



Art of Self Defense (Taekwondo)

Description:

Taekwondo is a sport in which no man, woman, age, or age has any weapons, and anywhere, anytime, anywhere, by honing the skills of defense and attack and walking down a human path through physical and mental training.

As a physical exercise

It has a great effect on the development of children's growth, improvement of health for young adults and women's health and beauty. Taekwondo's technical system and form of exercise are designed to use each part of the body in a balanced manner, so that the flexibility of human joints develops evenly, and can greatly help relieve stress and mental disabilities that increase with the development of civilization.

As an educational means

It all boils down to the fact that it guides people to practice their will to self-perform, improve their ability to adapt to human life beyond self-centered life, which is easy to fall into through frequent and repeated training of etiquette. These virtues in human life are what Taekwondo pursues as education, and that is the most important aspect of Taekwondo.

Objective: Practiced taekwondo to physical health promotion and defense capabilities, culture and motor functions will improve and correct formation of character and social development and mentality.

Preparations: Taekwondo Do bok (uniform) shall be bought (KRW 30,000) or rented (KRW 15,000) in orientation.

Schedule:	Class 1	Basic planning guide and taekwondo class action.
	Class 2	Basic Taekwondo motion operation (Stance) Clench one's fist. Preparedness of standing This attitude is to relax his body, control his breathing, and concentrate his or her mind before performing Taekwondo. Five stylized preparations unique to the braces. Method of standing Foot-supporting positions to perform an attack or defense technique. There are a number of positions that support the ground with their feet in order to perform the body's central movement and directional transformation efficiently.
	Class 3	Basic Taekwondo motion operation. (Stance. block) Block



	<p>A technology that protects major body parts by blocking the opponent's attack with hands, arms, feet or legs. While 'clogging' to confront or strike an opponent's attack is common, it is sometimes used as 'trap' to absorb the shock, 'clogging' to block an attack in advance, and 'clogging' to push it out and change the direction of the attack.</p>
Class 4	<p>Basic Taekwondo motion operation, (Stance. block, punch) Punch A technique of hitting a target with one's fist a technique of vertical punching.</p>
Class 5	<p>Basic Taekwondo motion operation, (Stance. block, punch, Kicking) Kicking A technique of reaching or turning a leg to hit a target. It is a technique to beat the opponent in front of him by hitting him with his foot. It is a technique to attack him with the force of bending or stretching his knees or swinging his legs.</p>
Class 6	<p>Basic Taekwondo motion operation (Stance. block, punch, Kicking), Taegeuk Poomsae (It is composed of 'Taegeuk 1-Taegeuk 8 chapters') Poomsae is a technology system that is structured in a certain way so that a trainee can practice his or her attack and defense skills while simulating the opponent. In particular, the lines of Taekwondo's Poomsae are based on the traditional Korean ideology, and each Poomsae's narration of the external shape of the Poomsae is designed to fit the ideological shape that the Poomsae name means. Poomsae's system is simple and learns gradually from easy to difficult.</p>
Class 7	<p>Basic Taekwondo motion operation (Stance. block, punch, Kicking), Poomsae taegeuk1~taegeuk2.</p>
Class 8	<p>Basic Taekwondo motion operation and self-defense (Three-time kyorugi) Three-time kyorugi It is a method to train in a pre-arranged order so that Taekwondo can be applied in practice and there are three competitions.</p>
Class 9	<p>Tae kwon do default operation, Poomsae taegeuk1, Kicking, set-competition1 (self-defense) 1~2, kyorugi Kyorugi is a skill that uses skills of attack and defense learned through physical appearance to confront the opponent. These include a match in which two people practice to a certain frame and a contest in which they practice without limitation in skill. The Taekwondo match is a way for the</p>



		two players, who have mastered the skill of competing, to decide whether to win or lose by following certain rules of the game. Among the offense techniques of Taekwondo, the game uses only fists and kicks, attacks only the front of the body, and attacks only the feet, and attacks on the face are prohibited. Furthermore, the human body's vital organs are all blocked with protective gear.				
Class 10		Performance test				
Evaluation:	Midterm (%)	Final (%)	Attendance (%)	Assignments (%)	Participation (%)	Etc. (%)
		40	30		30	100