

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

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.

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](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) 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](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 & 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

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/24	Introduction: General Etiquette, Workout Logs
2	1/29 1/31	Warm Up/Flexibility/Begin Basics Basic Hand Techniques/Block/Kick
3	2/5 2/7	Stances/Block/Kicks Footwork/Combinations
4	2/12 2/14	Step Sparring Step Sparring (UNIFORMS BY 2/14)
5	2/19 2/21	Advanced Hand Techniques (hand pads required) Poomse: Palgae 1
6	2/26 2/28	Poomse: Palgae 1 Padwork and Combinations
7	3/5 3/7	Padwork and Combinations
8	3/12 3/14	Advanced Hands and Kicks Advanced Hands and Kicks
9	3/19 3/21	Midterm Review MIDTERM
	3/26 3/28	SPRING BREAK
10	4/2 4/4	Poomse: Palgae 2 Poomse: Palgae 2
11	4/9 4/11	Sparring Drills and Footwork Sparring Drills and Footwork
12	4/16 4/18	Self Defense Self Defense
13	4/23 4/25	Review All SKILLS TEST

Week	Date	Topics, Readings, Assignments, Deadlines
14	4/30 5/2	SKILLS TEST Group Work MANDATORY
15	5/7 5/9	Group Work MANDATORY IN CLASS FINAL