

San José State University
Kinesiology
54A 01&2, Beginning TaeKwonDo Sprig 2012

Instructor:	Jennifer Schachner
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Office Hours:	Tuesdays and Thursdays 10:30- 11:15 & by appt
Class Days/Time:	Section 01 Tuesdays and Thursdays, 8:30-9:20 Section 02 Tuesdays and Thursdays, 9:30-10:20
Classroom:	YUH 06
Course Fees:	Optional Belt Evaluation at end of semester. \$10 Fee
TKD Club:	http://www.facebook.com/#!/group.php?gid=226355657165
Online Resources	Please go to your Desire to Learn Account. https://sjsu.desire2learn.com/

Course Description

Introduction to history, forms, techniques, practice and etiquette of the martial art of Taekwondo. Techniques include basic prearranged patterns (Poomse), basic kicking and combinations of kicking and basic prearranged one- step defenses.

Course Content

This course will cover many physical techniques that form the basis of TaeKwondo. Course will begin with basic fundamental kicks, punch and strikes that will become the foundation of lessons to follow. The physical coursework will cover basic techniques, forms, combination kicks, step sparring and self defense. Please see technique list below. Along with the physical techniques, course will cover martial arts as a mental discipline to help develop life skills such as respect, responsibility, humility and credibility. Conditioning exercises pertaining to martial arts will also be included.

Attention	Defensive	Knifehand Middle
Ready Position	Low Defense	Defense
Front Stance	Inside Defense	Middle Front Punch
Cat Stance	Outside Defense	High Front Punch
Horse Stance	High Defense	Lead Jab

Rear Cross		Wrist Pin
Double Punch	Self-Defense	Front Choke
Rear Leg Front	Techniques	Inside Drop
Rear Leg Side	Straight Wrist Grab	Prayer Release
Rear Leg Round	Inside Release	
Spinning Back	Half Moon	Self-Defense Exercises
Sliding Front	Cross Wrist Grab	360 Degree Defense
Sliding Side	Hello Release	Spontaneous
Sliding Round	Low Defense	Grab/Release
4-Step Sparring	Shoulder Grab	
Palgae 1	Inside Defense	

Course Goals Activity Program Learning Objectives

1. Demonstrate the acquisition and the application of motor skills appropriate to Taekwondo
2. Demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to Taekwondo
3. Demonstrate an understanding of the benefits of Taekwondo as it relates to physical and mental health.

Required Texts/Readings

Textbook

There is no required textbook. The required class readings can be accessed through D2L.

Other equipment / material requirements

Taekwondo or Karate Uniform in any color.

Classroom Protocol

Participation in this class is important to success. Students should be on time in proper class attire (martial arts uniform). Training shoes are optional. Students are expected to treat themselves and others with respect. For the safety of the student, instructions must be followed at all times. Cell phone use during class is a distraction, when performing martial arts, any distraction can lead to student injury. Please turn phones off or on vibrate when entering the classroom.

If you are late to class, you are required to run 3 laps around the gym and then check in with the instructor BEFORE jumping into class. This is on the honor system, if this system is abused, the entire class will run laps when any student is late.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the

[current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

Course Requirements 100 points total

Participation (A log will be kept daily of activities)

You may miss 2 classes before it effects your grade.	58%
Outside Class Assignment	2%
Midterm (Written)	10%
Skills Test	10%
Final (Written)	10%
Final (Physical)	10%

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.*

Extra Credit MAY be available.

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

54A 01 Beg. Taekwondo Fall 2012 Course Schedule

Schedule is subject to change with fair notice and how the notice will be made available.

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/26	Introduction: General Etiquette and Flexibility, Workout Logs
2	1/31 & 2/2	Flexibility 2/2 Outside Class Assignment (No Class)
3	2/7 & 2/9	Stances, Blocks and Kicks
4	2/14 & 2/16	Basic Combinations and Footwork Advanced Hand Techniques (UNIFORMS BY 2/14)
5	2/21 & 2/23	Forms: Palgae 1
6	2/28 & 3/1	Forms Padwork
7	3/6 & 3/8	Padwork and Combinations Advanced Kicks
8	3/13 & 3/15	3/13 Midterm Review 3/15 MIDTERM
9	3/20 & 3/22	Step Sparring
	3/27 & 3/29	Spring Break
10	4/3 & 4/5	Review/Combos/Padwork
11	4/10 & 4/12	TBA
12	4/17 & 4/19	Self Defense
13	4/24 & 4/26	4/24 SKILLS TEST Begin group work for final (mandatory)
14	5/1 & 5/3	5/1 SKILLS TEST 5/3 Group Work for Final: Mandatory Participation
15	5/8 & 5/10	Group Work for Final: Mandatory Participation
16	5/15	FINAL ON 5/15 Since this is an activity class, your final will be held on the last day of class. There will be no outside final.