

## 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 Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

Health & Sports

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