

San Jose State University – Department of Kinesiology  
KIN 54B Intermediate Taekwondo

**Course Information**

Instructor: Jennifer Schachner, M.A  
Department: Kinesiology  
College of Applied Sciences and Arts  
Fall 2009 Section 01

<i>Course Title:</i>	Intermediate Taekwondo
<i>Prerequisite:</i>	KIN 54A or instructor approval
<i>Course Code:</i>	0054B
<i>Section:</i>	01
<i>Class Hours and Location:</i>	SPX 44A 3:30-4:20
<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>	<a href="http://sites.google.com/site/tkdsjsu/">http://sites.google.com/site/tkdsjsu/</a>

**Course Overview and Description:** This course will cover fundamental as well as explore more advanced concepts of Taekwondo techniques in 3 areas: Classical Skills, Applied Techniques and Self Defense.

- *Classical skills:* proper posture and execution of blocking, striking and kicking as well as a better understand of the uses and biomechanics
- *Applied techniques:* practical Application of classical skills
- *Self-defense:* techniques to escape from various grabs and holds in a more realistic setting

**Student Learning 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 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 90% accuracy at 90% speed.
- Be able to teach and explain basic techniques to beginning students.
- Identify when and where you would use certain techniques as well as their origin and development.

**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. Since this is an intermediate level class, it is assumed that the student has had prior training. Please feel free to wear whatever ranking that you may hold. You have earned it.

**List of Techniques for Intermediate Tae Kwon Do Class:**

Postures & Stances Attention & Ready	Kicking Techniques Rear Leg Front Kick Leads Leg Front Rear Leg Side Kick Lead Leg Side Rear Leg Round Kick Lead Leg Round Spinning Back Kick Sliding Front Kick Sliding Side Kick Sliding Round Kick Sliding Back Kick Jump Front Kick Jump Side Kick Jump Round Kick Jump Back Kick Pop Font Kick Pop Side Kick Pop Round Kick Pop Back Kick Inside Axe Kick Outside Axe Kick Inside Crescent Kick Outside Crescent Kick Hook Kick Spin Hook Kick	Forms Palgae 2 Chumo 1 Chumo 2
Position Front Stance Back Stance Cat Stance Defensive		Self-Defense Techniques Straight Wrist Grab Inside Release Half Moon Cross Wrist Grab Hello Release Low Defense Shoulder Grab Inside Defense Wrist Pin Front Choke Inside Drop Prayer Release
Blocking & Striking Techniques Low Defense Middle Defense (Inside) Middle Defense (Outside) High Defense Knifehand Middle Knifehand down double middle double down		Self-Defense Exercises 360 Degree Defense Spontaneous Grab/Release
Defense Middle Front Punch High Front Punch Lead Jab Rear Cross Double Punch Spearhand Ridgehand Backfist	3-Step Sparring 1 Step Sparring	

**Course Requirements 100 points total**

<b>Participation</b>	<b>50%</b>
<b>Midterm (Written)</b>	<b>20%</b>
<b>Final (Written)</b>	<b>15%</b>
<b>Final (Physical)</b>	<b>15%</b>

**\*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. Students are to come in and warm up before class "officially" begins.**

**Class will end at 15 minutes after the hour.**

**A karate uniform is required. If you forget your uniform you are encouraged to participate in the activities of the day as long as your clothing is appropriate. Shoes are optional. Due to safety issues just wearing socks is not allowed.**

**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.**

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

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

<b>Class #</b>	<b>Week</b>	<b>Date</b>	
1	1	8/25	INTRO/ENROLLMENT
2		8/27	Review of Technique
3	2	9/1	Stances with advanced Hand Techniques
4		9/3	Advanced Blocks
	3	9/8	NO CLASS
5		9/10	Advanced Kicks
6	4	9/15	Pad Work: Workout
7		9/17	Pad Work: Workout
	5	9/22	NO CLASS- SJSU Furlough day
8		9/24	Advanced combinations
9	6	9/29	Forms
10		10/1	Forms
11	7	10/6	Forms
12		10/8	Combo techniques/Speed Drills
13	8	10/13	Combo techniques/Accuracy Drills
14		10/15	Combo techniques/Speed and Accuracy Drills
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	Sparring
21	13	11/17	Self Defense
22		11/19	Self Defense
23	14	11/24	Self Defense
		11/26	NO CLASS HOLIDAY
25	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 accommodations because of a disability, or if you need 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 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.**