

Faculty of Health

Kinesiology

Course- PKIN0404 A and B

Term Fall Term 2022

Course Instructor

Stanley Jeffers

Tel 416 689 9535

stanj@yorku.ca

Classes

Monday and Wednesday 10 30 and 11 30

Studio 2 Tait MacKenzie

Course Description

The course will teach the basic principles of both Qi Gong and Aikido Yoshinkai. The classes will involve (i) teaching of the basic principles of Qi Gong, the practice of the monks of the Shaolin Temple in China as taught by Shifu Yan Lei. Qi Gong practice involves the synchronisation of breathing and movement. This is important in any martial art and, of course, applies to Aikido Yoshinkai (ii) the basic movements of Aikido Yoshinkai will be taught and applied to a number of techniques. Students will work together to develop effective techniques. Toward the end of the course, students will be required to take the first test (8th kyu) that Aikido students normally take. This will involve demonstrating some of the basic movements plus a few techniques. The grading will be based on this test. Upon passing the test students will be eligible to obtain a certificate signed by Kimeda Sensei to acknowledge their achievement.

The course will make use of eClass. Relevant information plus video links will be posted on eClass from time to time.

Also some high ranking Aikidoka will be invited to come to some classes to share their insights into Aikido.

In taking this course, students will get some basic training in Qi Gong and will be encouraged to do this training on a regular basis to develop flexibility and stamina. Students will also gain some insight into the martial art of Aikido and encouraged to continue training in this art beyond the experience of this course.