

## **PKIN 0406 0.00 KUNG-FU – COURSE OUTLINE FALL / WINTER 2016 - 2017**

**INSTRUCTOR:** Helen Wu, 342 Bethune College, Cell: 416-919-7652  
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**CLASS LOCATION:** Studio 4, Tait McKenzie Building

**CLASS TIMES:** **Winter:** M/W; Section: M - 1:30PM  
**Summer I:** T/TH; Section: A-8:30AM; B-10:30AM

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### **COURSE DESCRIPTION**

The course will comprise practical and theoretical study of Chinese traditional Northern Shao-Lin Kung-Fu, which has a history of thousands of years in China. In this course, you will exercise the entire body through stretching, kicking, jumping and weapon training. By the end of the course, students will understand that without a healthy, strong body, learned through self-defence techniques, one cannot apply these techniques in the real world.

This course will emphasize basic drills, techniques and sparring. A short weapon routine – Flying Rainbow Kung-Fu Fan will be taught in this class. The teaching materials are all designed specifically for university students. The class will focus on the proper foundation and health benefits. It will also deal specifically with self-defence. All fitness levels are welcome.

### **COURSE LEARNING OBJECTIVES**

The purpose of this course is to assist students in physical activities that build the body and change one's circulation. University life often involves too much sitting. A certain amount of physical activity can positively affect the immune system and help students achieve a balanced life. Students will be able to have a positive, enjoyable experience in the studio. They will also gain skills to maximize internal strength and to gain optimal health.

The specific objectives of the course are that students will be able to learn:

- In this course, students will learn and practice the Kung-Fu exercises, incorporating basic drills; techniques and self-defence applications. Also a traditional “Spring Kicking” will be taught in this term. Spring Kicking is the foundation training of the traditional Chinese Northern Shao-Lin Kung-Fu. It will help students to achieve certain health benefits. The skill sets you acquire through repetitive and conscious training, alert you to signals at the threshold of perception. With practice, these basic lessons allow you to calmly counter fearfulness with reliable self-confidence.
- Also, students will learn a two-person weapon routine – Flying Rainbow Kung-Fu Fan; a form created by Master Helen Wu. This routine is easy to learn, and appropriate for both genders and for any age group. Benefits include becoming street smart. In self-defence situations, you will learn how to deal with weapons.

**TEXT (Optional) / READINGS :** Text and Reading Sections: Please see Instructor.

## **OUTLINE**

- History and philosophy of Chinese traditional Northern Shao-Lin Kung-Fu
- The essentials of Kung-Fu training
- Training methods; health benefits; avoiding injury
- Basic Kung-Fu drills and techniques; self-defence applications
- Flying Rainbow Kung-Fu Fan and Green Dragon Sword
- Traditional applications: “Spring Kicking”

## **PRACTICAL SKILLS AND CLASS STRUCTURE**

### **1. Warm-up**

**Stretching:** Stretching on the bar; stretches with stances; arm stretches and shoulder stretch

**Kicking:** Front kicking; lotus kicking; inside side kicking; slap kicking and back kicking; punching and kicking; heel kicking

**Jumping:** flying kicking etc.

### **2. Workout**

#### **a) Kung-Fu foundational training & basic techniques**

Exercise 1: Hand forms: Fist; palm and hook hand.

Exercise 2: Stances: Bow stance; horse stance; empty stance; falling down stance; crossed knee stance; one-leg-standing stance.

Exercises 3: Swing the arm; and punching

#### **b) Traditional “Spring Kicking”**

Spring Kicking is the foundational training of the traditional Chinese Northern Shao-Lin Kung-Fu. The routine's design is safe for anyone's body structure. There are almost no injuries for any age group. Generally speaking, this kind of training is focused on body coordination, cardiovascular fitness, leg techniques and self-defence applications.

