



# HANYANG UNIVERSITY

## 2018 HISS Syllabus

### (Art of Self Defense(Taekwondo))

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<b>Description:</b>	<p>This course is designed to acquaint the student with the increasingly popular Korean martial art of Taekwondo. This is mainly a practical class where the basic history, philosophy, and theory of Taekwondo will also be taught.</p> <p>This is an introduction to Taekwondo, commencing with instructions in essential classroom etiquette and training rules. Practical Taekwondo training is meant to establish the importance in Martial Arts of basic mind and body control coordination.</p> <p>The first level Taekwondo training program includes an introduction to the warm up, stretching, strength training, basic positions, basic movements, basic breathing, and meditation techniques of Taekwondo. The second level of Taekwondo training focuses on the adaptation of the body to martial art training.</p>
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<b>Objective:</b>	<p>The objective of this course is to develop one's mind and body as well as learn the values of discipline, control, and self-confidence. The individual will learn the practicalities by investigating and understand the roots of the traditional Korean martial arts, Taekwondo. In addition, the individual will understand the value systems, rules of conduct, and develop the ideology of "self-cultivation"</p>
<b>Preparations:</b>	The school will provide Taekwondo uniform, belts, and breaking boards.

<b>Schedule:</b>	<b>Week 1</b>	Introduction to the course w/ basic Taekwondo terminologies   Theoretical background of Taekwondo techniques/meditation/basic physical strength training   Basic skill training   Basic breaking training.
	<b>Week 2</b>	All basic technique practice   Theory of Taekwondo self-defense skills & training and attack methods   Taekwondo Forms (Poomsae).
	<b>Week 3</b>	Taekwondo kicking training for basic sparring   Forms and Taekwondo self-defense skills   Forms that increase concentration   Forms for stepping and kicking w/ actual competition & self-confidence training.
	<b>Week 4</b>	Forms for Taekwondo self-defense and breaking #2   Forms with meditation properties   Forms that are applicable for self-defense.

<b>valuation:</b>	<b>Midterm (%)</b>	<b>Final (%)</b>	<b>Attendance (%)</b>	<b>Assignments (%)</b>	<b>Participation (%)</b>	<b>Etc. (%)</b>
	15	15	50	10	10	0

#### Hanyang International Summer School

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