

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

<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>
<b>1</b>	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
<b>2</b>	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
<b>3</b>	1. Revision of blocks and snap kick 2. Side kick	3. Hand knife 4. Back Fist
<b>4</b>	1. Revision of side kick and hand knife 2. Turning kick 3. Introduction of Poomsae 'Pattern I'	4. Combination of kicks
<b>5</b>	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
<b>6</b>	1. 'pattern I' 2. Rolling side kick and Rolling turning kick	3. Faking techniques
<b>7</b>	1. Revision of faking 2. Axe kick	3. Counter attacks
<b>8</b>	1. Revision of Axe kick and counter attacks 2. Punch techniques	3. Defensive skills
<b>9</b>	1. Revision of Punch and defensive skills 2. Back kick	3. Free sparring practice
<b>10</b>	1. Free sparring practice 2. Basic tactics in free sparring	3. Revision
<b>11</b>	1. Rules and prohibited acts in competitions 2. Introduction of promotion system in taekwondo	3. Revision
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination and Course Evaluation