



# HANYANG UNIVERSITY

## Hanyang International Winter School

|                            |                            |  |                      |         |                |   |
|----------------------------|----------------------------|--|----------------------|---------|----------------|---|
| <b>Faculty Information</b> | <b>Name</b>                | KIM.mankeun  |                      |         |                |   |
|                            | <b>E-mail</b>              | manopop@naver.com  |                      |         |                |   |
|                            | <b>Home University</b>     | Hanyang  |                      |         |                |   |
|                            | <b>Department</b>          | hanyang university Taekwondo coach   |                      |         |                |   |
|                            | <b>Homepage</b>            | -  |                      |         |                |   |
| <b>Course Information</b>  | <b>Class No.</b>           |  | <b>Course Code</b>   | ISS1017 | <b>Credits</b> | 1 |
|                            | <b>Course Name</b>         | Art of Self Defense (Taekwondo)  |                      |         |                |   |
|                            | <b>Lecture Schedule</b>    | TBA  |                      |         |                |   |
|                            | <b>Course Description</b>  | <p>Taekwondo is a sport in which no man, woman, age, or age has any weapons, and anywhere, anytime, anywhere, by honing the skills of defense and attack and walking down a human path through physical and mental training.</p> <p>As a physical exercise It has a great effect on the development of children's growth, improvement of health for young adults and women's health and beauty. Taekwondo's technical system and form of exercise are designed to use each part of the body in a balanced manner, so that the flexibility of human joints develops evenly, and can greatly help relieve stress and mental disabilities that increase with the development of civilization.</p> <p>As an educational means It all boils down to the fact that it guides people to practice their will to self-perform, improve their ability to adapt to human life beyond self-centered life, which is easy to fall into through frequent and repeated training of etiquette. These virtues in human life are what Taekwondo pursues as education, and that is the most important aspect of Taekwondo.</p> |                      |         |                |   |
|                            | <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>        |  |                      |         |                |   |
|                            | <b>Materials/Textbooks</b> | Taekwondo Do bok (uniform) shall be bought (KRW 30,000) or rented (KRW 15,000) in orientation.   |                      |         |                |   |
| <b>Evaluation</b>          | <b>Attendance</b>          | 30%  | <b>Quiz</b>          | %       |                |   |
|                            | <b>Assignment</b>          | %  | <b>Mid-term Exam</b> | %       |                |   |
|                            | <b>Presentation</b>        | 30%  | <b>Final Exam</b>    | 40%     |                |   |



|                       | Group Project | %   | Participation | %     |
|-----------------------|---------------|---|---------------|-------|
|                       | Etc.          | Evaluation Item for Final Exam  |               | Ratio |
|                       |               | Tae kwon do default operation   |               |       |
|                       |               | Poomsae taegeuk1  |               | 50%   |
| Daily<br>Lecture Plan | Day 1         | Tae kwon do default operation, (Stance. block, punch)                                     |               |       |
|                       | Day 2         | Tae kwon do default operation, (Stance. block, punch), Kicking                            |               |       |
|                       | Day 3         | Tae kwon do default operation, (Stance. block, punch), Kicking                            |               |       |
|                       | Day 4         | Tae kwon do default operation, (Stance. block, punch)<br>Poomsae taegeuk1, Kicking        |               |       |
|                       | Day 5         | Tae kwon do default operation, (Stance. block, punch)<br>Poomsae taegeuk1, Kicking        |               |       |
|                       | Day 6         | Tae kwon do default operation, (Stance. block, punch)<br>Poomsae taegeuk1, Kicking        |               |       |
|                       | Day 7         | Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense) |               |       |
|                       | Day 8         | Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense) |               |       |
|                       | Day 9         | Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense) |               |       |
|                       | Day 10        | Test : Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1         |               |       |