

# PDP MA 103 Tae Kwon Do, Beginning

Instructor: Master Boon

Email: [jyboon@bu.edu](mailto:jyboon@bu.edu)

Phone: 617-833-5239

Meets once per week: 1.0 Credit

## Course Description

The practice of Tae Kwon Do – an ancient Korean art of self-defense – develops character through self-confidence, patience, physical fitness, mental alertness, leadership, humility and respect.

## Required Equipment

Loose workout clothing. Tae Kwon Do uniform is recommended but optional. Students can get their own or through the class.

## Course Goals:

Introduction to Tae Kwon Do. Strength and conditioning training, flexibility training, basic upper body and lower body techniques, which include punches, blocks, kicks and strikes; forms, sparring, self-defense and meditation. Besides physical fitness, training also strengthens the mind, in particular, courtesy, self-control, discipline, attention, mental alertness, humility, perseverance and respect. Strengthens one's mind and humbles one's soul.

## Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 90% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

## Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need a strong attendance record to receive a passing grade. You are allowed

3 absences. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending the end-of-semester promotion examination which occur the Sunday before last day of class and that will make up as two make-up sessions.

Please let me know if you plan on attending another section of class so that I can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site is available for this class online at <http://learn.bu.edu> and can be accessed by entering your username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule**

<p><b>Class 1</b></p>	<ul style="list-style-type: none"> <li>• Introduction to Tae kwon do</li> <li>• Introduce Taekwondo program and its history and accomplishments at BU and FitRec</li> <li>• Introduce this particular class: what they will learn, what to expect, what to wear, eat/hydrate before class, will take attendance, not competing against anyone, golf game, etc.</li> <li>• Introduce myself, Master Boon, and Master O</li> <li>• Light exercise, introduction of plyometrics, light stretching</li> <li>• Talk about self-defense.</li> <li>• Learn first self-defense</li> </ul>
<p><b>Class 2</b></p>	<ul style="list-style-type: none"> <li>• Additional plyometric/new strength/conditioning exercise</li> <li>• Joonbi position</li> <li>• Ju Choom Sugi</li> <li>• Keuman</li> <li>• Yung Chul Sho</li> <li>• Review first self-defense, teach second self-defense</li> </ul>
<p><b>Class 3</b></p>	<ul style="list-style-type: none"> <li>• How to make a fist</li> </ul>

	<ul style="list-style-type: none"> <li>• How to linear punch and physics</li> <li>• The importance of solar plexus</li> <li>• Palms up at hips. Practice movements with imaginary rope.</li> </ul>
<b>Class 4</b>	<ul style="list-style-type: none"> <li>• Continue with this training</li> <li>• Proper and effective way to punch</li> <li>• Begin pushups and situps, add about 1 per week throughout the semester</li> </ul>
<b>Class 5</b>	<ul style="list-style-type: none"> <li>• Increase conditioning/flexibility training</li> <li>• Teach counting in Korean</li> <li>• Review everything from previous class</li> <li>• Begin to punch with power</li> <li>• Major target areas</li> <li>• Focus on breathing</li> <li>• Kihap.</li> <li>• Review self-defense</li> </ul>
<b>Class 6</b>	<ul style="list-style-type: none"> <li>• Fighting stance</li> <li>• First kick</li> <li>• Stance switch</li> </ul>
<b>Class 7</b>	<ul style="list-style-type: none"> <li>• Second kick. No power. Just body control. Technique, build core muscle and coordination.</li> <li>• Third kick</li> <li>• Building up their balance, strength and coordination as a solid foundation</li> </ul>
<b>Class 8</b>	<ul style="list-style-type: none"> <li>• Introduction to different pushups each class, then mix it up</li> <li>• Side-raising up</li> </ul>
<b>Class 9</b>	<ul style="list-style-type: none"> <li>• Walking stance</li> <li>• With upper body technique</li> <li>• Arai mahki</li> </ul>
<b>Class 10</b>	<ul style="list-style-type: none"> <li>• Continue walking stance practice</li> <li>• Arai mahki</li> <li>• Side-raising up in line</li> <li>• <b>Uniforms:</b> <ul style="list-style-type: none"> <li>- Korean way of giving and receiving.</li> <li>- Korean word for uniform and the Korean word for belt.</li> <li>- How to tie a belt</li> <li>- Color of belt/rank system</li> <li>- Ju choom sugi. Punches</li> <li>- How to take care of uniforms.</li> </ul> </li> </ul>
<b>Class 11</b>	<ul style="list-style-type: none"> <li>• Dolyo chagi</li> <li>• Turn around in fighting stance</li> </ul>
<b>Class 12</b>	<ul style="list-style-type: none"> <li>• Continue dolyo chagi</li> <li>• In line moving forward from fighting stance</li> <li>• Front stance</li> </ul>
<b>Class 13</b>	<ul style="list-style-type: none"> <li>• Ulgeol mahki</li> </ul>
<b>Class 14</b>	<ul style="list-style-type: none"> <li>• Fast kick</li> </ul>
<b>Class 15</b>	<ul style="list-style-type: none"> <li>• Momtong an-mahki</li> </ul>
<b>Class 16</b>	<ul style="list-style-type: none"> <li>• Turnaround</li> </ul>

<b>Class 17</b>	<ul style="list-style-type: none"> <li>• 3-way combinations</li> </ul>
<b>Class 18</b>	<ul style="list-style-type: none"> <li>• Ap-cha-gi</li> </ul>
<b>Class 19</b>	<ul style="list-style-type: none"> <li>• Ap-cha-gi in line</li> </ul>
<b>Class 20</b>	<ul style="list-style-type: none"> <li>• Kicking combinations</li> <li>• Upper body combinations</li> </ul>
<b>Class 21</b>	<ul style="list-style-type: none"> <li>• Taekwondo walking</li> <li>• Keep up with self-defense</li> <li>• First 1-step</li> </ul>
<b>Class 22</b>	<ul style="list-style-type: none"> <li>• Taeguk 1</li> <li>• How to count the moves in poomse.</li> <li>• 3 things to do if ever forget poomse.</li> </ul>
<b>Class 23</b>	<ul style="list-style-type: none"> <li>• Continue and finish teaching Taeguk 1</li> </ul>
<b>Class 24</b>	<ul style="list-style-type: none"> <li>• Promise sparring</li> <li>• Close cover/open cover</li> </ul>
<b>Class 25</b>	<ul style="list-style-type: none"> <li>• Self-defense: Release from same side wrist grab</li> </ul>
<b>Class 26</b>	<ul style="list-style-type: none"> <li>• Second 1-step</li> </ul>
<b>Class 27</b>	<ul style="list-style-type: none"> <li>• Self-defense: Release from opposite side wrist grab</li> </ul>
<b>Class 28</b>	<ul style="list-style-type: none"> <li>• Tae Kwon Do Berbies</li> </ul>
<b>Class 29</b>	<ul style="list-style-type: none"> <li>• Belt and certificate award ceremony for students who decide to participate in promotion examination to the next rank</li> <li>• 360 kick</li> <li>• Finish by asking THE question</li> </ul>