MiraCosta College

KINE160 Taekwondo

Course Syllabus

Course Information:	**Instructor Information:**
Course Title: KINE 160 Taekwondo	**Instructor:** Robert Fulbright, PhD (ABD)
Units: 1.0	**Office:** RM 4811
Semester/Year: Spring 2011	**E-mail:** rfulbright@miracosta.edu
Location: Gym	**Phone:** (760) 757-2121 ext. 6423
Class Meets: TTH 9:30-10:45 a.m.	**Office Hours:** TTH 8:30-9:30 a.m.

Required Textbook and Materials:

- None

Required Equipment and Membership: GI uniform, hand pads, feet pads, shin guards, forearm guards, mouthpiece, groin protector (male mandatory/female optional), and equipment duffle bag. The required equipment can be purchased in the MiraCosta College bookstore for approximately $140.

Course Description:

The course introduces students to the basic skills of Chun Kuk Do that includes; punching, kicking, blocking, self-defense, and jiu-jitsu/grappling. Participation in the class will require the development of flexibility, endurance, strength, coordination, and concentration.

Course Objectives:

1. Demonstrate martial arts etiquette.
2. Demonstrate stances, including walking, horse, front, and fighting stance.
3. Demonstrate blocking and punching including low, high, inside, outside, and knife-hand block.
4. Demonstrate kicking techniques including front, round and side kick.
5. Demonstrate beginning katas.
6. Demonstrate self-defense techniques including, front neck grab and wrist grab.
7. Demonstrate one-step punching techniques, including inside knife-hand, outside knife-hand and wrist grab.
8. Demonstrate basic front and back falls.
9. Demonstrate improvements in level of general fitness, including flexibility, cardio-respiratory endurance, muscular strength, coordination and balance.
10. Discuss basic traditions and philosophies of martial arts.
11. Describe techniques used in anger management.
12. Identify concerns and precautions that may help avoid threatening situations.

Student Learning Outcomes (SLOs):

1. Student will be able to perform beginning skills of the activity.
2. Student will be able to discuss the safety, rules and strategies of the activity.
3. Student will be able to self-analyze skill level.

Student Performance Evaluation:

		Grading Scale	Grades
SLO (3) Skill Development	80 pts.		
SLO (2) Safety, Rules, and Strategies	10 pts.	A 90-100 pts.	A 90-100%
		B 80-89 pts.	B 80-89%
SLO (1) Self-Analyze Skill Level	10 pts.	C 70-79 pts.	C 70-79%
		D 60-69 pts.	D 60-69 %
Total Points	**100 pts.**	F < 59 Pts.	F < 59%

Note: Please review grading rubrics for specific grading criteria in each SLO.

Missed Classes and Dropping Policy:

It is ultimately your responsibility to officially drop this class if that is your intent. Failure to do so may result in an "F" grade on your transcript. Please consult the MiraCosta College class schedule and the office of admissions and records for official withdrawal deadlines.

Participation in any physical activity may involve risk or injury. Students are strongly advised to consult a physician prior to participating in any physical activity. Student's are advised of the importance of carefully following the instructor's guidelines regarding playing techniques, training requirements and rules of the activity.

Students With Disabilities:

This instructor is committed to meeting individual differences in the classroom learning environment. If you feel you may need special accommodations to successfully complete this course please do not hesitate to contact me by telephone (760) 757-2121 ext. 6423 or by email rfulbright@miracosta.edu. You may also see me during my scheduled office hours. MiraCosta College is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. Students with disabilities, whether physical, learning, or psychological, who believe that they may need accommodations in this class, are encouraged to contact Disabled Students Programs & Services as soon as possible to ensure that such accommodations are implemented in a timely manner. Their **Phone: 760-795-6658, Email:** askdsps@miracosta.edu, **Hours of operation: (M-F 8:00-4:30 PM)** and **Location: DSPS office building 3000** (Northwest corner of campus**).** Any information regarding your disability will remain confidential.

Skill Development Grading Rubric

SLO (3): Student will be able to perform beginning, intermediate, or advanced skills based on the requirements of the activity class.

