Course Outline for Physical Education Activity TKD3

ADVANCED TAE KWON DO

Catalog Description:

PEAC TKD3 - Advanced Tae Kwon Do 0.50 - 2.00 units
Designed to develop the advanced skills, theory and philosophy in the ancient art of Tae Kwon Do. Students will be introduced to advance forms of katas, blocks, kicking and defensive moves.
Prerequisite: PEAC TKD 2 (completed with a grade of "C" or higher)

Grading Option: Letter Grade

Discipline:

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<th>Units (Min)</th>
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<th>Contact Hours</th>
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Prerequisite Skills:

Before entry into this course, the student should be able to:
1. demonstrate three intermediate katas;
2. demonstrate intermediate blocking and defensive tactics;
3. demonstrate three intermediate level kicks and punches;
4. demonstrate the ability to spar in a controlled environment.

Measurable Objectives:

Upon completion of this course, the student should be able to:
1. demonstrate three advanced katas to the class;
2. demonstrate an ability to spar and throw a combination of kick and punch sequences in a controlled environment;
3. teach a beginning class of students the basic kicks and katas;
4. assess for a high level rank in the art of Tae Kwon Do.

Course Content:

1. Philosophy behind learning Tae Kwon Do
2. History of Tae Kwon Do
3. Advanced kicking and punching sequences
4. Advanced katas
5. Combination of blocking sequences
6. Advanced range of motion training
7. Physical conditioning for advanced ranks in Tae Kwon Do
8. How to teach beginning students in Tae Kwon Do

Methods of Presentation

1. Demonstration/Exercise
2. Discussion Seminar
3. Small Group Coaching
4. One-on-one coaching
5. Presentation of audio-visual materials
6. Simulations
7. Demonstration

Assignments and Methods of Evaluating Student Progress

1. Typical Assignments
   A. Teach a basic kata to a beginning class of Tae Kwon Do students.
   B. Demonstrate during sparing how to throw a combination sequence of advanced kicks and punches.
   C. Demonstrate three advanced katas to the class that may be part of assessment towards a higher rank in Tae Kwon Do.

2. Methods of Evaluating Student Progress
   A. Class Participation
   B. Exams/Tests
   C. Attendance
   D. Peer student evaluation of student demonstrations
   E. Student Teaching Demonstrations

3. Student Learning Outcomes
   Upon the completion of this course, the student should be able to:
A. Demonstrate and explain the physiological reasons for performing a proper warm up.
B. Work within a group, or team, to solve problems

**Textbook (Typical):**

**Special Student Materials**

**Abbreviated Class Schedule Description:**

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