Welcome to Taekwon-Do

This course is meticulously designed to align with state standards and targeted learning objectives, ensuring comprehensive coverage of essential knowledge and skills required for student success.

Course Description:
In this self-paced, competency-based course, students will explore the rich traditions and techniques of Taekwon-Do, guided by the Tenets of Taekwon-Do: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. Students will learn the original Taekwon-Do system.

Through virtual reality, students can practice these techniques at their own pace, designed to perfect their skills and prepare for the yellow belt test. Upon course completion, students will earn a digital badge in the Art of Taekwon-Do and be ready for their yellow belt test.

Units and Learning Outcomes

Unit 1: Introduction to Taekwon-Do and Its Tenets

- Learn the foundational principles of Taekwon-Do, including the Five Tenets: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.
- Understand the history and philosophy of Taekwon-Do and its importance in martial arts.
- Begin to apply the Tenets of Taekwon-Do in practice and daily life.

Unit 2: Basic Movements and Stances

- Master the fundamental stances of Taekwon-Do, such as attention stance, horse-riding stance, and walking stance.
- Practice basic movements like punches, blocks, and strikes, ensuring proper form and technique.
- Understand how to combine movements in different sequences to form patterns.

Unit 3: Taekwon-Do Patterns (Forms)

- Learn and practice the first few patterns, essential for mastering Taekwon-Do.
- Explore the significance of each pattern and how they reflect Taekwon-Do's philosophy and techniques.
- Use virtual reality tools to simulate the movements and practice patterns at your own pace.

Unit 4: Kicking Techniques

- Master basic kicking techniques, such as front kick, side kick, and roundhouse kick.
- Emphasize correct technique, balance, and control for each kick.
- Learn how to execute kicks with proper alignment and power, building on basic movement skills.

Unit 5: Blocking Techniques and Self-Defense

- Study essential blocking techniques, such as low, middle, and high blocks.
- Apply blocking skills in various self-defense scenarios.
- Integrate blocking techniques with strikes and kicks in a fluid, effective martial arts style.

Learning Outcomes:
By the end of the course, students will be able to:

- Demonstrate an understanding of the Tenets of Taekwon-Do and apply them in their training.
- Perform basic Taekwon-Do movements, stances, and techniques with accuracy and control.
- Execute key Taekwon-Do patterns (forms) and understand their meaning and importance.
- Perform a variety of kicking and blocking techniques with proper form.
- Gain the skills and confidence to test for a yellow belt and earn a digital badge in the Art of Taekwon-Do.

Conclusion:
This self-paced course offers students the flexibility to progress at their own speed while mastering the basics of Taekwon-Do. Through virtual reality practice, hands-on instruction, and competency-based learning, students will refine their techniques and gain the confidence to test for their yellow belt.

Upon completion, students will receive a digital badge, recognizing their accomplishments in Taekwon-Do and preparing them for continued success in their martial arts journey.