Proficiency Level (72-80 points) (A grade/CR)	**Utilization Level (64-71 points) (B grade/CR)**	**Control (56-63 points) (C grade/CR)**	**Pre-Control (48-55 points) (D grade/CR)**	**Non-Participation (47 points or less) (F grade/NC)**
The skill has become almost automatic, and performances in a similar context appear almost identical. The student is able to focus on extraneous variables – an opponent, an unpredictable object – and still perform the skill as intended. The movement often seems effortless as the student performs the skill with ease and seeming lack of attention. The movement can be performed successfully in a variety of planned and unplanned situations as the student appears to modify performance to meet the demands of the situation. The student actively participates in a minimum of 90% of all class meetings. (i.e, participates in at least 29 out of 32 class meetings) The student meets the mandatory required hours to receive credit for the course. (i.e. KINE 142, .5 unit (12 hrs), 1.0 unit (24hrs), 1.5 unit (36hrs)	The movement becomes more automatic and can be performed successfully, with concentration. Even when the context of the task is varied (slightly at first), the student can still perform the movement successfully. The student has developed control of the skill in predictable situations and is beginning to be able to move skillfully in unpredictable situations. The student can execute the skill the same way consistently. The student can use the skill in combination with other skills and still perform it appropriately. The student actively participates in a minimum of 80% of all class meetings. (i.e, participates in at least 26 out of 32 class meetings) The student meets the mandatory required hours to receive credit for the course. (i.e. KINE 142, .5 unit (12 hrs), 1.0 unit (24hrs), 1.5 unit (36hrs)	The student's movements appear less haphazard and seem to conform more to the student's intentions. Movements appear more consistent, and repetitions are somewhat alike. The student begins to perform the skill correctly more frequently. The student's attempt to combine one movement with another or perform the skill in relation to an unpredictable object or person is usually unsuccessful. Because the movement isn't automatic, the student needs to concentrate intensely on what he or she is doing. The student actively participates in a minimum of 70% of all class meetings. (i.e, participates in at least 23 out of 32 class meetings) The student meets the mandatory required hours to receive credit for the course. (i.e. KINE 142, .5 unit (12 hrs), 1.0 unit (24hrs), 1.5 unit (36hrs)	Student is unable to repeat movements in succession; one attempt doesn't look like another attempt to perform the same movement. Student uses extraneous movements that are unnecessary for efficiently performing the skill. Student seems awkward and frequently doesn't even come close to performing the skill correctly. Correct performances are characterized more by surprise than by expectancy. When the student practices with a ball, the ball seems to control the student. The student actively participates in a minimum of 60% of all class meetings. (i.e, participates in at least 20 out of 32 class meetings) The student meets the mandatory required hours to receive credit for the course. (i.e. KINE 142, .5 unit (12 hrs), 1.0 unit (24hrs), 1.5 unit (36hrs)	The student actively participates in less than 59% of class meetings (i.e, participates in only 19 or less out of 32 class meetings) The student does not meet the mandatory required hours to receive credit for the course. The student does not meet the mandatory required hours to receive credit for the course. (i.e. KINE 142, .5 unit (12 hrs), 1.0 unit (24hrs), 1.5 unit (36hrs)

Note: Detailed information and videos for forms/katas, one-step punching techniques, and self-defense can be found on Blackboard under the "Course Content" tab on the left hand side of the page.

Yellow Belt Testing Requirements Adults	
Skill	**Requirement**
Forms	Basic Form One
One-Step Punching	Basic Four
Self-Defense	#1 (3 Techniques)
Stances	Front, Back, Horse, Ready, Set
Blocks	(Standing) Low, High, Knifehand, Inside, Outside
Strikes	Reverse Punch, Stepping Punch, Jab
Kicks	Front, Round, Side, Back, Jump Front
Combinations	Hand and Foot Techniques
Power Techniques	Strikes & Kicks against Bag

Purple Belt Testing Requirements Adults	
Skill	**Requirement**
Forms	Basic Form One, Basic Form Two
One-Step Punching	Basic Four (Right & Left)
Self-Defense	#2 (3 Techniques)
Stances	Front, Back, Horse, Ready, Set
Blocks	Called Stepping, Called Reverse Punch
Strikes	Reverse Punch, Stepping Punch, Jab
Kicks	(Slide Up & Stepping) Front, Round, Side, Back, Jump Front
Combinations	Hand and Foot Techniques
Power Techniques	Strikes & Kicks against Bag

