

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

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

COMMUNITY CLASS TITLE: **READY Taekwondo**

GRADE OR AGE LEVELS: all

FORMAT: IN-PERSON ONLINE FLEXIBLE DAY AND TIME OF THE

WEEK: In Person, various times

TOTAL REQUIRED HRS: 16 **ADD'L POSSIBLE HRS (OPTIONAL TIME):** 48 **TOTAL**

SEMESTER HOURS POSSIBLE: 63

LOCATION: Ready Taekwondo, 1968 Pipestone Road, Benton Harbor, MI 49022

INSTRUCTOR: Grandmaster Alvin Smith, Instructors Melody Ruiz Matamoros, Melanie Ruiz Matamoros and Kyler Schneider

CONTACT INFORMATION: 269-325-2930, readytaekwondoinc@gmail.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES **IF YES, INSTRUCTIONS FOR REGISTRATION:**

Parents must fill out a registration form on the student's first week of class.

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

All classes are taught by: Grandmaster Alvin Smith, 9th Degree Black Belt and Instructors Melody Ruiz Matamoros, Melanie Ruiz Matamoros, and Kyler Schneider, 2nd Degree Black Belts.

COURSE DESCRIPTION (OVERVIEW):

Students learn excellent martial arts skills, but the school focuses on training the whole person by focusing on discipline, respect for authority, self defense, and overall mental well being. Ready Taekwondo teaches all ages and levels, and is proud of its support of students from all ethnic and social backgrounds.

Taekwondo, and especially R.E.A.D.Y. has shown the following benefits in student's lives:

1. Self-Defense
2. Mentoring
3. Weight control
4. Discipline
5. School Grade Improvement
6. Bully Prevention
7. Respect for Authority.
8. Obedience to parents and teachers.

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

Classes will teach students proper form appropriate for their age and skill level. Physical fitness activities are a part of every classes including stretching and cardio activities, as well as strength training. Technique and martial arts skills are practiced each lesson. Some discussion time of

the various tenets of taekwondo as well as topics for mental well being and respect for authority.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Students will advance belt level according to their personal ability. Belt Tests are offered at least once per semester.

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: Students are evaluated at scheduled Belt Tests. Students perform the appropriate form for their belt level, demonstrate sparring and board breaking ability for a panel of judges.

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Students must attend at least one class weekly. Additional times can be made up by attending multiple classes in the week.

Weather: Ready Taekwondo follows the same weather procedure as Benton Harbor schools. If BHAS is closed for weather, we will do the same.