

The Chinese University of Hong Kong
Physical Education Unit
Taekwondo
Course Content

Week	Session 1	Session 2
1	1. Course Introduction 2. Class Regulations 3. Introduction of Taekwondo and related etiquette	4. Stretching and warm-up for taekwondo 5. Basic stance and steps 6. Punch
2	1. History and development of Taekwondo 2. Revision of steps and punch 3. Higher, Middle, Lower Section Block	4. Free sparring form 5. Snap kick 6. Targets kicking
3	1. Revision of blocks and snap kick 2. Side kick	3. Hand knife 4. Back Fist
4	1. Revision of side kick and hand knife 2. Turning kick 3. Introduction of Poomsae 'Pattern I'	4. Combination of kicks
5	1. Revision of turning kick 2. 'Pattern I' 3. Front side kick, front turning kick	4. Introduction of Protective gears 5. Kick with Truck Protectors
6	1. 'pattern I' 2. Rolling side kick and Rolling turning kick	3. Faking techniques
7	1. Revision of faking 2. Axe kick	3. Counter attacks
8	1. Revision of Axe kick and counter attacks 2. Punch techniques	3. Defensive skills
9	1. Revision of Punch and defensive skills 2. Back kick	3. Free sparring practice
10	1. Free sparring practice 2. Basic tactics in free sparring	3. Revision
11	1. Rules and prohibited acts in competitions 2. Introduction of promotion system in taekwondo	3. Revision
12	Examination	Examination
13	Examination	Examination and Course Evaluation