

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL
(PROJECT BASED LEARNING)

COMMUNITY CLASS TITLE: Hong's USA Taekwondo and Youth Special Needs
Martial Arts

GRADE OR AGE LEVELS: Youth Ages 5-10, Kids Ages 10 -18

FORMAT: IN-PERSON or Online

DAY AND TIME OF THE WEEK:

4:15PM-5PM, Monday, Wednesday, and Friday

TOTAL REQUIRED HRS: 16 hours

minimum

TOTAL SEMESTER HOURS POSSIBLE: 30

LOCATION: 1118 Ontario Road, Niles, MI 49120

INSTRUCTOR: Grand Master Soon Pil Hong

CONTACT INFORMATION: Phone: 269-687-5000 Email:

Soonpilhong@sbcglobal.net Website: HongUsa.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

INSTRUCTIONS FOR REGISTRATION: Liability Forms and Medical waivers are
to be signed in person when attending your first class.

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary):

Grand Master Soon Pil Hong, Only Traditional Self Defense Korean Martial Artist in
Michiana. 9th Dan/ Degree Blackbelt certified under the Kukkiwon, Jidokwan, and
Odokwan (Taekwondo). Recognized by United States Olympic Committee as 9th Degree
Black Belt.

COURSE DESCRIPTION (OVERVIEW): I promise you that you will earn the belts that I award you. To do so, you will demonstrate more than just physical techniques. You will also show me your willingness to help others learn what you know, your growing confidence in yourself, and the respect you have for instructors, and other students. As you progress in rank, you will learn that the belt you wear is a label – a piece of cloth that means nothing by itself. What gives your belt meaning is what has changed inside of you with each successful promotion. The higher your rank, the more I expect from you in the areas of leadership, courtesy, and respect. More importantly, the higher your rank, the more you should expect (and demand) from yourself.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES:

Forms, Blocks, Kicks, Hand Techniques, One Steps, No Contact Sparring, Board Breaking, and Terminology. (view our youtube and handbook for more.)

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Midterm (yellow belt) = 2-months

Final Exam (orange belt) = 4 months

Additional Years are increased belt levels

Belt Promotions are every 2 Months depending on readiness shown to Instructors.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.

2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page

for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

Class-specific assessment: discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.): Hong's USA website (<https://www.hongsusa.com/>) or our youtube channel (www.youtube.com/@HongsUSA).

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: 2-3 classes per week.

Weather: Always Open

Other: Follow 5 tenets, Dojang Protocol, and Student Handbook