Orange Belt Testing Adults	
Skill	**Requirement**
Forms	Basic Form One, Two, Two Advanced
One-Step Punching	#1 – #6 (Right & Left)
Self-Defense	#1 – 3 (3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing and Stepping
Strikes	Punches, Palm Strike, Eye Strike, Web Hand
Kicks	(Slide Up & Stepping) Front, Round, Side, Back, Jump Front, Jump Round
Combinations	Close and Apart
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block
Power Techniques	Strikes & Kicks against Bag

8th Blue Belt Testing Adults	
Skill	**Requirement**
Forms	Basic Form One, Two, Two Advanced, Three
One-Step Punching	#1 – 5 (Kids), 2 Design - 1 left/1 right (Adults)
Self-Defense	#1 – 6 (Kids), #1 – 4 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing and Stepping
Strikes	Reverse Punch, Stepping Punch, Jab, Palm Strike, Eye Strike, Web Hand, Side Punch, Spin Bottom Fist
Kicks	(Slide Up & Stepping) Front, Round, Side, Back, Jump Front, Jump Round, Jump Side
Combinations	Close and Apart
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block
Power Techniques	Strikes & Kicks against Bag

7th Blue Belt Testing Adults	
Skill	**Requirement**
Forms	Basic Form One, Two, Two Advanced, Three, Form Four
One-Step Punching	#1 – 6 (Kids), 4 Design - 2 left/2 right (Adults)
Self-Defense	#1 – 7 (Kids), #1 – 5 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing and Stepping
Strikes	Reverse Punch, Stepping Punch, Jab, Palm Strike, Eye Strike, Web Hand, Side Punch, Spin Bottom Fist, Chops
Kicks	Front, Round, Side, Back, Inside Crescent, Outside Crescent, Jump Front, Jump Round, Jump Side
Combinations	Close and Apart
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block
Power Techniques	Strikes & Kicks against Bag

6th Green Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 & 5
One-Step Punching	#1 – 7 (Kids), 6 Design - 3 left/3 right (Adults)
Self-Defense	#1 – 8 (Kids), #1 – 6 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing and Stepping
Strikes	Palm Strike, Eye Strike, Web Hand, Spin Bottom Fist, Chops, Elbows, Punches
Kicks	Front, Round, Side, Back, Inside Crescent, Outside Crescent
Jump Kicks	Front, Round, Side
Combinations	Close and Apart
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block, RP/Step RP
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

5th Green Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 - 6
One-Step Punching	#1-8 (Kids) 6 Design - 3 left/3 right (Adults)
Self-Defense	#1 – 9 (Kids), #1 – 7 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing and Stepping
Strikes	Palm Strike, Eye Strike, Web Hand, Spin Bottom Fist, Ridge Hand, Chops, Elbows, Punches
Kicks	Front, Round, Side, Back, Inside & Outside Crescent, Heel
Jump Kicks	Front, Round, Side, Back
Combinations	Close and Apart
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block, RP/Step RP
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

4th Green Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 - 7
One-Step Punching	2 Design - 1 left/1 right (Kids) 6 Design (Adults)
Self-Defense	#1 – 10 (Kids), #1 – 8 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing, Stepping, Forwards & Backwards (Random Calls)
Strikes	Palm Strike, Eye Strike, Web Hand, Spin Bottom Fist, Ridge Hand, Chops, Elbows, Punches (Random Calls)
Kicks	All Kicks (Random Calls)
Jump Kicks	Front, Round, Side
Combinations	Multi-directional
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block, RP/Step RP
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

3rd Red Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 - 8
One-Step Punching	3 Design (Left & Right)
Self-Defense	#1 – 10 (Kids), #1 – 9 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing, Stepping, Forwards & Backwards (Random Calls)
Strikes	Palm Strike, Eye Strike, Web Hand, Spin Bottom Fist, Ridge Hand, Chops, Elbows, Punches (Random Calls)
Kicks	All Kicks Lunging & Skipping
Jump Kicks	Front, Round, Side, Spinning Back
Combinations	Multi-directional Hands & Feet
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block, RP/Step RP (Random Calls)
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

2nd Red Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 - 9
One-Step Punching	3 Design (Left & Right)
Self-Defense	#1 – 10 (Kids), #1 – 10 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing, Stepping, Forwards & Backwards (Random Calls)
Strikes	Palm Strike, Eye Strike, Web Hand, Spin Bottom Fist, Ridge Hand, Chops, Elbows, Punches (Random Calls, Varied Stances)
Kicks	All Kicks Lunging & Skipping
Jump Kicks	Front, Round, Side, Spinning Back
Combinations	Multi-directional Hands & Feet

Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block, RP/Step RP (Random Calls)
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

1st Red Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 – 9, UFAF 1
One-Step Punching	3 Design (Left & Right)
Self-Defense	#1 – 10 (Kids), #1 – 10 (Adults, 3 Techniques)
Stances	Front, Back, Horse, Ready, Set, Cat
Blocks	Standing, Stepping, Forwards & Backwards (Random Calls)
Strikes	Palm Strike, Eye Strike, Web Hand, Spin Bottom Fist, Ridge Hand, Chops, Elbows, Punches (Random Calls, Varied Stances)
Kicks	All Kicks Lunging & Skipping
Jump Kicks	Front, Round, Side, Spinning Back
Combinations	Multi-directional Hands & Feet
Fighting Combos	Back Fist, BF/Reverse Punch, BF/RP/Round Kick, Shuffle Jab/Reverse Punch, General Block, RP/Step RP (Random Calls)
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

1st Black Belt Testing Adults	
Skill	**Requirement**
Forms	Basic 1-3, Advanced 2, Form 4 – 9, UFAF 1
One-Step Punching	3 against right hand attack, 3 against left hand attack
Self-Defense	Random Calls
Stances	On the call in sequence
Blocks	On the call in sequence
Strikes	On the call in sequence
Kicks	On the call in sequence
Jump Kicks	Front, Round, Side, Back, Flying Side

Combinations	Hands & Feet, Random Calls
Fighting Combos	Random Calls
Power Techniques	Strikes & Kicks against Bag, Board Breaking
Sparring	Three 1 Minute Rounds

Safety, Rules and Strategies Grading Rubric

SLO (2): Student will be able to discuss the safety, rules and strategies of the activity.

(9-10 points) **(A grade/CR)**	**(8 points)** **(B grade/CR)**	**(7 points)** **(C grade/CR)**	**(6 points)** **(D grade/CR)**	**(5 points or below)** **(F grade/NC)**
Student always demonstrates proper safety procedures and protocols of the activity. Student can discuss all of the proper safety procedures and protocols of the activity. Student is able to discuss all of the rules and regulations of the activity. Student is able to discuss all of the major playing strategies and benefits of the activity.	Student demonstrates proper safety procedures and protocols of the activity most of the time. Student can discuss most of the proper safety procedures and protocols of the activity. Student is able to discuss most of the rules and regulations of the activity. Student is able to discuss most of the major playing strategies and benefits of the activity.	Student sometimes demonstrates proper safety procedures and protocols of the activity. Student can discuss some of the proper safety procedures and protocols. Student is able to discuss some of the rules and regulations of the activity. Student is able to discuss some of the major playing strategies and benefits of the activity.	Student rarely demonstrates proper safety procedures and protocols of the activity. Student is able to discuss one or two of the proper safety procedures and protocols of the activity. Student is able to discuss one or two of the rules and regulations of the activity. Student is able to discuss one or two of the major playing strategies and benefits of the activity.	Student never demonstrates proper safety procedures and protocols of the activity. Student is unable to discuss any of the proper safety procedures and protocols for the activity. Student is unable to discuss any of the rules and regulations of the activity. Student is unable to discuss any of the major playing strategies and benefits of the activity.

Self-Analyze Skill Level Rubric

SLO (1): Student will be able to self-analyze skill level.

