



HANYANG UNIVERSITY

Hanyang ERICA Summer School

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2024 Course Syllabus

Course Information	Course Title(Eng)	Taekwondo	Course Category	Elective Non-Major(General)
	Course Title(Kor)	태권도		
	Credit-Lecture-Lab	1 credit-3 hrs-0 hrs	Course Restrictions	N
	College/School	International Summer School(ERICA)	College/School Responsible	Foreign Exchange Program(Y0000341)
	Meeting Times	3:00pm-6pm 5times	Electronic Attendance	N

Instructor Info	Department	Sports Science	Name	Jiyong Park
	Contacts	010-2266-9503	E-mail	
	Homepage			
Course Type	Teaching Method	Direct Instruction		

Course Description	Taekwondo encompasses a variety of techniques including sparring, demonstrations, forms (Poomsae), and self-defense, and has been widely utilized as a means of self-defense. In this course, students will learn the principles of martial arts and strength through Taekwondo, and will also learn the basic movements and applications of Taekwondo techniques.
Course Objectives	Through this course, participants will learn the fundamentals of Taekwondo, techniques for injury prevention such as falling methods, and basic demonstration movements.
Notice for Students	Please wear comfortable workout clothes.

Textbook	No.	Title	Author	Publisher	ISBN	Price(KRW)

Evaluation	Evaluation Criteria	Percentage(%)	Evaluation Criteria	Percentage(%)
	Attendance	20	Quiz	
	Assignments		Mid-term Exam	
	Discussion		Final Exam	50
	Team Project		Participation	30
	Other			Percentage(%)



Total 100 %		

Daily Lecture Plan and Assignments	Day	Title	Activity
	1	-Orientation -Basic movements	- Understanding of the Basic movement of Taekwondo - Basic gymnastics (rolling techniques) - Falling techniques for injury prevention
	2	Taekwondo Demonstration	Basic kicking training for Taekwondo demonstrations
	3	Taekwondo Demonstration	Basic training for jumping kicks, including jumping front kick, jumping roundhouse kick, and jumping side kick.
	4	Taekwondo Demonstration	Basic training for spinning kicks, including tornado kick and heel kick
	5	Taekwondo Demonstration	-Multiple target kicking - participants will select one demonstration kick for training and will undergo a final exam.