

PE 151-154; 159 : Tae Kwon Do Level 1-5

Credits 1

Quarter Offered Fall, Winter, Spring

Self-defense, self-discipline, and physical development. Safe and controlled use of kicks, punches, and blocks. This class may include students from multiple sections. (Elective)

Course Outcomes

Level 151-153 (Beginning) cover Tae Kwon Do Forms 1-3. Students will:

- Demonstrate correct form when executing moves that include kicks, stepping, jumping, "Sir Form", crane stance, and kick variations
- Recognize basic Korean words associated with Tae Kwon Do
- Demonstrate safe sparring techniques
- Demonstrate how to use safety gear correctly
- Demonstrate the required forms for earning yellow, orange and green belts

Levels 154, 159 (Intermediate) builds on skills achieved in Levels 151-153 and adds new forms from Tae Kwon Do 4-5. Students will:

- Perform all new moves accurately
- Demonstrate the required forms for earning blue, purple and brown belts