Proficiency Level (10 points) (A grade/CR)	**Utilization Level (10 points) (A grade/CR)**	**Control (10 points) (A grade/CR)**	**Pre-Control (10 points) (A grade/CR)**	**Non-Participation**
The skill has become almost automatic, and performances in a similar context appear almost identical. The student is able to focus on extraneous variables – an opponent, an unpredictable object – and still perform the skill as intended. The movement often seems effortless as the student performs the skill with ease and seeming lack of attention. The movement can be performed successfully in a variety of planned and unplanned situations as the student appears to modify performance to meet the demands of the situation.	The movement becomes more automatic and can be performed successfully, with concentration. Even when the context of the task is varied (slightly at first), the student can still perform the movement successfully. The student has developed control of the skill in predictable situations and is beginning to be able to move skillfully in unpredictable situations. The student can execute the skill the same way consistently. The student can use the skill in combination with other skills and still perform it appropriately.	The student's movements appear less haphazard and seem to conform more to the student's intentions. Movements appear more consistent, and repetitions are somewhat alike. The student begins to perform the skill correctly more frequently. The student's attempt to combine one movement with another or perform the skill in relation to an unpredictable object or person is usually unsuccessful. Because the movement isn't automatic, the student needs to concentrate intensely on what he or she is doing.	Student is unable to repeat movements in succession; one attempt doesn't look like another attempt to perform the same movement. Student uses extraneous movements that are unnecessary for efficiently performing the skill. Student seems awkward and frequently doesn't even come close to performing the skill correctly. Correct performances are characterized more by surprise than by expectancy. When the student practices with a ball, the ball seems to control the student.	The student actively participates in less than 59% of class meetings (i.e, participates in only 19 or less out of 32 class meetings) The student does not meet the mandatory required hours to receive credit for the course. The student does not meet the mandatory required hours to receive credit for the course. (i.e. KINE 142, .5 unit (12 hrs), 1.0 unit (24hrs), 1.5 unit (36hrs)

Sizes and Measuring

When choosing a uniform, it is most important to choose the size which fits your height best. The second thing to consider is your waist size, followed by your weight. The reason for this is the wide variety of heights, shapes, and sizes which influence how a uniform fits. Height is the most consistent measure of how a uniform will fit. Exceptions to this exist however. A 5'3" body builder may require a size four or five uniform if their chest and shoulders are too large for a size three uniform. If your uniform does not fit you properly, you may exchange it for a larger or smaller size so long as it falls within the requirements listed in our Exchange Policy. Please take into consideration that all 100% cotton clothing and uniforms will shrink between one and three inches overall after being washed for the first time.

Valley Martial Arts Supply						
	US Uniform Sizing Chart			Metric Uniform Sizing Chart		
Size	Height	Weight	Waist (inches)	Metric (cm)	Weight (kilo)	Waist (cm)
0000	3'1" - 3'4"	30 lbs.	17" - 24"	100	14	43 - 61
000	3'5" - 3'8"	35 lbs.	19" - 26"	110	16	48 - 66
00	3'9" - 4'	50 lbs.	21" - 28"	120	23	53-71
0	4'1" - 4'4"	70 lbs.	22" - 30"	130	32	56 - 76
1	4'5" - 4'8"	90 lbs.	23" - 35"	140	41	58 - 89
2	4'9" - 5'	120 lbs.	24" - 36"	150	54.5	61 - 91
3	5'1" - 5'4"	150 lbs.	25" - 38"	160	68	63.5 - 96
4	5'5" - 5'8"	170 lbs.	26" - 39"	170	77	66 - 99
5	5'9" - 6'	190 lbs.	28" - 40"	180	86	71 - 101
6	6'1" - 6'4"	220 lbs.	29" - 41"	190	100	73 - 104
7	6'5" - 6'8"	240 lbs.	30" - 43"	200	109	76 - 109
8	6'9" - 7'	260 lbs.	32" - 45"	210	119	81 - 114.5
9	7'1" - 7'4"	280 lbs.	34" - 50"	220	128	85 - 125
10	7'5" - 7'8"	300 lbs.	36" - 54"	230	137	90 - 135
11	7'9" - 8'	320 lbs.	38" - 58"	240	146	95 - 145
12		340 lbs.	40" - 60"		156	100 - 150

Sparring Gear Sizing Chart:	
Macho Rival Kick: Footgear	
Shoe Size	**Rival Kick Size**
Child 13.5-2	Child Small
2.5 - 3.5	Child Medium
4 - 5	Child Large
5.5 - 6.5	Small
7 - 8	Medium
8.5 - 10.5	Large
11 - 13	Extra Large
13.5 - 14.5	Double Extra Large

Macho Rival Shin/Forearm Guard	
Shin/Forearm Length	**Shin/Forearm Guard Size**
Up to 10"	Child
Up to 11"	Small
Up to 12"	Medium
Up to 13.5"	Large
Up to 15"	Extra Large

Macho Rival Head Gear	
Radius of Head	**Size**
19.5" - 20.5"	Small
21" - 22"	Medium
22.5" - 23"	Large
23" - 24"	Extra Large