

GS 1181 Tae Kwon Do & Self- Defense

Course Description/Overview

Course: 12:00-12:50 M, W

Instructor: Mark Jarmon Office Hours: By appointment

Phone: 942-2167 (Office: Vincent Room: 229) E-mail: mjarmon@angelo.edu

You must complete all 12 Information Literacy videos and tests before you're allowed to view the Student Guide or White belt requirements. It should take you about an hour to complete all 12 Information Literacy videos and quizzes. These will help you not only in this course, but throughout your freshman year.

This course will provide the student with principles and techniques of Tae Kwon Do & Self Defense. Students will develop essential skills & mechanics involved in the art of Tae Kwon Do. Students will also learn the importance of self-defense & personal safety and basic blocking, kicking, punching, & self-defense techniques. This course will start with a safety & physical conditioning with martial arts and will increase as we move towards the end of the semester, as muscular strength and aerobic endurance capabilities, & self-defense skills are simultaneously increased.

Course Prerequisites:

While there are no prerequisites, the course materials, assignments, learning objectives and expectations in this lower level undergraduate course assume that the student has completed all lower level general education coursework. Such coursework is necessary to develop research, writing, and critical thinking skills. Students who have not fulfilled all general education requirements will be at a great disadvantage and should strongly consider completing those requirements prior to registering for this course.

Course Objectives/Learning Outcome

Objectives: As a result of completing this course, the student will be able to:

1. **Objective One:** Demonstrate knowledge of the Tae Kwon Do & Self-Defense vocabulary, safety, & proper wearing of the uniform.
2. **Objective Two:** Demonstrate knowledge of the history of Tae Kwon Do & Self-Defense.
3. **Objective Three:** Demonstrate knowledge of the Tae Kwon Do & Self-Defense forms.
4. **Objective Four:** Demonstrate a working knowledge of Tae Kwon Do kick boxing combinations and Self-Defense one-steps.
5. **Objective Five:** Demonstrate a working knowledge of Tae Kwon Do & Self-Defense "Theory of Power".

6. **Objective Six:** Demonstrate a working knowledge of requirements for yellow belt.

Learning Outcome: Students have a right to know what instructors expect them to learn from a course of instruction and how their learning will be measured. This course establishes several learning outcomes that are measured subjectively. When you finish this course you should be able to:

1. Properly wear the Tae Kwon Do uniform
2. Describe the understanding & meaning of the white belt.
3. Demonstrate Tae Kwon Do white belt form.
4. Demonstrate Tae Kwon Do white belt one-steps, kick boxing combination and self-defense and form.

Grading Policies/Assessment of Learning

A Note on Grades: Attendance is required for success in this course. Notification of outstanding circumstances is on the student to notify the instructor at the earliest possible time.

Assignment	Percent of Grade	Due
Attendance	30%	Weekly for weeks 1 - 8.
First Essay	30%	11:59 pm Central Time on Sunday end of Week 4. at least 1 full to 2 pages in length, double-spaced.
Final	30%	Wednesday of Week 8. Will be testing requirements via demonstration.
Information Literacy	10%	End of first week.

Knowledge of course objectives and learning outcomes will be assessed through:

Attendance:

We will have 16 class days with each counting 2.50 points (40 points total for the semester). You may make up absences by attending a class in the afternoon/evening at the San Angelo Team Chip Tae-Kwon-Do Center with written instructor verification (which will be turned into me the next class for credit).

General Rules for class:

All students MUST participate. Failing to participate may result in a failing grade for the course. Students must be dressed and properly practice safe maneuvers in class with classmates each week.

All students must have a uniform. One may be purchased the first day of class from a representative of Team Chip, or you may purchase one on line. Either way, a uniform is a requirement. Engage in an honest and forthright practice of Tae Kwon Do & Self-Defense skills outlined in the first week of the class.

Inappropriate actions & statements as outlined in the Student Code of Conduct are not tolerated in this academic setting.

Mid-term Essay Paper (1)

The Mid-term Essay must be at least 1 full to 2 pages in length. It must have a title page that includes the title, course name and number, instructor's name, author's name, and date, and it must have a reference page, stating where you pulled your sources. Use standard 1-inch margins on all sides, 12 point Times New Roman font, and standard double-spacing. An abstract is NOT required. Cite your references in EVERY instance and include a properly formatted reference list at the end of the paper. Use at least two sources for the paper, with relevant citations to those sources.

