

York University - School of Kinesiology and Health Science

PKIN 0406 0.00 KUNG-FU – COURSE OUTLINE FALL / WINTER 2018 - 2019

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 - 10:30AM

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 by learning self-defence techniques, they can apply these strategies in the real world, while acquiring a healthy, strong body.

This course will emphasize basic drills, techniques and sparring. The short weapon combat of the Kung-Fu Fan and sword routines 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.

You acquire skill sets through repetitive and conscious training that alert you to signals at the threshold of perception. With practice, these basic lessons allow you to calmly counter fearfulness with reliable self-confidence.

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

- The Kung-Fu exercises, incorporating basic drills; techniques and self-defence applications
- The short weapon combat of the Flying Rainbow Kung-Fu Fan routine
- Green Dragon Sword Basics
- The “Spring Kicking” and the sparring training of “Four Hands”

TEXT READINGS :

Required text: *Helen Wu. Traditional Chinese Kung-Fu and Practical Fighting Applications: Chinese Martial Arts and Chinese Medicine combined Training System.* Publisher: Helen Wu, Toronto, ON, 2017. Please see instructor.

Reading Sections: See pages 1 - 35

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: Hand forms (fist; palm and hook hand); stances (bow stance; horse stance; empty stance; falling down stance; crossed-knee stance; one-leg-standing stance); jumping and kicking, etc.

b) Two-person combat:

Exercise: Block and hit with your arms

Exercise: “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.)

c) 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 co-ordination, 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:

Exercise - Section 1: Punching as a carrying pole

Exercise - Section 2: Punching and kicking

Exercise - Section 3: Smashing and kicking

d) 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.

Exercises - The techniques of combat with a fan: Intercepting upward; intercepting downward; thrusting and intercepting downward, chopping and blocking upward; thrusting and blocking forward.

e) Green Dragon Sword techniques:

Exercises: Tapping, thrusting, chopping, blocking, upward and downward parrying, sweeping, intercepting, cloud parrying and wrist technique with the thrusting.

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.

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 and technique; breathing and pace; and knowledge of the routines.

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. The following absences are allowed:

- 24-hour course, 2 hours per week over 12 weeks: Students are allowed 4 absences.
- 24-hour course, 4 hours per week over 6 weeks: Students are allowed 2 absences (\$1 & \$2 Term).

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. (Cell phones should be off throughout the class.)

CONTACT INFORMATION

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

My office hours for this session will be: _____

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