San José State University
Kinesiology
54A 01&2, Beginning TaekWondo Spring 2013

Instructor: Jennifer Schachner
Office Location: SPX 59
Telephone: (408) 482-4961 you may call or text
Email: jennifer.schachner@sjsu.edu
Office Hours: Tuesday 10:30-11:30 & by appt

Class Days/Time:
Section 01 Tuesdays and Thursdays, 7:30-8:20
Section 02 Tuesdays and Thursdays, 8:30-9:20

Classroom: SPX 44A
Course Fees: Optional Belt Evaluation at end of semester. $10 Fee

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.

Front Stance  Inside Block  Knifehand Attack
Cat Stance   Outside Block  Middle Punch
Horse Stance High Block  High Punch
Defensive Stance Knifehand Middle Block  Inside Hammerfist
Down Block Knifehand Down Block  Down Hammerfist
Outside Hammerfist  4-Step Sparring  Shuffle Step Forward
Reverse Punch  Palgae 1  Shuffle Step Back
Lead Jab  Palgae 2  Lead Front Kick
Double Punch  Slide Step Forward  Lead Side Kick
Rear Leg Front  Slide Step Back  Lead Round Kick
Rear Leg Side  ½ Step Forward  Back Kick
Rear Leg Round  ½ Step Back  Uprising Kick
Back Kick  Full Step Forward  Mule Kick
Sliding Front  Full Step Back  Axe Kick
Sliding Side  Cross Step Forward  Self Defense
Sliding Round  Cross Step Back

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. Due by 2/14.
Handwraps, Boxing Gloves or MMA Gloves (you will not be allowed to make contact with the pads if you do not have gloves)
Please go to d2l for locations and websites to purchase uniforms and gloves.

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. You will not be allowed to participate in socks alone. They pose a slipping hazard. Shoes or barefoot only.
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.
During the semester there may be opportunities to participate in on campus demonstrations. There is also an on campus Taekwondo club that can provide additional opportunity for practice.

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 section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop 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 at http://www.sjsu.edu/advising/.

Assignments and Grading Policy

Course Requirements 100 points total
Participation (A log will be kept daily of activities) There may also be additional readings or discussions that will be required throughout the semester.
   You may miss 2 classes before it effects your grade.  58%
Online Quiz #1  2%
Midterm (Written)  10%
Skills Test (Physical)  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. Please check with the instructor.

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, 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 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 & 02 Beg. Taekwondo Spring 2013 Course Schedule

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

### Table 1 Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>1/24</td>
<td>Introduction: General Etiquette, Workout Logs</td>
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<tr>
<td>2</td>
<td>1/29</td>
<td>Warm Up/Flexibility/Begin Basics</td>
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<tr>
<td></td>
<td>1/31</td>
<td>Basic Hand Techniques/Block/Kick</td>
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<td>3</td>
<td>2/5</td>
<td>Stances/Block/Kicks</td>
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<td></td>
<td>2/7</td>
<td>Footwork/Combinations</td>
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<tr>
<td>4</td>
<td>2/12</td>
<td>Step Sparring</td>
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<td></td>
<td>2/14</td>
<td>Step Sparring (UNIFORMS BY 2/14)</td>
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<tr>
<td>5</td>
<td>2/19</td>
<td>Advanced Hand Techniques (hand pads required)</td>
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<td></td>
<td>2/21</td>
<td>Poomse: Palgae 1</td>
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<tr>
<td>6</td>
<td>2/26</td>
<td>Poomse: Palgae 1</td>
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<td></td>
<td>2/28</td>
<td>Padwork and Combinations</td>
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<td>7</td>
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<td>8</td>
<td>3/12</td>
<td>Advanced Hands and Kicks</td>
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<td>9</td>
<td>3/19</td>
<td>Midterm Review</td>
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<td>3/21</td>
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<td>3/26</td>
<td>SPRING BREAK</td>
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<td>3/28</td>
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<td>10</td>
<td>4/2</td>
<td>Poomse: Palgae 2</td>
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<td>11</td>
<td>4/9</td>
<td>Sparring Drills and Footwork</td>
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<td>13</td>
<td>4/23</td>
<td>Review All</td>
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<td>4/25</td>
<td>SKILLS TEST</td>
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<td>14</td>
<td>4/30</td>
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<td>5/2</td>
<td>Group Work MANDATORY</td>
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<tr>
<td>15</td>
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<td>5/9</td>
<td>IN CLASS FINAL</td>
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