

PKIN 0407 0.00 SELF-DEFENCE – 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: Fall: M/W; Section: A-8:30AM. Winter: M/W; Section: M - 8:30AM

COURSE DESCRIPTION

The course will comprise practical and theoretical study of Chinese traditional “Practical Fighting Applications”, which has a long and rich history in China. A traditional martial artist is proficient in kicking; hitting; fast take down and joint control. These techniques can be used for self-defence training, as well as for reducing weight and building muscle strength.

The training will emphasize basic practical fighting drills, techniques and sparring. The teaching materials are all designed specifically for developing the whole body. It is to eradicate the comfortable illusion of safety, so you can avoid “brain lock” or freezing when a situation suddenly threatens violence. Students learn lifelong steps of awareness, avoidance, evasion, and physical defences through this progressive training program. The class will focus on the proper foundations: self-discipline, self-defence and health benefits.

COURSE LEARNING OBJECTIVES

The purpose of this course is to assist students in transforming disciplined practical fighting training into internal strength. Students will understand that the training of self-defence skills is also based on traditional Chinese philosophy. The seemingly soft and weak are often more resilient than the hard and strong. An example of this is a piece of grass which can withstand a powerful storm, whereas a tree can be broken by the storm. This type of development has given people the knowledge that through their dedication and discipline in training, anything can be achieved.

Students will realize that the best defence is prevention. The truly courageous martial artist is the one who knows how to prevent a fight before it starts. All the training they have done has been to prepare themselves for possible conflicts, and to develop their confidence and a clear mind to know when to use, and when not to use, their ability. This is the mastery of heart and intellect, the combination of which is true wisdom.

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

- Martial ethics; it will help students to achieve high standards mentally and physically.
- Basic drills; techniques and self-defence applications
- The keys of two-person combat of fan and sword
- Iron Stump Chi-Kung training for building internal strength

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

OUTLINE

- Mental and physical self-defence principles
- Basic drills and techniques and self-defence applications
- Training methods; health benefits and avoiding injury
- Exercises of the two-person combat
- Fan as a Martial Arts Weapon

PRACTICAL SKILLS AND CLASS STRUCTURE

1. Warm-up

Before the workout, it is extremely important to learn effective warm-up techniques. Some people imagine warming up is unnecessary. This is not the case. In fact, the arms and legs require a lot of strength training, and many of the motions involve a lot of muscle tension. It's important to exercise the whole body.

Stretching, balance and kicking: Leg stretching on the bar; squatting stretch; and falling down stance. Lifting the knee and back kicking

Self-defence walking exercises: Front kicking; slap kicking; punching and kicking; elbow strike; block, punch and Kicking

Jumping and Kicking

2. Workout

Basic techniques: Hand forms (fist; palm and hook hand); and stances (opening stance; bow stance; horse stance; side-bow stance; empty stance; T-step; one-leg-standing stance)

Punching techniques: Swing the arm, punching and pushing

Self-defence applications: Trinity posture; hammer fist; punching fist

These applications are very useful. The design of the skills incorporates elements that are essential to self-defence and good health. The applications also incorporate powerful movements and include most of the practical techniques and applications for self-defence.

Exercises of Two-person combat:

- Block and hit with your arms
- Joint control
- "Four Hands"
- Short weapon combat

(1) **"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.)

(2) Short weapon combat (the Fan as a Martial Arts Weapon): Fan made for a light weapon, though its ribs could be made of steel or iron. It could be used to thrust, block and parry; with the ribs closed, the fan takes on some of the characteristics of the short sword – it can be used for thrusting toward the eyes, throat and other vulnerable areas. It can also be used to apply sharp force against pressure points. In the 1960s, a Chinese martial artist, Professor Ju-Rong Wang essentially fashioned an entire system for training with the fan.

The techniques of combat with a fan:

- 1 - Intercepting upward and Intercepting downward
- 2 - Thrusting and Intercepting downward
- 3 - Chopping and Blocking upward
- 4 - Thrusting and Blocking forward

(3) Green Dragon Sword Basics: Thrusting, Chopping and Tapping etc.

3. Cool-down

Students will cool-down with the Iron Stump Chi-Kung for building internal strength.

Iron Stump Chi-Kung is an ancient form that combines Chi-Kung with martial arts techniques. For centuries, it was passed down from one generation to the next, but hadn't been formalized or professionally organized and published. In 1965, Grandmaster Zi-Ping Wang decided to systematize the form. Publication of the work was interrupted by the turmoil of the Cultural Revolution. However, Zi-Ping Wang's student and son-in-law, Dr. Cheng-De Wu, applied his considerable medical experience to completing the work and published it in January 1982. The postures are characterized by calm movements coordinated with breathing. You will learn few of the postures of Iron Stump Chi-Kung in this course.

Before finishing class, students will practice 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%

At the end of the session, there will be an exam comprising multi-choice answers and open book questions about Chinese traditional "Practical Fighting Applications"

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.