

**DEPARTMENT OF KINESIOLOGY AND HEALTH EDUCATION
THE UNIVERSITY OF TEXAS AT AUSTIN**

Syllabus

- Course:** Intermediate Karate -TAEKWONDO (PED 105R 2)
- Uniform:** Taekwondo uniform.
- Textbook:** “Background readings in Taekwondo and other martial arts” written by Dr. D. Kim.
- Safety:** No jewelry or metallic materials attached to clothing or body. Absolutely no street clothing in the training hall, and no shoes are to be worn on the mat.
(It is your responsibility to read and know the “safety rules” for this class).
- Grading:** **20%** - Attendance (participation - daily work, observation)
30% - Mid-term test (practical - skill improvement) ----- Oct. 16 Mon.
20% - Quiz: multiple choices & true or false – questions are based on the textbook.
----- Oct. 23 Mon.
30% - Final test (practical - skill improvement) ----- Dec. 6 Wed.
- A(90 points and above) A-(86.6) B+(83.3) B(80) B-(76.6) C+(73.3) C(70) C-(66.6)
D+(63.3) D(60) D-(56.6) F(under 56.6 points)**
- Attendance:** Attend classes regularly and participate fully;
- Unexcused absences deduction of 2 points each time from the final grade
- Absence may be excused must be verified in writing: serious illness, death in the family, or job interview.
- Course objectives:**
1. To develop an appreciation for Karate-Taekwondo as an art and sport;
 2. To improve physical condition, self-discipline, and self-confidence;
 3. To develop a sense of responsibility for self and others;
 4. To learn self-defenses and personal safety.
- Course contents:**
- Principles of movements.
 - Defensive and offensive techniques.
 - Form practice.
 - Free fighting practice.
 - Physical conditioning exercises.
 - History, Philosophy, and Rules of martial arts training.
- Extra credits** - “Out of class experience” credits (Max. 6 points)
– attend the UT Conceptual Self-defense Club class
to training with the club members (2 points each attend)

INSTRUCTOR: Master San Yoon, M.SS.
Certified Master Instructor of Conceptual Self-Defense, 9th Dan Black Belt in Taekwondo,
9th Dan Black Belt in Hapkido, 4th Dan Black Belt in Judo.

OFFICE HOURS: Will be posted on office door, and by an appointment.

OFFICE: Bellmont Hall #538.
Phone: 512-232-5908
E-mail: yoon@austin.utexas.edu

