

**York University
Faculty of Health
School of Kinesiology and Health Science
Course Outline**

Body as Weapon: Survey of Martial Arts & Combat Training (HH KINE 4375A 3.0)

Term: Winter 2023

Course Director: Antonio Santilli

Time: Mon 2:30pm – 4:00pm SLH C and Wed 2:30pm – 4:00pm CLH 110

Office Hours: by appointment

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Course eClass Page: <https://eclass.yorku.ca/course/view.php?id=73950>

*** Please note that this is a course that depends in part on remote teaching and learning. The majority of lectures will be in person. However, should the need arise, some lectures will be delivered remotely. ***

Take Care of Yourself:

We are all dealing with a tremendous amount of stress, anxiety, fear, and uncertainty as a consequence of the COVID-19 pandemic. Please be kind and gentle with yourselves and others during this difficult period of time. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

<https://good2talk.ca/>

<https://counselling.students.yorku.ca/>

<https://coronavirus.info.yorku.ca/>

<https://yorkinternational.yorku.ca/>

Technical requirements for taking the course:

The course will be delivered in person, however electronic platforms will be used to provide students with recordings of the course materials and to facilitate submissions for grading purposes. Therefore, a computer or smart device with an adequate internet connection is required to complete the course.

Please review this syllabus carefully to determine how the course content will be delivered, how office hours will be conducted and how assignments will be submitted.

Students must make every effort to arrange adequate internet connection. In the event that a student is not confident they can access a reliable internet connection, they should communicate their concerns to the Course Directors well in advance.

Students are responsible for being actively involved in the course, and for checking eClass regularly and frequently to ensure you have the latest information about the course. “I did not know because I was not online” or “because I did not check eClass” are not excuses that will be accepted under any circumstances for the course.

[Technology requirements and FAQs for eClass can be found here](#)

Useful links describing computing information, resources and help for students:

<u>Student Guide to eClass</u>	https://lthelp.yorku.ca/student-guide-to-eclass
<u>Computing for Students Website</u>	https://student.computing.yorku.ca/
<u>Student Guide to eLearning at York University</u>	https://www.yorku.ca/sclدlearning-skills/
<u>Learning Skills Services</u>	https://www.yorku.ca/sclدlearning-skills/
<u>Zoom@YorkU User Reference Guide</u>	http://staff.computing.yorku.ca/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf
<u>Zoom@YorkU Best Practices</u>	https://staff.computing.yorku.ca/wp-content/uploads/sites/3/2020/03/Zoom@YorkU-Best-Practicesv2.pdf

Students should note the following:

Zoom is hosted on servers in the U.S.A. This includes recordings done through Zoom.

If you have privacy concerns about your data, provide only your first name or a nickname when you join a session. The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.

Your greatest weapon is in your enemy's mind. -- Buddha

To subdue an enemy without fighting is the greatest of skills. -- Sun Tzu

Course Description: Through experiential learning this course explores one of Kinesiology's prime roots: using the body as weapon. How much is this acquired knowledge body skill or instinctual behaviour? We perceive humans as deficient compared with other predators, but the vast, ancient, and sophisticated systems of martial arts from around the world reveals formidable capacities and extraordinary skill sets acquired through lifelong training and effort under master-teachers in all cultures. How were these fighting moves discovered, developed, systematized, taught, and tested over generations in every culture? How do we account for different systems?

Do martial arts and combat training share the same path to create warriors? How do traditional martial arts compare with street fighting, military combat training, or MMA? Is sport the 'little brother of war'? In this class we also discuss the body as serving as the ultimate protection of personal security - a potential guardian of peace - essential for optimal health for persons and communities.

Learning Objectives:

- 1. To understand the relationship of the martial arts and combative training to the study of Kinesiology and to understand the role the aforementioned have had on the development of Kinesiology as an area of study.**
- 2. To investigate, understand and explain traditions, meanings, evidence and contexts with respect to the body as weapon**
- 3. To recognize the complex nature of the combative systems and their interplay with society**

4. To comprehend and study cultural issues and historical settings that impact martial practices
5. To analyze and synthesize measurable effects of martial arts practices in personal/social lives
6. To identify experiences of individuals, groups, cultures and traditions associated with the martial arts

Course Organization: Two weekly 90 minute classes: group work, lectures, demonstrations, readings, weekly response papers+ occasional stimulating written exercises, field work.

Required Reading:

Lt. Col. D. Grossman, *On Combat: The Psychology and Physiology of Deadly Conflict in War and Peace* (2004)

https://www.amazon.ca/Combat-Psychology-Physiology-Deadly-Conflict/dp/B0716WDFYQ/ref=sr_1_1?crid=1C4PC74L6N42Z&keywords=on+combat+by+dave+grossman&qid=1641244530&prefix=on+comba%2Caps%2C207&sr=8-1

Gavin de Becker, *The Gift of Fear: And Other Survival Signals That Protect Us from Violence* (1999)

https://www.amazon.ca/The-Gift-of-Fear/dp/0316235776/ref=sr_1_1?crid=OPVXZYG8OWI6&keywords=the+gift+of+fear&qid=1641244635&prefix=the+gift+%2Caps%2C114&sr=8-1

Suggested Reading:

