



Taekwondo

Course Teacher Information:

Patrick Wills, BMH teacher, 1st Degree Kukkiwon Certified Black Belt in Taekwondo

Martial Arts instructor for over 15 years

2 time State Champion in Sparring and Forms in the World Taekwondo Federation USA

Gold Medalist National Champion in Sparring in the World Taekwondo Federation USA

Basic Information Overview	
Year Group (s)	P1 - P2
Teacher Source	Patrick Wills, BMH Teacher
Number of lessons	1 per week; 9 sessions in Term 1
Language	English
Venue	Kapok 4 th floor, Gymnastic room
Class Time	Thursday, 3:45—4:45PM

Course Overview

Enrollment Criteria

Students must have their own uniforms, sparring protective equipment as well as a signed liability waver.

Engage and Assess

Taekwondo (태권도) is a Korean martial art, which means; Way (Do) of kicking (Tae) and punching (Kwon). This class will introduce the student to basic Martial Arts practice and prepare them for the 8th Gup Yellow belt test given at the end of the class.

Explore and Develop

Students will learn skills in the following areas:
 Basic Martial Arts Etiquette
 Punching Techniques
 Blocking Techniques- High, Low, inside out, outside in
 Kicking Techniques- Front Kick, Side Kick, Round House, Back Kick
 Forms- Basic form 1, Palgwe 1, Taeguek 1
 Sparring
 Self Defense

Refine and Present

Two exams will be given, mid-term and final. The tests will require students to demonstrate proficiency in assigned skills.

Parent Engagement Opportunity

Parents may be asked to come in for judging in possible in school tournaments or home practice.

Others

Students must be in good health and have a positive attitude toward learning.

