



HANYANG UNIVERSITY

Hanyang International Summer School

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2018 HISS Syllabus

Art of Self Defense (Taekwondo)

Professor:	Mankeun.KIM
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Home Univ.:	Hanyang university
Dept.:	Hanyang university Taekwondo coach

Description:	Etiquette classes, practiced taekwondo to an upright character formation and training worthy of a human being, for a walk through the mind and body through physical activity through the introspection to martial arts sport.
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Objective:	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.
Preparations:	Taekwondo Do bok (uniform) shall be bought(KRW 30,000) or rented(KRW 15,000) in orientation

Schedule:	Week 1	Tae kwon do default operation, (Stance. block, punch) Poomsae taegeuk1, Kicking
	Week 2	Tae kwon do default operation, (Stance. block, punch) Poomsae taegeuk1,2, Kicking
	Week 3	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense)
	Week 4	Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition2 (self-defense)

	Midterm (%)	Final (%)	Attendance (%)	Assignments (%)	Participation (%)	Etc. (%)
Evaluation:		40	30		30	100