

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

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

COMMUNITY CLASS TITLE: Legion Taekwondo and Youth Mixed Martial Arts

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

FORMAT: **IN-PERSON**

DAY AND TIME OF THE WEEK:

Mondays 4:30PM-6PM, Wednesdays

4:30PM and Fridays 4:30Pm –

6:30PM

TOTAL REQUIRED HRS: 3 hours

minimum

TOTAL SEMESTER HOURS POSSIBLE: N/A

LOCATION: 211 N Main St Niles, MI 49120

INSTRUCTOR: Master John Raven Young and Edward Thomas Torres

CONTACT INFORMATION: Phone: 269-818-7297 Email:
eddiatorres09@yahoo.com Website: legendsmartialarts.net

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES, NO IF 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): Edward Torres, 2nd Dan Blackbelt certified under the ICTF and Mixed Martial Artist with 15 years of experience. Master John Young, 7th Dan Blackbelt certified under the ITCF.

COURSE DESCRIPTION (OVERVIEW): Legion Martial Arts offers a variety of martial arts for children and adults. Primary curriculum for children's studies in Boxing, Kickboxing, Wrestling, Jiu Jitsu, and Traditional ICTF Taekwondo. The focus of various arts allows children to learn and adapt to a variety of different situations involving martial arts. Our curriculum incorporates discipline, respect, integrity and self-esteem as well as being fun and educational.

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

We teach the basics of previously stated martial arts starting with the beginning principles. Beginners will learn movement, cardiovascular drills, cardio aerobic exercises, basic stances and the core principles and forms of Taekwondo. Older students will continue the basic premises while learning advanced techniques.

Techniques that will be taught are intermediate colored belt forms as well as live sparring to complement their teaching. Advanced students will have mastered their majority of their colored belts forms as well as sparring techniques. Coupled with advanced cardio and aerobic training, students will have the mental resolve and adaptability to conduct themselves as discipline children and teens.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Beginner Studies = 1-month Intermediate Studies = 2-5 months Advanced Studies = 1 year onward

Belt Promotions are every 4 -5 Months depending on attendance.

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.): N/A

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: 1 class per week minimum.

Weather: N/A

Other: N/A