

San Jose State University – Department of Kinesiology
KIN 54A Beginning TaeKwonDo

Course Information

Instructor: Jennifer Schachner, M.A
Department: Kinesiology
College of Applied Sciences and Arts
Fall, 2009

<i>Course Title:</i>	Beginning TaeKwonDo
<i>Course Code:</i>	0054A
<i>Section:</i>	01
<i>Class Hours and Location:</i>	SPX 44A 3:30 to 4:30p.m.
<i>Office Hours:</i>	by appointment
<i>Office Location:</i>	SPX 301 (take stairs next to the woman's locker room)
<i>Office Phone: our office phone is shared by many people; best way to reach me is cell or email.</i>	Cell 408-482-4961
<i>E-mail:</i>	jennifer.schachner@sjsu.edu
<i>Website for class</i>	http://sites.google.com/site/tkdsjsu/

Description: This course will cover fundamental TaeKwonDo techniques in 3 areas: Classical Skills, Applied Techniques and Self Defense.

- ***Classical skills:*** proper posture and execution of blocking, striking and kicking
- ***Applied techniques:*** practical Application of classical skills
- ***Self-defense:*** techniques to escape from various grabs and holds

Objectives: By the end of this course, students should be able to do the following:

- Observe and demonstrate customary martial arts techniques.
- Briefly explain the origins and historical roots of TaeKwonDo as a blend of styles.
- Demonstrate basic proficiency in all techniques listed on the course green sheet.
- Identify the major muscle and bone groups involved in each technique.
- Complete defensive skill exercises with 75% accuracy at 75% speed.

Methodology: group lecture and demonstration, individual feedback, directed drills and practice, assigned readings, written exams and skills tests

Required Materials:

Taekwondo or Karate style uniform. Please see the website for places to buy the uniform.

Course Reader: Available at the on campus print shop.

Class Content: By the end of this course the student should have an understanding of the following concepts.

Postures & Stances	Kicking Techniques	Self-Defense Techniques
Attention & Ready Position	Rear Leg Front Kick	Straight Wrist Grab
Front Stance	Rear Leg Side Kick	Inside Release
Back Stance	Rear Leg Round Kick	Half Moon
Center Stance	Spinning Back Kick	Cross Wrist Grab
	Sliding Front Kick	Hello Release
	Sliding Side Kick	Low Defense
	Sliding Round Kick	Shoulder Grab
Blocking & Striking Techniques		Inside Defense
Low Defense	4-Step Sparring	Wrist Pin
Middle Defense (Inside)	Form	Front Choke
Middle Defense (Outside)	Palgae 1	Inside Drop
High Defense		Prayer Release
Knifehand Middle Defense		
Middle Front Punch		Self-Defense Exercises
High Front Punch		360 Degree Defense
Lead Jab		Spontaneous
Rear Cross		Grab/Release
Double Punch		

Course Requirements 100 points total

Participation	50%
Midterm (Written)	20%
Final (Written)	15%
Final (Physical)	15%

no make-ups; early finals may be scheduled by appt.

**** Since this is an activity class, the final exam will be on the last day of class.***

Important General Information and course policies

Class will begin at 25 minutes to the hour.

Class will end at 12-15 minutes after the hour.

Comfortable, appropriate, weight training clothing and shoes are required. No jeans or open toed shoes.

Make-up test and late papers will be allowed only when serious and compelling reasons exist.

Incompletes will only be assigned for serious and compelling reasons.

No extra credit will be awarded.

Failure to attend class and participate will result in a lower grade

Tentative course calendar*(Subject to change without notice - adjustments will be announced in class and via e-mail)*

Class #	Week	Date	
1	1	8/25	INTRO/ENROLLMENT
2		8/27	General etiquette/Flexibility
3	2	9/1	Stances
4		9/3	Blocks
	3	9/8	NO CLASS
5		9/10	Kicks UNOFROMS BY TODAY
6	4	9/15	Kicks
7		9/17	Basic Combos
	5	9/22	NO CLASS- SJSU Furlough day
8		9/24	Basic Combos
9	6	9/29	Forms
10		10/1	Forms
11	7	10/6	Forms
12		10/8	Combo techniques to pads
13	8	10/13	Combo techniques to pads
14		10/15	Combo techniques to pads
15	9	10/20	Midterm Review
16		10/22	MIDTERM
	10	10/27	NO CLASS
		10/29	NO CLASS
17	11	11/3	Review all/Open floor
18		11/5	Step Sparring
19	12	11/10	Step Sparring
20		11/12	Step Sparring
21	13	11/17	Self Defense
22		11/19	Self Defense
23	14	11/24	Self Defense
		11/26	HOLIDAY NO CLASS
24	15	12/1	FINAL PRACTICE
25		12/3	FINAL PRACTICE
26	16	12/8	FINAL

Grades

Participation	50 points
Midterm	20 points
Final Written	15 points
Final Physical	15 points
Total	100 Points

*Extra credit will be given by instructor's digression.

University, College or Department Policy Information

- a. **Academic Integrity statement (from the Office of Judicial Affairs); "Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University's academic Integrity Policy requires you to be honest in your academic course work. Faculties are required to report all infractions to the office of Judicial Affairs. The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/S04-12.pdf>**
- b. **Campus policy in compliance with the Americans with Disabilities Act: "If you need course adaptations or accomidations because of a disability, or if you need special arrangements in case the building must be evacuated, please make and appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities register with the DRC to establish a record of their disability."**
- c. **Cell Phones: Students will turn off their cell phones or put them in vibrate mode in class. They will not answer their phones in class. Students whose phones disrupt the course and do not stop when requested by the instructor will be referred to the Judicial Affairs Officer of the University.**