

<b>Subject Title</b>	Taekwondo		
<b>Lecturer</b>	Inae Oh	<b>Remarks</b>	
<b>Period</b>	4th (15:40 ~ 17:30)	<b>Field</b>	Culture
<b>Course Summary Synopsis &amp; Purpose</b>	<ul style="list-style-type: none"> <li>▪ This course helps to understand Taekwondo as a health exercise.</li> <li>▪ This class also teaches Taekwondo skills as a self-defense tool to protect oneself.</li> <li>▪ This class offers experience in various areas of Taekwondo, including sparring, Poomsae, Kyukpa and taekwondo demonstration.</li> </ul>		
<b>Required Textbooks</b>	N/A		
<b>A manner of Lecturing</b>	N/A		

Evaluation (100%)				
Mid	Final	Attendance	Report	ETC
20	30	30	5	15
Further Information				
TKD uniform is required.				

Day	Contents
1	Orientation
2	Physical training & Basic skills(stands, blocks, strikes etc)
3	Basic skills(kicking, steps etc)
4	Basic skills & Poomsae (Tae Geuk 1)
5	Basic skills & Poomsae (Tae Geuk 1)
6	Basic skills & Poomsae (Tae Geuk 2)
7	Basic skills & Poomsae (Tae Geuk 2)
8	Mid-term test
9	Combination kicking & Sparring rules
10	Combination kicking & Sparring rules
11	Breaking(Kyukpa - front kick, side kick, palm heel etc)
12	Breaking(Kyukpa - front kick, side kick, palm heel etc)
13	Taekwondo dance
14	Taekwondo dance
15	Practice for final test
16	Final test