

## **Introduction to Martial Arts**

### **THTR 130**

**Instructor: Howard Hao (Hao Zhiyong)**

#### **Contact Information:**

#### **Course Description**

This course introduces the student to Chinese Wushu, (the genre term for traditional Chinese sports). Two forms of Wushu will be selected for in depth study each semester. Students will explore the origins of the sports studied and their importance to Chinese culture and philosophy while learning the specific techniques.

#### **Learning Outcomes**

Students will improve their balance, flexibility and coordination while learning the basic moves of two forms of Wushu. They will develop a reference for appreciating the place of Washu in Chinese culture and create a foundation for further Washu training.

#### **Course Objectives**

1. demonstrate the basic skills involved in two basic Wushu forms
2. increase balance, posture, flexibility, discipline and coordination
3. identify the process of how Chinese Kungfu masters are trained
4. describe the importance of Wushu to traditional Chinese culture and philosophy

#### **Course Requirements and Form of Assessment**

There will be a final exam, which counts for 40% of the final grade, each form counts for 20%. There will be two in class critiques for 20%. Class participation will count for 30% of the grade. Paper and in class presentation on a form of Wushu and its importance to Chinese culture will count for 10% of the final grade.

Grades are calculating using a point total: total points earned divided by total points possible. This will give a percentage that translates into a grade as follows:

94-100%A

90-93% A-

87-89% B+

84-86% B

80-83% B-

77-79% C+

73-76% C

70-72% C-

67-69% D+

63-66% D

below 62% F

### **Class Participation**

Class participation is at the heart of the class. Students are allowed ONLY 3 absences before the absences will seriously effect the class participation grade. Students are allowed ONLY 3 lateness marks. Upon the 4<sup>th</sup> time a student is tardy, the student will suffer a penalty towards their class participation grade.

### **Academic Honesty**

This course adheres to Loyola University Chicago/Beijing Center policies on Academic Honesty. The student is advised to review the policies on the website;  
[http://www.luc.edu/academics/catalog/undergrad/reg\\_academicintegrity.shtml](http://www.luc.edu/academics/catalog/undergrad/reg_academicintegrity.shtml)

### **Required Texts**

None

### **Class Schedule**

- Wk 1            1. Class introduction, a introduction to Chinese Wushu and Taiji, basic works for Taiji. Lecture on their origins and place in Chinese culture.  
                  2. Review material from class I. 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 material from class 2. 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 material from class 3 and 4. Taiji moves: Grasp the peacock's tail, single whip.  
                  2. The second part of Twenty-Four-Form Simplified "Taijiquan"
- Wk 4            1. Review material from classes 5 and 6. Taiji moves: step sideway, 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 material from classes 7 and 8. 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 whole Taiji form.  
                  2.. **In-class critique of each student's performance of Taiji**
- Wk 7            1. Introduction to Basic Boxing. Lecture on its origin and relationship to Chinese culture. Learn: five basic stances, three hand forms, punch fists, push palm.  
                  2. Learn moves: gigantic leap. The first part of Routine Boxing III

- Wk 8
1. Review material from classes 13 and 14 . Learn moves: front kick.
  2. The second part of Routine Boxing III
- Wk 9
1. Review material from classes 15 and 16 . Learn moves: side kick with heel.
  2. The third part of Routine Boxing III
- Wk 10
1. Review material from classes 17 and 18. Learn moves: slap kick, jumping slap kick.
  2. The fourth part of Routine Boxing III
- Wk 11
1. Review whole Boxing form.
  2. **In-class critique of each students performance of Boxing III.**
- Wk 12
1. View *Fearless* starring Jet Li
  2. View *Kungfu Hustle* directed by Stephen Chou, Discuss *Fearless*
- Wk 13
1. Discuss *Kungfu Hustle* Review two forms
  2. Review two forms
- Wk 14
1. **Class presentation of Washu paper**
  2. **Final exam on two forms**