

体育工作部课程简介

课程编号：171300002(1-4)

课程名称：体育—跆拳道

学分/学时：1/32

先修课程：无

适用专业：全校各专业

课程性质：必修

教 材：大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

主要参考书：

- 1、《跆拳道》刘宏伟、关铁云编著 北京人民体育出版社
- 2、《现代跆拳道训练》王智慧编著 北京人民体育出版社

内容简介：

跆拳道被誉为“世界第一搏击运动”，且现已发展成为奥运会的正式比赛项目，有着自身的优点和独到之处，如今已吸引了成千上万的人投身到跆拳道训练当中。首先，练习跆拳道能够强身健体、防身自卫；其次，经常参加跆拳道训练能够磨炼人的意志品质，振奋人的精神，培养顽强、勇敢、进取、拼搏的个性；第三，完整的跆拳道训练经常会穿插对“道”的领悟，能培养人具备谦逊、宽容、仁爱、礼仪等良好的素质。同时，在我们日常的工作、学习和生活中，认真就是品质，快速就是效益，坚守承诺就是诚信，这三点正是现代人也是我们年轻人必须具备的素质。

《大学跆拳道》是近年来在普通高校中发展较快的体育课程之一，跆拳道源于韩国，是一种以迅猛旋转的腿法结合拳击和柔道的搏击运动。“tea Kwon Do”源于韩语，“tea”的意思为“脚”或“踢”；“Kwon”意思为“拳头”或“击”；“do”是指技巧，后指生活方式。“Tea kwon do”的意思就是用拳、腿搏击的技巧。跆拳道和中国武术作为东方武艺，有着不可分割的历史渊源关系，两者相互借鉴。学习跆拳道可视为一种精神及身体的修炼，从艰苦的磨练中，培养出理想的人格和体魄，并让学生掌握易学易练的防身自卫本领。在武礼的熏陶下，这一运动本身充分展现了拳脚并重、突出腿功的精美技艺，具有很强的观赏性和审美价值。相对于其他格斗术，跆拳道简单易学，尤其是动作演练起来刚劲潇洒、非常实用，因此深受人们的喜爱。当前许许多多大学生练习起了跆拳道，并逐渐成为了一种时尚。通过此课程使学生掌握跆拳道的步法和腿法及其实战运用，增加自我防护能力，达到强身健体的功效，并培养学生刚毅的意志品质和道德修养。

Course Description

The Department of Physical Education

Course Code: 171300002(1-4)

Course Name: Tea kwon do

Credit/Hours: 1/32

Textbooks: WangYong. College Physical Education. Dalian Maritime University Press, 2018

Reference Books:

1. Taekwondo Liu Hongwei and Guan Tieyun compile Beijing people's Sports Publishing House.
- 2.the modern Taekwondo training, Wang Zhihui compiled the Beijing people's sports press.

Course Description:

Taekwondo is known as "the first fight in the world", and has now developed into a formal event of the Olympic Games. It has its own advantages and uniqueness. Now it has attracted thousands of people to the training of Taekwondo. First of all, taekwondo can be practiced to strengthen the body and defend oneself. Secondly, taekwondo training can be used to temper the people's will quality, to exhilarate the spirit of people, to cultivate the tenacious, brave, enterprising and hard - to - fight personality. Third, the complete Taekwondo training is often interspersed with the understanding of "Tao", and can cultivate the humility of the people. Good qualities such as tolerance, benevolence, etiquette and so on. At the same time, in our daily work, study and life, serious is quality, fast is the benefit, adhere to the promise is integrity, these three points are the modern people are the quality of our young people must have.

Taekwondo is one of the fastest growing sports courses in Colleges and universities in recent years. Taekwondo originated in Korea. It is a kind of fighting with boxing and judo with the rapid rotation of the leg method. "Tea Kwon Do" originates in Korean, "tea" means "foot" or "kick"; "Kwon" means "fist" or "blow"; "do" refers to skill, then refers to the way of life. The term "Tea kwon do" means fighting skills with boxing and legs. Taekwondo and Chinese martial arts, as Oriental Wu Yi, have an inseparable historical origin and they can learn from each other. Learning Taekwondo can be regarded as a kind of spiritual and physical training, from hard training to cultivate ideal personality and physique, and to make students master the ability of self-defense and

self-defense that is easy to learn and practice easily. Under the influence of Wu Li, this movement fully displays the exquisite skills of both boxing and feet, highlighting the skills of legs, and has a strong appreciation and aesthetic value. Compared with other fighting skills, taekwondo is easy to learn, especially in practice. At present, many college students practice taekwondo, and gradually become a fashion. Through this course, students can master Taekwondo gait, leg method and practical use, increase the ability of self protection, achieve the effect of strengthening the body, and cultivate the resolute will quality and moral accomplishment of the students.