COURSE DETAIL

TAEKWONDO
Country Korea, South
Host Institution Yonsei University
Program(s) Yonsei University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities
UCEAP Course Number 34
UCEAP Course Suffix
UCEAP Official Title TAEKWONDO
UCEAP Transcript Title TAEKWONDO
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

Taekwondo is a Korean martial art and official Olympic sport. The main feature of Taekwondo is unarmed fighting skills using dynamic footwork and kicks to defeat opponents. It is regarded not only as a system of self-defense and physical exercise but also as a mental discipline. The course goals include practicing Taekwondo as a Korean national martial sport for self-defense, physical fitness and discipline; practicing diverse kicking techniques, basic and Poomsaes (forms); to improve physical fitness such as flexibility, agility, and power; and to study theories of taekwondo, such as principles of techniques, history, and philosophy of taekwondo.

Language(s) of Instruction
English

Host Institution Course Number
UCL1119

Host Institution Course Title
TAEKWONDO

Host Institution Course Details
http://ysweb.yonsei.ac.kr:8888/curri120601/curri_pop2.jsp?&hakno=UCL1119&bb=01&...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Health & Sports

Course Last Reviewed
2021-2022

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