

# Michigan State University

## KIN 102 K Taekwondo I

### 跆拳道

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Taekwondo (태권도) is a Korean martial art, which means; Way (Do) of kicking (Tae) and punching (Kwon). This class will introduce the student to basic Martial Arts practice and prepare them for the 8<sup>th</sup> Gup Yellow belt test given at the end of the class.

#### Class Procedures:

**Medical Conditions:** It is the student's responsibility to inform the instructor of any medical condition that may effect their participation in the class. Medical clearance may be required.

1. This class uses the Pass-No Grade System. **P-Pass**—means that credit is granted and that the student achieved a level of performance judged to be satisfactory by the instructor. **N-No Grade**—means that no credit is granted and that the student did not achieve a level of performance judged to be satisfactory by the instructor
2. Attendance is **MANDATORY**. Absence is counted against the total score unless the student makes up the absence by attending the Taekwondo club or other class. **Three absences will be considered an N (No Grade).** **Four** absences in a sequence will drop the student from the class.
3. **Dress Regulation:** A Taekwondo uniform (DoBok) is required for the class. Uniforms will be ordered at the beginning of the semester for \$30. The uniform consists of a white cotton jacket and pants with a colored belt. The color of the belt is in accordance to student's proficiency.
4. Organization and Instructional Format:
  1. Warm up
  2. Reviews
  3. Introduction of techniques
  4. Practice and corrections
  5. Discussions
  6. Warm Down
5. Assignments: Review and practice of the skills for proficiency and exercise. Student will be given handouts when appropriate.
6. Examinations: Two exams will be given, mid-term and final. The tests will require students to demonstrate proficiency in assigned skills.

## Summary of Course Content:

- A. Basic Martial Arts Etiquette
- B. Punching Techniques
- C. Blocking Techniques
  - 1. Down Block
  - 2. Upper Block
  - 3. Outside-Inside Middle Block
  - 4. Inside-Outside Middle Block
- D. Kicking Techniques
  - 1. Front Kick
  - 2. Round Kick
  - 3. Reverse Round Kick
  - 4. Side Kick
- E. Palgwe Chun Pub (Eight Strategies of War) – **Exam I**
- F. Self-Defense Techniques
- G. Sparring
- H. Forms (Poomse) Taeguk Il Jang (1) – **Exam II**

## Class Etiquette

The Taekwondo Dojang (道場) is considered a sacred place. Because of the violent nature of Martial Arts training, one must always be at their best. Through proper etiquette an environment of respect and learning is created. We develop our bodies with physical training and our minds with etiquette.

- No shoes can be worn in the Dojang,
- No jewelry may be worn in the Dojang
- The Dobok must be clean and well kept
- When entering or leaving the Dojang students will bow
- When greeting a Senior, students will bow
- When class is in session there must be no unnecessary talking
- No horseplay will be allowed in the Dojang
- Personal hygiene must be of the highest standard
- Students will strive to be their best in attitude and action while training

# Basic Taekwondo Terminology

English	Romanization	Korean 한글	Sino-Korean 漢字
Way of Kicking and Punching	t'aegwondo	태권도	跆拳道
Place of the Way	DoJang	도장	道場
Uniform of the Way	DoBok	도복	道服
Instructor	SaBum	사범	師範
Spirit Shout	KiHop	기합	氣合
Eight Strategies of War	Palgwe Chun Pub	팔괘전법	八卦戰法
Forms	Poomse	폼새	品勢
Sparring	Kyorugi	겨루기	
Self Defense	Ho Shin Sool	호신술	
Attention	Cha Reut	차렷	
Bow	Kyung Reah	경례	
Ready	Joon Bi	준비	
Begin	She Jak	시작	
Halt	Gu Man	그만	
Return	Balro	바로	
At Ease	Shwe uh	쉬어	
Switch Feet	Bal Ba Kwo	발바꿔	
Riding Stance	Juchum Seogi	주춤서기	
Walking Stance	Ahp Seogi	앞서기	
Front Stance	Ahp Koobi	앞굽이	
Back Stance	Dwit Koobi	뒷굽이	
Punching	Jireugi	지르기	
Down Block	Arae Makki	아래막기	
Upper Block	Eolgool Makki	얼굴 막기	
Outside-Inside Middle Block	Momtong An Makki	몸통안막기	
Inside-Outside Middle Block	Momtong Bakkat Makki	몸통바깥막기	
Front Kick	Ahp Chagi	앞차기	
Round Kick	Dollyo Chagi	돌려차기	
Reverse Round Kick	Dwit Dollyo Chagi	뒷돌려차기	
Side Kick	Yeop Chagi	옆차기	
<b>Numbers</b>	<b>Sut Ja</b>	<b>숫자</b>	
One	Hana	하나	
Two	Dool	둘	
Three	Set	셋	
Four	Net	넷	
Five	Dasut	다섯	
Six	Yusut	여섯	
Seven	IlGub	일곱	
Eight	Yodool	여덟	
Nine	Ahhop	아홉	
Ten	Yeol	열	