Course Outline for Physical Education Activity TKD4
MASTERING TAE KWON DO

Catalog Description:

PEAC TKD4 - Mastering Tae Kwon Do 0.50 - 2.00 units
The fourth in a series of courses designed for accomplished Tae Kwon Do students. In this course the student will learn advanced katas and sparing techniques.
Prerequisite: PEAC TKD3 (completed with a grade of "C" or higher)
Grading Option: Letter Grade

Discipline:

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<th>Units (Min)</th>
<th>Units (Max)</th>
<th>Contact Hours</th>
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Prerequisite Skills:
Before entry into 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.

Measurable Objectives:
Upon completion of this course, the student should be able to:
1. demonstrate three advanced katas;
2. demonstrate five combination blocking and kicking defensive tactics;
3. demonstrate four advanced offensive punching attacks in a controlled sparing situation;
4. demonstrate the ability to lead and teach a class of white belts.

Course Content:
1. Advanced katas
2. Blocking and kicking sequences
3. Blocking and kicking sequences with turns
4. Punching techniques
5. Punching sequences
6. Punching sequences combined with kicks
7. Controlled defensive sparing
8. Controlled offensive sparing
9. What's important when leading a class of white belts
10. Warming up new Tae Kwon Do students
11. Teaching basic kicks
12. Teaching basic punches
13. Introducing the first kata to beginners

Methods of Presentation
1. Demonstration/Exercise
2. Use of Recordings
3. Presentation of audio-visual materials
4. Simulations
5. Small Group Coaching
6. One-on-one coaching
7. Case Study

Assignments and Methods of Evaluating Student Progress
1. Typical Assignments
   A. Write a one page paper on what you feel is the most important philosophy that can be taught to new Tae Kwon Do students.
   B. Demonstrate to the class three advanced katas with kick and punch combinations.
   C. Participate in three, or more, two minute, controlled sparing exhibitions with members of the class.
2. Methods of Evaluating Student Progress
   A. Class Work
   B. Class Participation
3. **Student Learning Outcomes**
   Upon the completion of this course, the student should be able to:
   A. Work within a group, or team, to solve problems
   B. Demonstrate and explain the physiological reasons for performing a proper warm up.

**Textbook (Typical):**

**Special Student Materials**

**Abbreviated Class Schedule Description:**

The fourth in a series of courses designed for accomplished Tae Kwon Do students. In this course the student will learn advanced katas and sparing techniques.

**Prerequisite:** PEAC TKD3 (completed with a grade of "C" or higher)