

# TAEKWONDO COURSE OVERVIEW



## DURATION:

8 Weeks (1 session a week)

## NUMBER OF HOURS:

1 Hour (1 hours per session)

## NUMBER OF SESSIONS :

8 Sessions

## GRADE LEVEL / AGE:

All levels (Ages 5 & up)

## REQUIREMENTS:

- Jogging pants
- White shirt

## WHAT YOU'LL LEARN IN THIS COURSE:

- Basic stance
- Hand Techniques
- Kick series
- Taequek 1

## SESSION SUMMARY

### SESSION 1

Taekwondo Terminologies, Stances

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### SESSION 2

Hand Techniques (Middle punch) & Kicks series

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### SESSION 3

Hand Techniques (low block) & Kicks series

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### SESSION 4

Hand Techniques (Middle & High block) & Kicks series

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### SESSION 5

Hand & Kick Techniques & Taequek 1

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### SESSION 6

Hand & Kick Techniques & Taequek 1

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### SESSION 7

Hand & Kick Techniques & Taequek 1

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### SESSION 8

Assessment