Syllabus
Course Number: 265
Name: Self-Defense- KUK Sool Won
Spring Semester 2007

Day: MW
Time: 11-12PM
Instructor: J. Palmer
Office Phone: 546-8208
Office Location: Gym
Office Hours: MWF: 7-8, 1-2, TTH: 11-12

Description Course:
The Martial Arts is one of the finest products of the Asian Culture. It is a form of physical exercise as well as a means of self-defense. It is based upon the philosophy of Yin and Yang from the Chinese classic I-ching or better known as “The Book of Change” which is believed to be about two thousand years old. Many people have claimed vast health improvement with its practice. Therefore it is with great pleasure that I undertake this task will help students to achieve a high state of health here at Shaw University.

Required Text: Kuk Sol Won: Traditional Korean Style Martial Arts.
Author: Marlin Sims

Major Objectives of Course:
Upon Completion of this course, students should be able to;

1. Understand that you have the right to dignity, survival and self-protection and the legal basis for it.
2. Understand the different levels of force, to end a physical assault
3. Be aware of practical steps that may be taken to help insure personal safety while at home, work, jogging and in your car etc.
4. Recognize the vital areas of the human body that may be attacked and with what weapons.
5. Understand the importance of proper footwork and balance.
6. Understand the principle of escape from various types of grabs.

Class Guidelines:
1. Each student is expected to attend all class sessions
2. Students must purchase uniform for a fee of $30.00
3. Students must wear Martial Arts Uniform to class. Uniforms must be black only.
4. All quizzes and tests will be announced at the scheduled time.
5. Students will attend library weekly.

**Course Outline:**

1. Introduction to Kuk Sool Won
2. Etiquette
3. Kuk Sool Won Uniforms (Do Bok)
4. Bowing
5. The Privileges and Responsibilities of Rank
6. Weapon Etiquette
7. Etiquette During Class
8. Preparing for Class
9. The Do's and Don'ts of the Dojang
10. Warm-up Exercises
11. Stretching
12. Stance and Body Posture
13. Kicking
14. Punching or Hand Techniques
15. Falls
16. Ki Training
17. Hyung By-Laws
18. Ki Cho Hyung
19. Ki Bo Soo (15 Basic Techniques)
20. Basic Korean Terminology

**Course Requirements with Grade Composite:**

- Attendance .......................................................... 5%
- Mid-Term Practical Examination ........................ 30%
- Final Examination ............................................. 40%
- Uniform Neatness ............................................. 20%