

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
CHENNAI-6**

<b>Name of the Course:</b>	<b>:</b>	<b>Diploma in Taek-wondo</b>
<b>Stream</b>	<b>:</b>	<b>Distance Education</b>
<b>Educational Qualification</b>	<b>:</b>	<b>Plus 2</b>
<b>Duration</b>	<b>:</b>	<b>One year</b>
<b>Medium of Instruction</b>	<b>:</b>	<b>English</b>
<b>Year of Commencement</b>	<b>:</b>	<b>2010 - 2011</b>

## **Paper –I**

### **HISTORY OF TAEK-WONDO**

#### **Unit – I**

Definitions – History - Koguryo dynasty – Silla Dynasty - Koryo dynasty – Yi Dynasty – Twentieth Century – History of Moo Duk Kwan – Philosophy of Tae Kwon do – Moo duk kwan principles – Korean Flag – ITF – WTF – GTF – Sport Tae Kwon Do

#### **Unit – II**

Basic Striking Weapons – Vital Target Areas – Warm – up – Exercises – Basic Stances – Horseback Stance – Walking in the Horseback Stance – Walking in the Front Stance – Back Stance –

#### **Unit - III**

Punching Techniques – Straight Punch – Reverse Punch – Side Punch – Blocking Techniques – Low Block – High Block – Middle Block

#### **Unit – IV**

Knife and Spear Hand Blocks – Knife Hand Middle Block – Knife Hand Low Block – Knife High Block – Spear Hand Thrust – Kicking Techniques – Front Kick – Round Kick – Instep Front Kick – Instep Round Kick – Side Kick variation – Side kick Horseback Stance – Back Kick

#### **Unit - V**

Elbow Strikes – Forward Elbow Strike – Backword Elbow Strike – side Elbow Strike - Defense and Reverse Punches - Sparring Techniques – Forms – Self defense

## **Paper– II**

### **ANATOMY AND PHYSIOLOGY**

#### **Unit – I**

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

#### **Unit – II**

Cardio Vascular System – Structure and functions –Respiratory system –  
Structure and function Lungs – Mechanism of Respiration -

#### **Unit – III**

Muscular system – Types of Muscles - Structure and functions – Digestive  
system – structure and function.

#### **Unit – IV**

Nervous system – central – peripheral and autonomous

#### **Unit – V**

Excretory System – Structure and Functions of Kidney – Nephron – Structure  
and Functions of Skin

## **METHODS OF TAEK-WONDO PRACTICES (PRACTICAL-I)**

Warm up Exercises – Side Stretch – Leg Stretch Push-ups – Side Split No. 1 & 2 – Front Kick Stretch – Side Kick Stretch – Basic Stances – Ready Stance – Horseback Stance walking – Front & Back Walking Turning in the Front – Walking Back stance & Turning Back stance –

Basic Striking Weapons – Vital Target Areas – Warm – up – Exercises – Basic Stances – Horseback Stance – Walking in the Horseback Stance – Walking in the Front Stance – Back Stance

Elbow Strikes – Forward Elbow Strike – Backward Elbow Strike – side Elbow Strike - Defense and Reverse Punches – Low Block Reverse Punch – High Block Reverse Punch – Outside Middle Block – Reverse Punch – Inside Middle Block Reverse Punch – Knife Hand Reverse Punch - Sparring Techniques – Three Steps Sparring – Once Steps Sparring – Self defense Techniques

## **METHODS OF TAEK-WONDO PRACTICES (PRACTICAL-II)**

Punching Techniques – Straight Punch – Walking State Punch – Turning State Puch – Reverse Punch – Walking Reverse Punch- Turning Reverse Punch – Side Punch – Walking Side Punch – Turning Punch - Blocking Techniques – Low Block- walking Low Block - Turning Low Block – High Block – Walking High Block – Turning High Block - Middle Block – Walking Middle Block – Turning Middle Blocks – Middle Blocks – Inside to Outside – Standing & Turning - Knife and Spear Hand Blocks – Knife Hand Middle Block – Knife Hand Low Block – Knife High Block – Spear Hand Thrust – Kicking Techniques – Front Kick – Round Kick – Instep Front Kick – Instep Round Kick – Side Kick variation – Side kick Horseback Stance – Back Kick

Forms – Sparring – Competition Rules & Regulations