



HANYANG UNIVERSITY

Hanyang ERICA Summer School

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2020 HESS Course Syllabus

Course Information	Course Title(Eng)	Taekwondo	Course Category	Elective Non-Major(General)
	Course Title(Kor)	태권도		
	Credit-Lecture-Lab	2 credits-3 hrs-0 hrs	Course Restrictions	N/A
	College/School	International Summer School(ERICA)	College/School Responsible	Foreign Exchange Program(Y0000341)
	Meeting Times	15:00 – 18:00, 5 times	Electronic Attendance	No

Instructor Info	Department	DIVISION OF SPORT SCIENCE	Name	Hyesoo Cho
	Contacts		E-mail	jesus0070@gmail.com
	Homepage			
Course Type	Teaching Method			

Course Description	Taekwondo has various technical systems such as sparring, demonstration, form, and self-defence techniques, and has been widely used for means of self-defense. In this class, we aim to introduce real-life applicable self-defense skills so that students can learn martial arts and the principles and effects of power through Taekwondo.
Course Objectives	Thus, through learning Taekwondo and self-defense skills, one can learn the five tenets of Taekwondo; courtesy, integrity, perseverance, self-control, and indomitable spirit. Also, one can learn how to understand and care for others and learn how to cultivate sociality through the mind-set of physically defending oneself and caring for others.
Notice for Students	



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Textbook	No.	Title	Author	Publisher	ISBN	Price(KRW)

Evaluation	Evaluation Criteria	Percentage(%)	Evaluation Criteria	Percentage(%)
	Attendance		Quiz	
	Assignments		Mid-term Exam	
	Discussion		Final Exam	
	Team Project		Participation	
	Other			Percentage(%)
	Total 100 %			

Daily Lecture Plan and Assignments	Day	Title	Activity
	1	Orientation	Understanding of the Basic Spirit and Historical Background of Taekwondo
	2	How to plan demonstration program	Understanding of the parts to be considered when planning demonstration and understanding of the tempo control
	3	Taekwondo Demonstration	Basic of Jump Kicking (3 step, How to jump)
	4	Taekwond Demonstration	Basic of Vertical Rotation Kicking (How to jump while rotating)
	5	Taekwond Demonstration	Selection of Kicking Methods as Personal Specialty