Fall 2011 **Course Syllabus**

Course Title: Introduction to Chinese Martial Arts
---Martial Arts as a Performance Art
Units: 1
Prerequisites: Strong interests in Chinese Martial Arts
No previous experiences required.
Contact info:
Co-Facilitators: Qian (Tony) Sun
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Co-facilitator and TA: Qian (Crystal) Chen
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Note: our facilitators are happy to discuss anything related to the course or just generally about Chinese Martial Arts.
Facilitators Background:
Tony has been learning and practicing Martial Arts in both China and Australia. He mainly focuses on Tai Chi, Praying Mantis and Shaolin Long Fist. He has done demonstrations in many occasions in Australia, China and the United States.
Yi has been practicing Win Chun style, and is familiar with the two styles to be taught. He is also very knowledgeable in terms of martial arts practice and theories.
Crystal has more than 3 years of Chinese traditional dance experiences, and is familiar with the two styles to be taught.

Overview: This course is designed to introduce students to Chinese Martial Arts, through two popular styles, **Tai Chi** and **Shaolin Long Fist**. These two styles are very distinguished from each other, but at the same time closely related in their origins, philosophy and to some extent, their practices. The goal of this course is to reintroduce this ancient practice that had its valuable practical uses as more of a Performance Art. Being able to show it on stage and to demonstrate the use of energy, inner power and the dynamics will be exciting.

Students will be expected to do demonstrations of the short forms of the three styles at the end of the semester, and at the same time to have a general understanding of the practice and philosophy of Chinese Martial Arts.

Two thirds of the course will be on the practices and physical training, which leads to demonstrations and performances as final assessments. One third of the course will be on the culture, theory and philosophy of the three styles in particular and martial arts in general. It will also involve film viewing and group presentations.

Course Structure: A class of 2.5 hours, once a week. The first half hour will be a presentation followed by a discussion. Then there will be 2 hours of martial arts practice and training.

Ideal Class Size: approximately 40 students.

Enrollment: Sign up on telebears
Time and Location: Wednesdays, 6:30pm – 9:00pm
170 Zellerbach Hall (Lower Sproul)

Assessment: Attendance 20%
Participation 25%
Presentation 25%
Final assessment 30%

Participation: this includes participation in the discussion as well as attitude towards the training. Basically, how seriously you take the training.

Presentation: Groups of three to four students will be formed, and each will choose or be assigned a topic that is relevant to Chinese Martial Arts practice or culture. They will be guided to do research and each week, a group will give a presentation in class.

Final-assessment: Group demonstration/performance of the two short forms learnt in the semester.

Evaluation and Grading:
Presentation Content + the way the presentation is delivered
Demonstrations of forms will be evaluated according to students' basic skills, coordination and different techniques.

Attendance Policies: Must notify the facilitators in advance, if students have an emergency and cannot attend classes. Through the whole semester, two un-excused absences will be tolerated. More than two unexcused absences will result in a drop of grade. Attendance is essential for this is a practice-based class. Every two unexcused late arrivals will be counted as an unexcused absence.

Estimated work-load (also suggested): 15 minutes of practice per day (practicing a little everyday is better than practicing for 2 hours once a week).

Additional materials and equipments: Sports outfit required for the training session.

Course Schedule:
Week 1: Course overview, introduction to martial arts
Group Assignment, Presentation Topics
Basic stretching and warming up exercises, basic stands and drills
Intro to Tai Chi, first 5 movements

Week2: Group 1 Presentation
Warm Up
Review of Tai Chi
Tai Chi (6-10)

Week3: Group 2 Presentation
Review of Tai Chi
Tai Chi (10-15)

Week4: Group 3 Presentation
Review of Tai Chi
Tai Chi (15-20)

Week5: Group 4 Presentation
Review of Tai Chi
Tai Chi (20-24)

Week6: Group 5 Presentation
Videos
Review of Tai Chi
Start Shao Lin Long Fist

Week7: Group 6 Presentation
Shao Lin Long Fist
Tai Chi

Week8: Group 7 Presentation
Shao Lin Long Fist
Tai Chi

Week9: Group 8 Presentation
Shao Lin Long Fist
Tai Chi

Week10: Group 9 Presentation
Shao Lin Long Fist
Tai Chi
Review

Week11: Group 10 Presentation
Movie Night

Week12: Final Assessment