

PE151-156: Tae Kwon Do Level 1-6

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

Course Student Learning Outcomes

1. Demonstrate and explain uses of the low block (10th Gup). Gup = Level
2. Demonstrate and explain uses of the front middle punch (10th Gup).
3. Demonstrate and explain uses of the outer middle block (10th Gup).
4. Demonstrate and explain uses of the front stance (10th Gup).
5. Demonstrate and explain uses of rear, or "L", stance (10th Gup).
6. Demonstrate the hyung Chon-ji with power, speed, and technique (10th Gup). Hyung = Pattern.
7. Demonstrate and explain uses of the double knife-hand block (9th Gup).
8. Demonstrate and explain uses of the high middle punch (9th Gup).
9. Demonstrate and explain uses of the twin forearm block (9th Gup).
10. Demonstrate and explain uses of the rising block (9th Gup).
11. Demonstrate and explain uses of the outer knife-hand strike, middle section (9th Gup).
12. Demonstrate the hyung Dan-Gun with power, speed, and technique (9th Gup).
13. Demonstrate and explain uses of an outer forearm block, high section (8th Gup).
14. Demonstrate and explain uses of a spear-hand attack (8th Gup)..
15. Demonstrate and explain uses of a lower knife hand block (8th Gup).
16. Demonstrate and explain uses of spinning, back-fist attack (8th Gup).
17. Demonstrate and explain uses of a high, wedging block (8th Gup).
18. Demonstrate and explain uses of a front, snap kick (8th Gup).
19. Demonstrate and explain uses of outer, knife-hand strike, middle section (8th Gup).
20. Demonstrate and explain uses of a riding, or sitting, stance (8th Gup).
21. Demonstrate the hyung Do-San with power, speed, and technique (8th Gup).

Credits: 1

Program: **Physical Education**