

SNU-FUN program in autumn 2022 syllabus

Sport	Taekwondo	Participants	Everyone who want to learn Taewondo	Instructor (Email)	Suhwan Yu (dbtis1125@snu.ac.kr)
Coures name	Adult Taekwondo Everyone can				Jiyeon Chu (cjy990507@snu.ac.kr)
Time & Day	18:00~19:30 Tuesday & Thursday	Location	71 dong 2F Taekwondo-jang	note	
Education	Master's course, Seoul National University, Department of Physical Education(Global Sport Management)				
Qualifications & Experience	<p>[Suhwan Yu] More than 20 years of Taekwondo experience Taekwondo Certified 5th Dan Professional Sports Instructor Certification (Taekwondo Level 2) Life Sports Instructor Certification (Bodybuilding Level 2) Sports Taping Level 2 Exercise Prescriber Level 1 CPR, AED Athletes Education Mentor in Korean Olympic Committee Lecture assistant in Seoul National University Head Coach for Taekwondo Team in Hanseong High School (National team member, Elite athletes..) Overseas dispatch for Teaching Taekwondo in Guatemala and Gabon</p> <p>[Jiyeon Chu] More than 16 years of Taekwondo experience Taekwondo Certified 4th Dan 1st place(Individual), 4th National Taekwondowon Championships International Taekwondo Master Certification (Level 3) Sports business manager Certification (Level 2) assistant of professor for 2022 World Taekwondo(WT) Offline Partnership Taekwondo Program Served my Full-time internship and give Special lecture experience for children in Taekwondo gym</p>				
Course Overview & Objectives	Improve Taekwondo skills and enjoyment through Taekwondo – Taekwondo basic training – Adult-tailored Taekwondo Training – Systematic aerobic, functional exercise – Gyorugi and Poomsae training by period				
Note	– Taekwondo shoes(Free without) – If you want to but Taekwondo uniform, We can take group order in the first class – Safe program with low risk of injury – Contents may vary depending on the number of participants for each class. – Any question > dbtis1125@snu.ac.kr				

☐ Lecture content

Day	Content	Note
Day 1	Orientation & Taekwondo Spirit	
	<ul style="list-style-type: none"> – Introduction to Taekwondo – Mediation – Stretching for Taekwondo – Basic fitness training – Basic Taekwondo training(Step, Basic kick) 	
Day 2	Taekwondo and Gyorugi	
	<ul style="list-style-type: none"> – Basic fitness training – Basic Taekwondo training(Step, Basic kick) – Cycle Target Kick training 	
Day 3	Taekwondo and Gyorugi	
	<ul style="list-style-type: none"> – Advanced–Step training – Combination Kick training – Kick with move training 	
Day 4	Advanced Gyorugi training	
	<ul style="list-style-type: none"> – Various Kick training – Gyorugi Basics – Step Gyorugi 	
Day 5	Advanced Gyorugi training	
	<ul style="list-style-type: none"> – Promised Gyorugi – Basic Kick test – Combination Kick test 	

Day 6	Orientation & about Taekwondo Poomsae	
	<ul style="list-style-type: none"> – Learning Basic form Basic Stance + Trunk punch – Kick for flexibility 	
Day 7	Learning basic form & kick	
	<ul style="list-style-type: none"> – Basic form training Various Stance + Defence – front kick training 	
Day 8	Junior(color belt) poomsae	
	<ul style="list-style-type: none"> – Why does poomsae start with defense? – Why does poomsae start from the left? – Reviewing basic form (stance, defence, punch, kick) – Learn taegeuk 1jang – acquaint themselves with taegeuk 1jang 	
Day 9	Poomsae & Kick	
	<ul style="list-style-type: none"> – Review taegeuk 1jang – Stretching for Flexibility – kick training 	
Day 10	Review and Challenge	
	<ul style="list-style-type: none"> – Test taegeuk 1 jang – higher kick & punch competition 	



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