Chicago style is the preferred format for this course. To access the Chicago Style guide, go to:

https://owl.purdue.edu/owl/research_and_citation/chicago_manual_17th_edition/cmos_formatting_and_style_guide/chicago_manual_of_style_17th_edition.html.

Every writing assignment should be submitted as a Microsoft Word. If you do not have Microsoft Office, then copy the text you have written directly into the assignment section of Blackboard during the appropriate week, or go to the library to write your paper. DO NOT submit writing assignments in Word Perfect, Microsoft Works, or some e-mail format. They will not be accepted.

Outline for the Research Paper (Outlines are for your use and not to be turned in):

Introduction - The first section of any research paper should be the introduction. The introduction describes the general issues that the paper will address. Within the introduction, you must state a theory, thesis or topic for the paper. The introduction provides the reader with an understanding of the basic subject of your paper and the main points that you will make about your chosen topic. The introduction should express the broad connections that tie together the more specific points you will make and observations that you

will document later in the paper. The introduction should provide the reader with a sense of what they will learn about your topic through reading your paper.

Body - The sections and paragraphs within the body of your paper should always tie back to your main topic. Do not continually re-state your main topic, but ensure that the reader knows how the sub-topic in each section or paragraph develops, supports or challenges the main topic of your paper. To maintain continuity in your argument, make sure that you create effective transitions between each section and paragraph. An easy way to accomplish this is to make sure that the first lines of each new section or paragraph reflect back on the previous section or paragraph and that all are in logical order.

Conclusion - Your conclusion section should reflect back on what you have written, summarize your findings, identify any weaknesses in your argument, and point the way for you and/or the reader to complete further assessment on the topic.

Don't forget to use proper citations and references.

Blackboard requires each student to complete the Information Literacy portion of the course. These are six 3.25 to 3.30 minute videos accompanied by a 5 question quiz. These mini-lessons and quizzes will help you not only during this class, but throughout your freshman year. This is not optional, do the Information Literacy.

Rubrics

[Writing Assignment Rubric](#)

Angelo State University employs a letter grade system. Grades in this course are determined on a percentage scale:

A = 90 – 100 %

B = 80 – 89 %

C = 70 – 79 %

D = 60 – 69 %

F = 59 % and below.

Communication

Participation

In this class, everyone brings something to the table. Your ideas and thoughts do count, not only to me but the entire class. Feel free to ask questions either via e-mail or the during class. Many student questions are applicable to the class as a whole, as are the

responses. You may be surprised how many of your classmates have the same questions and concerns as you.

To some, this may be their first Tae Kwon Do & Self-Defense class and naturally, it could seem somewhat intimidating. As a class, we are together to help each other with this learning process and share our collective knowledge on how best to communicate; how to resolve issues that may arise (if we have the expertise), and to assist each other to find answers to our questions. We will learn and work as a team.

Courtesy and Respect

Courtesy and respect are essential ingredients to this course. We respect each other, the facilities, & equipment at all times while in our class sessions. The use of profanity & harassment of any form is strictly prohibited (Zero Tolerance), as are those remarks concerning one's ethnicity, lifestyle, race (ethnicity), religion, etc., violations of these rules will result in immediate dismissal from the course.

Netiquette

The online setting of our course promotes the advancement of knowledge through positive and constructive debate. Classroom-based discussions between instructors and students and among students have traditionally been guided by the instructor. Discussions via the Internet, however, can occasionally devolve into insults and improper comments before the instructor have a chance to intervene.

Such activity and the failure to use proper etiquette and manners ARE NOT ACCEPTABLE in an academic setting and such inappropriate conduct IS NOT TOLERATED. Basic academic rules of good behavior and proper "Netiquette" are required and must prevail. Our online classroom is a place to enjoy the excitement of learning and does not include room for personal attacks on others or student attempts to demean or restrict the discussion of others. Note about the use of humor: Despite the best of intentions, jokes and especially- satire can easily be lost or taken seriously. Avoid the use of humor and/or satire in our academic setting.

Persons seeking accommodations:

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Rm. # 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Honor Code:

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

Office Hours/Contacting the Instructor

See the Instructor Information section for contact information.

University Policies

Academic Integrity: Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding and complying with the University [Academic Honor Code](#) and the [ASU Student Handbook](#).

Accommodations for Disability

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA), and subsequent legislation.

Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student's responsibility to initiate such a request by emailing studentservices@angelo.edu, or by contacting:

Office of Student Affairs
University Center, Suite 112
325-942-2047 Office
325-942-2211 FAX

Student absence for religious holidays

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence.

 [Mark Reviewed](#)