

York University - School of Kinesiology and Health Science

**PKIN 0406 0.00 KUNG-FU – COURSE OUTLINE
WINTER - 2023**

INSTRUCTOR: Helen Wu, 342 Bethune College

EMAIL: helenxwu@sympatico.ca

CELL: 416-919-7652 **WEB:** www.helenwutaichi.com

REFERENCE VIDEOS: In order to help students practicing, please access the YouTube channel: https://www.youtube.com/channel/UCJ2kKUIUq6BVeEJW_xjHV-g; then go to **Play list**, you will see course number: PKIN0406

CLASS TIMES: Winter: M/W; Section: M-2:30PM

COURSE DESCRIPTION (See video 1: Introduction)

The course comprises 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, students exercise the entire body through stretching, kicking and self-defence techniques. By the end of the course, students will understand that they can apply these strategies in the real world, while acquiring a healthy and strong body.

This course will emphasize basic drills and techniques. The teaching materials are all designed specifically for university students, and will focus on the proper foundation as well as 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 as well on changing the circulation of Chi. University life often involves too much sitting, so a certain amount of physical activity can positively affect the immune system and help students achieve a more balanced life. As well as having a positive, enjoyable experience in the studio, students will also gain skills to maximize internal strength and to gain optimal health. Students will acquire skill sets through repetitive and self-conscious training. With practice, these basic lessons allow students to calmly apply self-confidence in their everyday lives.

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

- Kung-Fu exercises, incorporating basic drills and techniques
- Kung-Fu exercises, incorporating self-defence applications
- The short weapon combat of the Flying Rainbow Kung-Fu Fan routine
- Chinese traditional Northern Shao-Lin Kung-Fu: “Spring Kicking”

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.

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
- Traditional applications: “Spring Kicking”
- The short weapon combat of the Flying Rainbow Kung-Fu Fan routine

PRACTICAL SKILLS

1. Warm-up

Body Posture: When practicing Kung-Fu, keep the head, neck and back straight. The whole spine has to be aligned properly to facilitate the rise of energy to the top of the head, and to avoid excessive pressure on the lower back and the knees. The body should be relaxed and the head held up, as though suspended on a string. It is important to keep the shoulders relaxed and to drop the elbows. Bending, stretching, and the opening and closing of joints should feel natural and unstrained. Generally, the eyes will follow the hands.

Hand Forms: Fist, palm and hook hand

Stances: Opening stance; bow stance; horse stance; empty stance; falling down stance; crossed-knee stance; side-bow stance and T-step

Stretching: Stretching on the bar and shoulder stretch

Kicking: Front kicking; slap kicking, punching and kicking

2. Workout

a) Kung-Fu Foundational Training and Basic Self-Defence Techniques

Bow stance punching with fist (Repeat 10 times for each arm)

Bow stance pushing with palm (Repeat 10 times for each arm)

Horse stance punching with fist (Repeat 10 times for each arm)

Horse stance pushing with both palms (Repeat 10 times)

Bow stance chopping with palm (Repeat 10 times for each arm)

Bow stance with elbow strike (Repeat 10 times for each side)

b) 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. Spring Kicking is very good for the muscles and joints. After kicking, your legs are relaxed right away. There are ten sections. You will learn two sections for this term:

Exercise – Punching and kicking

Exercise – Blocking, punching and kicking

c) 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.

3. Cool-Down

Before finishing your training, students will learn relaxation techniques (Chinese traditional self-acupressure). You will learn to relax the whole body; and these exercises can also help the circulation of blood and will reduce resistance to blood flow. The use of these exercises will improve heart functionality and help to promote the establishment of microcirculation.

EVALUATION

1. Elements of Final Grade

Theory Exam 20%: At the end of the session, there will be an exam comprising multi-choice answers and open book questions about Kung-Fu training.

Practical Skills 65%: Your final assessment will be conducted in small groups. Your Kung-Fu performance will be judged on the basis of: posture & technique; breathing & pace; 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: (Please note that there are no A+, B+ and C+ grades for all PKIN courses.)

A: Exceptional & Excellent (80 - 100%); B: Very Good & Good (70 - 79%)

C: Competent & Passing (60 - 69%); F: Failing (Below 60%)

PASS / FAIL OPTION

Some students may like to see either Pass or Fail, rather than a grade on their transcript. For students who wish to take a PKIN course on a Pass/Fail basis, they must let me know before the end of the term.

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 (S1 & S2 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 would like to make an appointment, it is best to phone me at 416-919-7652.

Office Hours & Location:

Mon./Wed.: 8:00AM – 3:00PM at Studio 4 A/B;

Friday: 11:30AM – 1:30PM at Studio 6

IMPORTANT NOTE:

What you should know if you no longer want to take this course: You should take your name away from the course name list in the registry system **Fall: no later than Nov. 11 / 2022; Winter: no later than Mar. 17 / 2023**, to avoid getting an automatic “Fail grade” from the computer system.

If you didn't take your name away from the system, then you would have to go back to the office to fix your grade. That would not only waste your time, but would also give unnecessary trouble to the office staff. Thank you very much for your co-operation.