

## PDP MA 203 Tae Kwon Do, Intermediate

Instructor: Master Boon

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Meets once per week: 1.0 Credit

### Course Description:

A continuum class from Beginners Tae Kwon Do. Higher level and higher intensity of strength and conditioning training with respect to Beginners Tae Kwon Do. Finer basic skills and techniques. Introduction to more advanced both upper body and lower body techniques, forms, sparring strategies and self-defense. Higher level of mental training, which includes meditation, discipline, respect and courtesy. Each class will learn something new and also continue to practice and to train what have been taught in previous sessions.

### Required Equipment:

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

### 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 cancellations 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**

<b>Class 1</b>	<ul style="list-style-type: none"> <li>• Review Korean terms learned from Beginners Tae Kwon Do</li> <li>• Review various skills and techniques learned from Beginners Tae Kwon Do – blocks, punches, strikes, kicks, stances</li> <li>• Review turning stepping kicking yelling (360 dolyochagi)</li> </ul>
<b>Class 2</b>	<ul style="list-style-type: none"> <li>• Review poomse</li> <li>• Review 1-step</li> <li>• Review self-defense</li> </ul>
<b>Class 3</b>	<ul style="list-style-type: none"> <li>• Teach Back Stance</li> <li>• Continue review</li> </ul>
<b>Class 4</b>	<ul style="list-style-type: none"> <li>• Teach Knife Hand Strike</li> </ul>
<b>Class 5</b>	<ul style="list-style-type: none"> <li>• Teach Yup-Cha-Gi (on wall)</li> </ul>
<b>Class 6</b>	<ul style="list-style-type: none"> <li>• Teach Yup-Cha-Gi (without wall), in line kicking, stance switch</li> </ul>
<b>Class 7</b>	<ul style="list-style-type: none"> <li>• Teach single fore-arm block</li> <li>• Upper body combinations in back stance</li> </ul>
<b>Class 8</b>	<ul style="list-style-type: none"> <li>• Teach Cut Kick</li> <li>• Kicking combinations with yupchagi and cut kick</li> </ul>
<b>Class 9</b>	<ul style="list-style-type: none"> <li>• Teach 45 round kick</li> <li>• Review first two 1-steps and teach 3rd 1-step</li> </ul>
<b>Class 10</b>	<ul style="list-style-type: none"> <li>• Teach in-to-out middle block montong mahki</li> </ul>

	<ul style="list-style-type: none"> <li>Upper body combinations in back stance with single forearm block, knife hand strike and montong mahki</li> <li>-</li> </ul>
<b>Class 11</b>	<ul style="list-style-type: none"> <li>Teach yup-step</li> <li>Teach yup-45</li> </ul>
<b>Class 12</b>	<ul style="list-style-type: none"> <li>Teach sul-long-mahki</li> <li>Upper body combinations in back stance with single forearm block, knife hand strike, montong mahki, montong an mahki</li> </ul>
<b>Class 13</b>	<ul style="list-style-type: none"> <li>Teach Sliding lead leg axe kick</li> </ul>
<b>Class 14</b>	<ul style="list-style-type: none"> <li>Teach hujun step</li> <li>Teach hujin 45</li> </ul>
<b>Class 15</b>	<ul style="list-style-type: none"> <li>Teach turning back kick (on wall)</li> </ul>
<b>Class 16</b>	<ul style="list-style-type: none"> <li>Teach turning back kick without wall, in line kicking, stance switch</li> <li>Teach Taeguk 2</li> </ul>
<b>Class 17</b>	<ul style="list-style-type: none"> <li>Teach rear leg axe kick</li> <li>Kicking combinations, sliding lead leg axe kick into rear leg axe kick</li> <li>Kicking combinations, axe kick into dolyochagi</li> <li>Review Taeguk 2</li> </ul>
<b>Class 18</b>	<ul style="list-style-type: none"> <li>Teach palachagi</li> <li>Hujun palachagi</li> <li>Kicking combinations</li> </ul>
<b>Class 19</b>	<ul style="list-style-type: none"> <li>Teach yup palachagi</li> <li>Kicking combinations, fast kick into palachagi</li> </ul>
<b>Class 20</b>	<ul style="list-style-type: none"> <li>Teach doubling up on the round kick</li> <li>Kicking combinations</li> </ul>
<b>Class 21</b>	<ul style="list-style-type: none"> <li>Teach doubles</li> <li>Kicking combination – front doubles, hujun doubles</li> </ul>
<b>Class 22</b>	<ul style="list-style-type: none"> <li>Review all stances front stance, walking stance, back stance</li> <li>Review all upper body techniques</li> <li>New upper body combination consists of a variety of combinations of front stance, walking stance, back stance, moving forward, backwards, turn around, with single forearm block, single knife hand block, knife hand strike, out to in middle block, in to out middle block, low block, high block, face punch, middle punch, groin punch.</li> </ul>
<b>Class 23</b>	<ul style="list-style-type: none"> <li>Teach first two releases from collar grab</li> </ul>
<b>Class 24</b>	<ul style="list-style-type: none"> <li>Review the two wrist grab releases from Beginners Tae Kwon Do</li> <li>Teach two wrist flicks</li> </ul>
<b>Class 25</b>	<ul style="list-style-type: none"> <li>Review footwork – yup step, hujun step</li> <li>Review footwork with kicks</li> <li>Review footwork with jumping kicks</li> <li>Teach the fourth, fifth and sixth 1-step (the three kicking techniques 1-step)</li> </ul>
<b>Class 26</b>	<ul style="list-style-type: none"> <li>Review all heel kicks – yupchagi, cut kick, sliding lead leg axe kick, rear leg axe kick, turning back kick</li> <li>Heel kicks combinations</li> </ul>
<b>Class 27</b>	<ul style="list-style-type: none"> <li>Teach fighting strategy/drills – step back clear counter (kick to belly)</li> </ul>

	<ul style="list-style-type: none"> <li>• Teach fighting strategy.drills – completing the circle (kick to belly)</li> </ul>
<b>Class 28</b>	<ul style="list-style-type: none"> <li>• Teach fighting strategy/drills – hujun 45 (kick to flank)</li> </ul>
<b>Class 29</b>	<ul style="list-style-type: none"> <li>• Belt and certificate award ceremony for students who decide to participate</li> <li>• in promotion examination to the next rank</li> <li>• Teach 3rd collar grab release</li> <li>• Go over kicks</li> <li>• Promise sparring</li> <li>• Go over Taeguk 1 and 2 together</li> <li>• Finish by asking THE question.</li> </ul>