Why do we call it Spring Kicking? When one is kicking, the speed of one's leg is like an arrow leaving the bow very fast, with a bounce like a spring. Spring Kicking gives one speed and accuracy. Also, after kicking, your legs are relaxed right away. It is very good for the muscles and joints. There are ten sections. You will learn three sections for this term:

Section 1: Punching as a carrying pole

Section 2: Punching and kicking

Section 3: Smashing and kicking

#### **c) Flying Rainbow two person Kung-Fu Fan:**

"Two person Kung-Fu Fan" has been created by Master Helen Wu. It has been modified from the "Athletic Single Fan" version of the Flying Rainbow Kung-Fu Fan routine in order to suit university students and students at martial arts schools in Canada and the United States. It is easy to learn, and appropriate for both genders and for any age group. Benefits include becoming street smart. In self-defence situations, you will learn how to deal with weapons.

The design of the routine incorporates elements that are essential to good health. It also incorporates graceful movements and includes all Fan techniques and applications. This two person Kung-Fu Fan routine builds a strong foundation for students who wish to continue with athletic training. Also, persistent practice, as with all Tai-Chi or Kung-Fu Fan training, can promote personal development.

#### **d) Two-person combat:**

**Exercise 1:** Block and hit with your arms

**Exercise 2:** "Four Hands"

"Four Hands" is the sparring training of Chinese traditional Northern Shao-Lin Kung-Fu. It was considered a secret kung-fu technique handed down from generation to generation. It's especially important to practise with other people; to know what it feels like to face an actual opponent. Facing a real person will help you avoid fear in the future. (As well, you'll avoid some of the injuries that can come from practising against artificial targets.)

### **3. Cool-down**

Before finishing class, students will learn relaxation techniques (Chinese traditional self-acupressure). You will learn to relax the whole body, and then end the class with a discussion period and conclusion.

## **EVALUATION**

### **1. Elements of Final Grade**

**Theory Exam: Reading and Discussion 20%**

Exam Date \_\_\_\_\_

At the end of the session, there will be an exam comprising multi-choice answers and open book questions about Chinese traditional Northern Shao-Lin Kung-Fu.

**Practical Skills 65%**

Exam Date \_\_\_\_\_

Your final assessment will be conducted in small groups. Your performance will be judged on the basis of:

- Posture & Technique 35%
- Breathing & Pace 20%
- Knowledge of the Routines 10%

**Attendance 15%**

Four absences will be allowed in this term. But 3% will be deducted from the “Attendance” component of your final grade for each class missed.

## **2. Percent:**

- A: Exceptional & Excellent (80 - 100%)
- B: Very Good & Good (70 - 79%)
- C: Competent & Passing (60 - 69%)
- F: Failing (Below 60%)

## **PASS / FAIL OPTION**

For students who wish to take a PKIN on a Pass/Fail basis; they must adhere to the timelines.

## **PIKN PARTICIPATION REQUIREMENT**

To receive credit for a practicum course a student must attend and actively participate in a minimum of 80 percent of classes for the course. When full participation is not possible, accommodation agreements may be reached with the student (complete classes missed in the next term, individual testing etc). The following absences are allowed:

- 24hour course, 2 hours week/12 weeks, students allowed 4 absences
- 24hour course, 4 hours week/6 weeks, students allowed 2 absences (S1 & S2 Term)
- 16hour course, 3 hours week/8 weeks, student is allowed 3 absences
- 12hour course, 2 hours week/once per week/ 12 weeks, student allowed 2 absences
- P Terms – 80% of hours

## **SAFETY PRECAUTIONS**

Clothing should be comfortable and loose. Please wear exercise pants, not shorts or skirts. Shoes must have shoelaces.

Pay close attention to details. If you do not understand how to perform a movement or technique, ask the instructor for clarification before you attempt it.  
No gum. You could choke on it. If you feel pain, discomfort or distress, stop immediately.

## **CONTACT INFORMATION**

If you wish to speak to me, it is best to phone me at 416-919-7652 to make an appointment.

My office hours for this session will be: \_\_\_\_\_

Location: Studio 4 A/B, Tait McKenzie Building.