SPECIAL NOTE:
This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore http://www.labette.edu/bookstore for the required texts for this class.

COURSE NUMBER: SPEC 125

COURSE TITLE: TOPICS IN PERSONAL ENRICHMENT TAEKWONDO

SEMESTER CREDIT HOURS: .5 - 5

DEPARTMENT: Workforce Education/Career Training/Personal Enrichment

DIVISION: Continuing Education/Workforce

PREREQUISITE: None

REVISION DATE: September 2013

COURSE DESCRIPTION:
Topics in Lifelong Learning are designed to provide a framework for exploration of specific continuing education topics.

This Korean martial art combines self-defense, combat techniques and exercise. Taekwondo uses a system of kicks, blocks, punches and open-handed strikes; students learn to put into practice breathing control, technique, stances, posture, power, focus, reaction force and etiquette.

COURSE OUTCOMES AND COMPETENCIES:
Students who successfully complete this course will be able to:

1. Practice Taekwondo
   - Perform 16 basic Techniques
   - Perform 4 One-Step
   - Perform 4 Basic Self-Defense
   - Know all Basic Facts
   - Perform Kata at Belt level
   - Spar at current Belt level