



# HANYANG UNIVERSITY

강남캠퍼스 체육학과 태권도 1학기 수강신청서

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	<b>Home University</b>	Hanyang university					
	<b>Department</b>	Physical education					
	<b>Homepage</b>						
Course Information	<b>Class No.</b>	18018	<b>Course Code</b>	ISS1017	<b>Credits</b>	2	
	<b>Course Name</b>	Taekwondo					
	<b>Lecture Schedule</b>	Tue-Fri / 16:00~19:00					
	<b>Course Description</b>	Etiquette classes, practiced taekwondo to an upright character formation and training worthy of a human being, for a walk through the mind and body through physical activity through the introspection to martial arts sport.					
	<b>Course Objective</b>	Practiced taekwondo to physical health promotion and defense capabilities, culture and motor functions will improve and correct formation of character and social development and mentality					
	<b>Prerequisite</b>	Taekwondo Do bok (uniform) and (can be purchased at orientation)					
	<b>Materials/Textbooks</b>	Taekwondo textbook Kukkiwon					
Evaluation	<b>Attendance</b>	30%	<b>Quiz</b>	%			
	<b>Assignment</b>	%	<b>Mid-term Exam</b>	%			
	<b>Presentation</b>	%	<b>Final Exam</b>	40%			
	<b>Group Project</b>	%	<b>Participation</b>	30%			
	<b>Etc.</b>	<b>Evaluation Item</b>			<b>Ratio</b>		
		Basic Taekwondo Moves			50%		
			Taeguk Poomsae 1,2			50%	
Daily Lecture Plan	<b>Week 1</b>	Day 1	Opening Ceremony				
		Day 2	Tae kwon do default operation, (Stance. block, punch)				
		Day 3	Tae kwon do default operation, (Stance. block, punch)				
		Day 4	Tae kwon do default operation, (Stance. block, punch, Kicking)				
	<b>Week 2</b>	Day 1	Tae kwon do default operation, (Stance. block, punch, Kicking)				
		Day 2	Tae kwon do default operation, (Stance. block, punch, Kicking)				
		Day 3	Tae kwon do default operation, (Stance. block, punch) Poomsae taeguk1, Kicking				



		Day 4	Tae kwon do default operation, (Stance. block, punch) Poomsae taegeuk1, Kicking
	<b>Week 3</b>	Day 1	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
		Day 2	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
		Day 3	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
		Day 4	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
	<b>Week 4</b>	Day 1	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
		Day 2	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
		Day 3	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
		Day 4	Taekwondo Basic Moves Taeguk 1,2, Test