Introduction to Chinese Martial Arts (Wushu)

Course: THTR 395
Term: Fall 2016
Instructor: Prof. Howard Hao

Course Description

This course introduces students to Chinese Wushu (martial arts), which is a representation of the broad and profound subject of traditional Chinese body culture.

The different styles of Chinese Wushu are so numerous that no one could learn all of them. For this class, two forms from two styles of Wushu have been selected for the students to learn, one is 24-Movement Yang Style Taiji, which incorporates traditional Chinese culture, philosophy and thoughts, the other is Xingyiquan (Body-mind Boxing), which is one of the major "internal" styles of Chinese martial arts.

To encourage students to perfect the forms, a competition or a public show is required for students to attend.

Also, to help students learn more about Chinese culture as related to Wushu, a written paper will be assigned as a mid-term exam.

Course Objectives

Through imitating, practicing, memorizing, reading, meditating and reflecting, competing and demonstrating, by the end of the semester students will be able to:

1. learn two basic Wushu forms
2. gain the abilities to keep good balance, posture, flexibility, discipline and coordination
3. gain the experience of how Chinese Wushu people were/are trained
4. understand correct concepts of what Chinese Wushu
5. learn useful means to relieve stress
6. understand some traditional Chinese culture, philosophy and thoughts related to Wushu
7. attain a level of experience and competence so as to be able to compete and
show in public.

**Course Requirements and Form of Assessment**

There will be a final exam, which counts for 50% of the final grade. For the exam, students must correctly perform each form, with each form counting for 25%. Class participation will count for 25% of the grade. A paper required as a mid-term counts for another 15%. The competition in the Fall semester counts 5%. Class attendance and conduct comprises another 5%.

**Forms**

The scores for the forms will be evaluated based on the following criteria, which are used to judge international Wushu competitions:

1. Correct execution of the form in its entirety (5%)
2. Correct hand forms and stances (5%)
3. The ability to distinguish between emptiness and concreteness in each movement (5%)
4. Proper coordination of firmness and softness (5%)
5. Proper alternation between quickness and slowness (5%)

**Mid-term Paper**

For the mid-term written assignment, students will choose a topic that has been approved by the instructor on any topic related to Wushu. The paper must

1. be at least three pages in length;
2. include a minimum of 4 sources (books, articles, and interviews), and there are several sources in TBC library;
3. the paper must be turned in before the deadline for students to receive credit.

**Competition/show**

There is a Taichi competition among Beijing colleges in the end of every Fall semester, which students are required to attend to meet 5% of the final grade.

**Class Behavior**

To help students reflect on their own practice and improve their skills in detail, their behavior in class is taken into consideration. Besides imitating, practicing and memorizing, meditating is also beneficial and will be taught and developed as
the semester proceeds.

**Attendance Policy**

5% of the student’s total grade will be deducted if the student is absent, and 3% will be deducted if he/she is late. Should 20% be deducted, the student will fail the class.

Final grades will be determined using a point total system: total points earned divided by total points possible. This will give a percentage that translates into a grade as follows:

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>94-100%</td>
<td>A</td>
</tr>
<tr>
<td>90-93%</td>
<td>A-</td>
</tr>
<tr>
<td>87-89%</td>
<td>B+</td>
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<tr>
<td>84-86%</td>
<td>B</td>
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<tr>
<td>80-83%</td>
<td>B-</td>
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<tr>
<td>77-79%</td>
<td>C+</td>
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<tr>
<td>73-76%</td>
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<td>70-72%</td>
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<tr>
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<td>D+</td>
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<tr>
<td>63-66%</td>
<td>D</td>
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<td>below 62%</td>
<td>F</td>
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</tbody>
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**Required Texts**


**Class Schedule**

**Wk 1**

1. Class introduction, a short introduction to Chinese Wushu and Taiji, basic works for Taiji.
2. Review and practice what we learned last class. Basic Taiji Exercise: standing exercise, exercise of open and close, exercise of up and down, exercise of drawing ball, exercise of rounding ball. Taiji moves: step forward, parting the wild horse’s mane.

**Wk 2**

1. Review and practice what we learned last class. Learn Taiji moves:
brush knee and push palm, step backwards, step backwards and whirl arms on both side.

2. The first part of Twenty-Four-Form Simplified “Taijiquan” of

Wk 3
1. Review and practice what we learned last class. Learn Taiji moves: Grasp the peacock’s tail, single whip.

2. The second part of Twenty-Four-Form Simplified “Taijiquan”

Wk 4
1. Review and practice what we learned last class. Learn Taiji moves: step sideways, waving hands like clouds, test how tall the horse is, parting leg.

2. The third part of Twenty-Four-Form Simplified “Taijiquan”

Wk 5
1. Review and practice what we learned last class. Learn Taiji moves: crouching down, jade lady works at the shuttle, closing combination.

2. The fourth part of Twenty-Four-Form Simplified “Taijiquan”

Wk 6
1. Review and practice whole Taiji form.

2. Review and practice whole Taiji form, pay attention to some important specific moves.

Wk 7
1. Learn basic work of Xingyiquan: one basic stance, two basic hand forms.

2. Learn basic moves: basic step, splitting fist, and crushing fist.

Wk 8
1. Review and practice what we learned last class.

2. Learn moves: drilling fist, exploding fist, and crossing fist.

Wk 9
1. Review and practice what we learned last class.

2. Learn the first part of the form.

Wk 10
1. Review and practice what we learned last class.

2. Learn the second part of the form.

Wk 11
1. Review and practice whole Xingyiquan form.

2. Review the two forms, Taijiquan and Xingyiquan, with paying attention to some important specific moves.

Wk 12
1. Review two forms

2. Final exam

In the end of November in Fall semester, participate in the Taichi competition among Beijing colleges.