Taekwon Do

**Location:** HPR W 106  
**Time:** 5:00 p.m. to 6:00 p.m., Tuesdays and Thursdays

**Instructor:** Melany Moras  
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**Course Objectives:**  
Students will learn the following:  
1. Basic history of Taekwon-Do (translated as Kicking Punching Way)  
2. Rules of the Dojang (classroom)  
3. Basic stances, strikes, falls, and self-defense techniques.  
4. Taekwondo theory of power  
5. Personal disciplines:  
   - **Physical:** Endurance, strength, balance, breath control, and flexibility.  
   - **Mental:** Focus, control, and self-confidence.

**Credit:**  
Students may miss no more than 3 class sessions during each session. Periodic written and/or reading assignments may be given.

**Brief History of Tae Kwon Do:**  
General Choi Hong Hi of the South Korean military founded the Korean martial art style of Taekwon-Do in 1955.  
Born in 1918, General Choi began studying the Korean art of Taekkyon under master Han I Dong. After seven years of study, he moved to Japan to learn Western culture, science, and law. While in Japan he earned his second-degree black belt in Shotokan Karate under the supervision of Master Gichin Funakoshi, the founder of Shotokan.  
In 1945 after Korea was liberated from the Japanese during WWII, Choi became the leader of a student group that advocated democracy in South Korea. Due to his efforts, he was made one of the 110 founding members of the South Korean Army. He began teaching Karate to the soldiers under his command but because of negative experiences with the Japanese during his previous years, and his desire to create a martial art superior to Karate, he developed a new form of open hand combat that was not Japanese in origin. In 1946, he began a pursuit of martial arts knowledge that would lead to the 1955 formation of Taekwon-Do.  
General Choi lead the International Taekwondo Federation, which he established in 1966, until his death on the 17th of June 2002.

**Suggested Readings:**  
- Book of Five Rings – Miyamoto Musashi.  
- The Art of War – Sun Tzu.  
- Encyclopedia of Taekwon-Do – Choi, Hong Hi.  
- Karate-Do: My Way of Life—Ginchin Funakoshi  
  *Living the Martial Way: A Manual for the Way a Modern Warrior Should Think – Forrest E. Morgan