Course Description:

Tae Kwon Do is a Korean style of martial art developed by General Choi Hong Hi in 1945. When translated, Tae-Kwon Do means “the way of the hand and foot.” This style of Martial Art is a medium contact style, meaning that both soft and hard style techniques are utilized and developed. Tae-Kwon Do is a long range style with short range implications. In this course, students will learn techniques consisting of: blocks, strikes, kicks, locks, sweeps and throws for unarmed combat and self-defense.

Course Objectives:

- Learn the basics techniques of martial arts and unarmed combat.
- Develop a foundational understanding of theories and principles of martial arts and self-defense.
- Gain knowledge of basic Korean terminology, as well as methods of classifying techniques.

Policies and Procedures:

- Complete the RELEASE FORM on CANVAS prior to attending class; and turn in the Membership Application Form at your second class.
- Wear appropriate clothing during class; don’t chew gum or wear jewelry.
- Excessive tardiness will result in absences. Let us know prior to class if you: can’t make it, or need to leave early.
- Notify us of any and all medical disabilities at the beginning of the semester.
- One must participate in class activities for credit. If you can’t participate more than 90% of the time then why pay for the course?
  - Also know that participating includes but isn’t limited to: being hit, stretched, falling, being thrown, etc.

Grading/absences: This is a Pass/Fail class based on attendance. So long as you don’t miss class you will pass.

One is permitted three absences; after the third, he or she has either failed the course or will be required to make up absences until one is at or under three absences.

Starting rank:

It often happens that some students enroll in the course that have already obtained a high rank in other systems under the tutelage of other masters. Please know that this course isn’t designed for such students. This course is designed with the intention of being an introductory level course to the martial arts, (Tae-Kwon Do) and is taught with that objective in mind.

Note on uniforms:

One is more than welcome to purchase a uniform (Dobak) for him or herself. However, the purchasing of a uniform isn’t necessary unless one trains with us beyond the rank of 6th Gup. When purchasing a uniform, choose one that will fit and that is completely white; don’t purchase colorful uniforms with elaborate trim—keep it simple. Heavy weight uniforms are best, but very expensive; light weight uniforms will suffice. Some great places to purchase uniforms are martialartsmart.com and amazon.com, etc.

Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1- 800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.