


Syllabus

Subject	T A E K W O N D O
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	NAME: KOH YOUNG JEONG	Place: SOGANG UNIVERSITY GYM
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	Class time:	Subjects for the course:

I. Course Overview & Objectives

1. Overview

Understand Taekwondo in Korea.
Create a healthy body and mind through classes.
Have a pleasant life at Sogang University.
Let's learn Taekwondo.

2. Contents of a preparation

Interest in Taekwondo and Exercise

3. Teaching methods(%)

Lecture	Cooperation	Practice
10%	10%	80%

II. Contents of class

<ol style="list-style-type: none"> 1. Basic Taekwondo move 2. Taekwondo kick and Taekwondo hand skill 3. Poomsae 4. Self-defense 5. Sparring 6. Breaking 7. Demonstration
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III. Course Format

Students take classes at the SOGANG UNIVERSITY GYM

1. Lecture

- Explanation of Taekwondo
- Score of Taekwondo sparring
- Rules of Taekwondo

2. Practice

- Warming up
- Taekwondo program
- Cooling down

IV. Course Requirements and Grading Criteria

1. Attendance
2. Positive mind
3. Taekwondo skill

V. Course Policies

1. Wear a Taekwondo uniform
2. Contact me in advance if you are absent or late

VI. Special Accommodations

1. Class method is a face-to-face teaching.
2. Class is for beginners.
3. Class often listens to the opinions of the students.