Jonathan Gottschall. *The Professor in the Cage: Why Men Fight and Why We Like To Watch* (2015)

https://www.amazon.ca/Professor-Cage-Fight-Like-Watch/dp/0143108050/ref=sr_1_1?crid=3JHKNUA5XSVJR&keywords=the+professor+in+the+cage&qid=1641244796&prefix=the+professor+in+the+cage%2Caps%2C115&sr=8-1

Jeffery K. Mann, *When Buddhists attack: The Curious relationship between Zen and the Martial Arts* (2012)

https://www.amazon.ca/When-Buddhists-Attack-Curious-Relationship/dp/4805312300/ref=sr_1_1?crid=RYRSFXHZ11EP&keywords=when+buddhists+attack&qid=1641244868&prefix=when+buddhists+attack%2Caps%2C112&sr=8-1

Course Materials Copyright Information

These materials are designed for use as part of this course at York University. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law. Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

Evaluation:

Assignment #1: Field Report/ Research. Observe or participate in a martial arts/combatative class of any kind (but not one where you are training now). Interview the chief instructor and senior students for their appraisal of the impact this martial art has had on them personally and report your findings keeping in mind the various archetypes or martial artists discussed in class. Also, research the origin and development of the martial art you've chosen. Lastly, consider the activities you observed and/or participated in. In your capacity as a future kinesiologist assess how these activities affect the various components of health and fitness and what possible risks, specifically injuries, they might lead to?

3-4 pp 35% Due February 8

Assignment #2: Interview/Essay. Seek out a person who has survived engagement in a violent possibly lethal encounter in military or civilian contexts for their reflections on that experience. Write a paper that explores whether your subject's experience is similar or distinct from what de Becker's describes in his book. **3-4 pp 35% Due March 22**

Assignment #3: Ongoing Weekly Response Papers [Class Participation]: Consider your experiences and chief learnings in class and comment on any effect these have had on the relationship you have with your own body. These responses to classes and/or texts are assessed for expressiveness, care, and insight. **1p(x7) 10% Due weekly starting January 16** (January 23, 30, February 13, 27, March 6, 13).

Assignment #4: Synthesis Project. Distil the chief learning of this course for you into a short 1 page report **1p 5% Due April 3.**

Practical Test: Performance of Xingyiquan. Over the course of the term you will learn a Chinese two-person fist set from a traditional Chinese martial art called Xingyiquan. You will be required to perform the Xingyiquan with a partner, record your performance and submit it via eClass. **15% April 5**

Academic Integrity

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's [Academic Integrity module](#) at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the [Senate Policy on Academic Honesty](#).

All **assignments** are due **in eClass** on the due date, unless documented exceptions are arranged with the course director.

Format Instructions for all written submissions: Separate title page, numbered pages, double-spaced, Times New Roman, 12-pt. one inch margins; do not exceed the maximum allowed length. **All submissions will be typed.** All assignments will be written in the third person. Any reference to 'me', 'myself', 'I', 'mine' or other references to yourself will result in marks being deducted. The purpose of this requirement is to allow students to participate in a modified form of an exercise that is a significant part of many traditional Asian martial arts known as the celebration of silence.

Any requests for remarking any course materials must be received by the course director within 5 days of grades being posted. The request must be made in a 1 page memo outlining the student's specific concerns. The one-page memo must be attached as a word document in an email to the course director indicating you would like your assignment grade reviewed. Emails without an attachment will be ignored.

Final grades may be adjusted to conform to the University's grades distribution profiles

Although numerical marks are assigned to each piece of work in this course there should be no assumption that a total number of marks translates directly to a letter grade. Letter grades will be determined by the descriptions in the York University Undergraduate Calendar.

Jan 9: Intro Class: Introduction, Requirements, and Expectations

Jan 11/16: What are the Martial Arts? ITV: Martial Arts, The Real Story.

Jan 18/23: Discuss: Why fight?

- Early forms of human movement... influences on development of the body as a weapon; historical perspective on combat, combat sport and martial disciplines.
- How are 'The Martial Arts' related to Kinesiology?
- Combat archetypes : The warrior, The combat athlete, The Warrior Sage

Jan 25: Discuss: Does might make right?

- Historical perspective: Combat

Jan 30: Discuss: How does fighting lead to a 'true awareness of reality'?

- Historical perspective: Martial Disciplines

Feb 1: Discuss: Which martial art is best

- Historical Perspective: Combat Sports

Feb 6/8: Discuss: What does your gut tell you? Do you trust it?

- de Becker Presence of Danger/Survival Signals/Vital Predictions—Chs 1-6
- de Becker Persistence/Hazards/Gift of Fear Chs. 7-15
- Assignment #1 Due

Feb 13/15 : Discuss: What level of violence are you capable of? Could you hurt or kill someone if you had to?

- Grossman: Physiology of Combat
- Grossman: Perceptual Distortions

Feb 20/22 Reading Week—no classes

Feb 27/Mar 21 Discuss: Are you a sheep, sheep dog or a wolf?

- Grossman: Call to Combat
- Grossman: Price Paid

Mar 6/8: Discuss: Which martial art is best

- Four Ways of Fighting

Mar 13/15: Discuss: What are the physical benefits of the martial arts

- Physiological benefits of combat practices

Mar 20/22: Discuss: Is the body a weapon or a target?

- Is it worth it? Soft body, Deadly Intent
 - o Body as a weapon vs. Body as a target
- Assignment #2 Due

Mar 27/29:

Over flow

Apr 3/5

- Practical testing-practice/critique
- Assignment #4 Due