

# Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

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

**COMMUNITY CLASS TITLE:** ATA Songahm Taekwondo

**GRADE OR AGE LEVELS:** Ages 4+

**FORMAT:** IN-PERSON

**DAY AND TIME OF THE WEEK:** Beginners (White-Orange-Yellow Belts) Mon-Thurs 5:30-6:30 Tigers (Ages 4-7) Mon-Thurs 5:30-6:00

(If students have previous martial arts experience, other class times may be substituted)

**TOTAL REQUIRED HRS:** 2 class sessions per week

**ADD'L POSSIBLE HRS (OPTIONAL TIME):** If students are interested in leadership, or weapons classes, these are an additional 30 minutes 2x/week and incur an additional \$50/month cost (plus appropriate gear) based on the permission from school ownership

**TOTAL SEMESTER HOURS POSSIBLE:** 26

**LOCATION:** 211 Hilltop Rd, Suite L5, Saint Joseph, MI 49085

**INSTRUCTOR:** Master Andy Dixon, Leslie Woods, Landon Woods

**CONTACT INFORMATION:**     **phone:** 269-332-4450  
  **email:** lunarmartialarts@gmail.com  
  **website:** lunarmartialarts.com

**ADDITIONAL REGISTRATION AT SITE REQUIRED?** YES

**IF YES, INSTRUCTIONS FOR REGISTRATION:** See Master Dixon or Mr. Woods at your first class

**INSTRUCTOR QUALIFICATIONS** (may attach a separate page if necessary):  
Master Andy Dixon - 6th Degree Black Belt, and ATA Level 3 Certified Instructor  
Mrs. Leslie Woods - 4th Degree Black Belt and ATA Level 3 Certified Instructor  
Mr. Landon Woods - 3rd Degree Black Belt and ATA Level 3 Certified Instructor  
Other instructors may lead class at the discretion of the school owners listed above.  
All instructors are ATA Certified (including Junior Instructors under 18).

**COURSE DESCRIPTION (OVERVIEW):** Beginner students will learn the foundations of Songahm Taekwondo and perform a skill assessment every 8 weeks (based on performance in and out of the classroom). Students will be introduced to key life skills which are reinforced in every class including respect, discipline, honesty, belief, communication, and self-esteem.

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

*Describe activities that will reinforce the lesson. Include any work and time to be required outside of class:*

**COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:**

Students will learn different types of strikes, blocks, and kicks for the purpose of self-defense.

Students will learn Songahm Taekwondo forms to be assessed every 8 weeks.

Students will utilize different strikes and kicks to accomplish board-breaks

Students will perform individual skill assessments in front of the class 9/20, 11/15.

**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 will be assessed every 8 weeks on skill performance including technique, memorization, and stances by a panel of instructors.

**ADDITIONAL RESOURCES:** (online, books, video, etc.): none

## **CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.**

**Attendance:** Students need to check in at each class as directed by Master Dixon and Mr. Woods.

**Weather:** School closings will be kept to a minimum, but tend to fall in line with St Joseph/Lakeshore schools. Watch for emails/texts from the school for cancellations or special announcements.

**Other:** Students should be prepared to work hard, so appropriate exercise clothing is required (no jeans, skirts, or inappropriate logos/slogans). Students will be barefoot at all times on the mats. Uniforms will be worn for testing. Bring water for breaks. Students will spend the first portion of class time in methodical stretching to help avoid injury during class.

Students may begin classes any time after registration, however not before August 31.

Students may be asked for parent approval to test. This allows parents to provide feedback that students are living out the principles and behavior expected of them in their daily life. A big component of any Martial Art is respect for authority, their peers, and others - students are expected to demonstrate this since they represent not only their family, but also our school.