

Teacher Notes: to accompany Taekwon-Do in Schools Programme and Education Resource

Aims

- To provide a positive introduction to the physical and mental aspects of Taekwon-Do
- To introduce children to the cultural and historical aspects of the sport
- To teach the core values of Taekwon-Do in a way that is fun and understandable
- To improve children's basic movement skill development
- To develop safe and effective stretching techniques to improve flexibility
- To introduce martial art style discipline and training
- To improve self esteem through positive encouragement and achievement

Values

The mandated core values of the New Zealand Education Curriculum; Excellence, Innovation, Diversity, Equity, Community, Ecological Sustainability, and integrity, fit well with the five tenets of Taekwon-Do philosophy – Perseverance, Self-Control, Indomitable spirit, Courtesy, and Integrity.

New Zealand Curriculum Values

Excellence

by aiming high and by persevering in the face of difficulties

Innovation

inquiry, and curiosity, by thinking critically, creatively, and reflectively.

Diversity

as found in our different cultures, languages, and heritages.

Equity

through fairness and social justice.

Community

and participation for the common good.

Ecological sustainability

which includes care for the environment.

Integrity

which involves being honest, responsible, and accountable and acting ethically; and to respect themselves, others, and human rights.

Tenets of Taekwon-Do

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

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Key Competencies

Thinking

- Developing an understanding of the physical and mental aspects of Taekwon-Do.
- Gaining knowledge to enable the appropriate and effective use of Taekwon-Do techniques.
- Developing an understanding of the tenets of Taekwon-Do to enable good decision making about its use, and how to apply the tenets in everyday life.

Using language, symbols, and texts

- Developing an understanding of the language of the five tenets of Taekwon-Do, ***Courtesy, Integrity Perseverance, Self-Control, and Indomitable spirit.***
- Interpreting the tenets and applying them to a range of contexts.
- Translating the language of Taekwon-Do in to the physical techniques learnt.
- Translating the basic Korean language terms ***Taekwon-Do, do bok,*** and ***do jang***
- Counting to 10 in Korean

Managing self

- Developing Taekwon-Do skills and using them appropriately.
- Developing self esteem and self-motivation.
- Recognising the dual aspects of Taekwon-Do and understanding how the mental and physical parts are linked in decision making.
- Interpreting the tenets of Taekwon-Do and applying them to a range of contexts.

Relating to others

- Developing an understanding of the tenets of Taekwon-Do and sharing ideas with peers about applying the tenets in a range of everyday life contexts.
- Recognising when to appropriately use Taekwon-Do techniques, with special attention to the context of self-defence.

Participating and contributing

- Participating in the local Taekwon-Do community to enable personal achievement of potential, in a safe and supportive environment.

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Learning Outcomes

Background and History

- Describe the history of Taekwon-Do with reference to General Choi Hong Hi, and the World Championships.
- Identify and describe the six coloured belts
- Translate the basic Korean language terms ***Taekwon-Do***, ***do bok***, and ***do jang***
- Be able to count to ten in Korean

Fundamental Movements

- Demonstrate and identify the basic stances, stepping and hand techniques of Taekwon-Do.
- Demonstrate good breathing technique.

Kicking Techniques

- Demonstrate and identify three basic Taekwon-Do kicks.
- Identify and attempt the board break technique.

Core Values

- Explain the five tenets of Taekwon-Do and their application in everyday contexts, through interactions with family, friends, and teachers.

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Answers

Page 6: The Belts of Taekwon-Do

- ✓ **White** stands for innocence, like a beginning student who knows nothing about Taekwon-Do.
- ✓ **Yellow** stands for the earth where a seed begins to grow.
- ✓ **Green** stands for a plant's growth, as our skill in Taekwon-Do begins to improve.
- ✓ **Blue** stands for the sky as the tree grows tall towards it.
- ✓ **Red** stands for danger, it tells the opponent to stay away and it warns the wearer of the red belt to be careful.
- ✓ **Black** means the person is knowledgeable and skilled in the techniques of Taekwon-Do.

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Answers

Page 7: 2011 Taekwon-Do World Championships

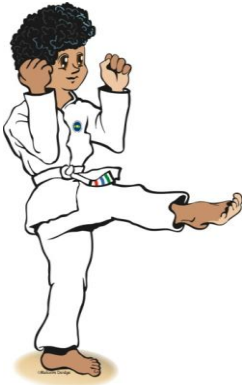
2011 ITF Taekwon-Do World Championships Medal Table			
	GOLD	SILVER	BRONZE
New Zealand	20	12	10
USA	2	5	8
Canada	3	5	9
Argentina	9	3	13
Ireland	1	3	4
Best Overall Awards won by New Zealand			
1	Senior Male Individual		
2	Senior Male Team		
3	Senior Female Team		
4	Junior Female Individual		
5	Junior Male Team		
6	Junior Female Team		

- ✓ **Kara Timmer (New Zealand)** won the Best Junior Female award
- ✓ **Jason Teio (New Zealand)** won the Junior Male Power Breaking

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Answers

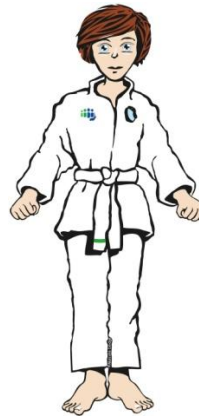
Page 9: The Techniques of Taekwon-Do



Front snap kick



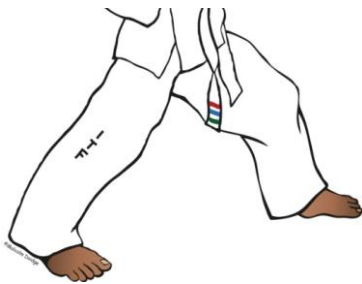
Front rising kick



Attention stance



Forearm low block



Walking stance



Bow



Walking stance punch

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Answers

Page 10: The Language of Taekwon-Do

To jump or kick with the foot

Tae

To punch with the hand or fist

Kwon

Art or way

do

Training Area

do jang

Uniform

do bok

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Answers

Page 11: The Language of Taekwon-Do

English	Korean
One	Hana
Two	Dool
Three	Set
Four	Net
Five	Dasot
Six	Yosot
Seven	Ilgop
Eight	Yodul
Nine	Ahop
Ten	Yol