, or other hard objects allowed.
- No shoes of any type are allowed on the mat. If you are going to use socks, please don't wear the socks for everyday use, and please don't walk from the locker room to the Martial arts room in your socks (or bare feet).
- Hygiene is important so launder your equipment and your body frequently.

***This class does include heavy physical contact. If you will need any special accommodations, please talk to me immediately. If you are uncomfortable at any time, please do not hesitate to discuss this with me or with one of the class TAs.***

**Tae Kwon Do** is a competitive personal combat sport which provides the great opportunity of feeling the exhilaration and satisfaction of mastering one's own body by controlling it and performing complex skills. The intent of this course is to provide an opportunity to learn the basic skills and theories that are necessary to acquire confidence in maintaining body control so that you can participate with a degree of satisfaction in line with your goals. These may be as simple as an appreciation of Taekwondo's aesthetic value, using it as a form of self-defense, or using it for competition.

The Martial Arts encompass the coordination of power (body) and will (mind). Through the unity of the mind and the body, the martial artist employs the basic techniques of blocking, punching, kicking, and throwing. Martial Arts-based Self-Defense differs fundamentally from other forms of self-defense. Martial Arts-based Self-Defense follows the principle of free-flowing energy and power. Through the alteration of their axis, the practitioner is able to change their momentum and execute kicks, punches and throws in a continuous flow of motion and energy. The attacker helplessly loses in the flowing power of the self-defense technique. Much as a

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flowing river penetrates and surrounds its obstructions, the Self-Defense practitioner uses well-practiced technique and an understanding of the five basic tenets (**Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit**) which contribute to a development of responsibility and citizenship.

I hope that you will never have the opportunity to use your self-defense skills outside of this classroom. However, in order to prepare you to defend yourself in any situation, you will need to take this class and the techniques that you are learning seriously and work hard. There will be times that you feel uncomfortable, when you will need to draw on your **perseverance** and **indomitable spirit** to keep yourself going. If you do not learn self-defense with a little bit of discomfort, you will not be able to use your skills in a real situation in which you will need to defend yourself. You must come to class with an open mind, ready to learn, and in a state of alertness at all times. You will need to use **courtesy** and **integrity** in your interactions with your partner—do not go easy on her/him because they are smaller than you or think that you can not move them because they are larger than you; instead, think about what you would do in a real self-defense situation and make sure that you act accordingly. And finally, because we are learning about self-defense and sometimes your adrenaline levels will be raised, you will need to draw on your **self-control** to make sure that you do not hurt yourself or your partner.

*More information about the philosophy behind Taekwondo can be found in your TAEKWONDO textbook*

## **CLASS CONTENT**

### **I. Courtesies of Tae Kwon Do**

- A. Respect
  - 1. toward Instructor (Sabunim)
  - 2. toward Partner/Opponent
  - 3. toward Dojang
  - 4. Cha-ri-et
  - 5. Kyong-nye

### **II. Knowledge and execution of proper warm-up techniques**

### **III. Proper execution of basic positions**

- A. Horse Stance
- B. One Step Sparring
- C. Front Stance
- D. Back Stance

### **IV. Recognizable pronunciation and meaning of the basic Tae Kwon Do skills plus associated terms such as: Dobok, Dojang, Poomse, Sabunim, Cha-ri-et, Kyong-nye, and the terms of competition.**

### **V. Knowledge of the history and philosophy of Tae Kwon Do, ranks, and postures.**

### **VI. Proper knowledge, explanation, and execution of:**

- A. **Hand Techniques and Stances**
  - 1. Down Block (Front Stance)
  - 2. Rising Block (Front Stance)

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3. Side Block (Back Stance)
4. Knife Hand Block (Back Stance)
5. Middle Punch and other advanced blocks and strikes

**B. Kicks**

- |                    |                          |
|--------------------|--------------------------|
| 1. Front Snap Kick | 2. Rising Kick           |
| 3. Crossing Kick   | 4. Reverse Crossing Kick |
| 5. Side Kick       | 6. Roundhouse Kick       |
| 7. Spin Side Kick  |                          |

**C. Forms**

- |                    |                   |
|--------------------|-------------------|
| 1. Kicho Il Bo     | 2. Palgwe 1 and 2 |
| 3. Taeguek 1 and 2 |                   |

**D. One Step Sparring**

**E. Leg Exercises**

**F. Board Breaking**

**G. Participation in local tournaments (*Optional*)**

**VII. GRADING** Because of the nature of Tae Kwon Do, most of the grades must be based on a subjective evaluation of knowledge and skill competency.

- A. Grading is Satisfactory/ Fail only
- B. Grade components (subject to adjustment)
- |                         |     |
|-------------------------|-----|
| 1. Midterm skills test* | 25% |
| 2. Final skills test*   | 25% |
| 3. Final Written Test*  | 25% |
| 4. Attendance**         | 25% |

\* These are judged on the basis of competency needed to acquire promotion in rank

\*\*It is imperative that one's attendance be very good. Because of the nature of the sport and the speed with which we must cover the skills there is no time to spend with those who have been absent. Each student would logically have to get his "teaching" from another student on their own time. This may not provide very good instruction.

Through dedication and by paying attention in class, the Taekwondo practitioner can develop and hone the following characteristics:

**Courtesy**  
**Integrity**  
**Perseverance**  
**Self-Control**  
**Indomitable Spirit**

**Continuity**  
**Consistency**  
**Commitment**  
**Cooperation**  
**Citizenship**

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**Weekly Schedule**

<b>1</b>	Organization and orientation Self-defense	<b>2</b>	Horse seat position punching Front stance Middle Punch Down Block Rising Block Turn around (180)
<b>3</b>	Back Stance Side Block Back Stance Knife Hand Guarding Block Rising Kick Front Snap Kick Crossing Kick Kicho Il Bo Reverse Crossing Kick	<b>4</b>	Horse stance position side stretch Snap Side Kick Back Step Side Snap Kick Roundhouse Kick Palgwe Form One Step Sparring Reverse Crossing Kick
<b>5</b>	Spinning Side Kick Sliding Kick Taegeuk Form	<b>6</b>	Practice Techniques One Step Sparring
<b>7</b>	Practice One Step Sparring	<b>8</b>	Practice One Step Sparring
<b>9</b>	Practice One Step Sparring	<b>10</b>	Midterm Skills Test
<b>11</b>	Practice Board Breaking/Holding	<b>12</b>	Practice New Palgwe Form
<b>13</b>	Practice New Taegeuk Form	<b>14</b>	Practice
<b>15</b>	Final Exam	<b>16</b>	Optional Class