

INSTRUCTOR : LAM NGUYEN
OFFICE : KN 255
OFFICE HOUR: Wed 15:30-16:00
Th. 16:30 – 17:00
TEL : (818) 677-3462

COURSE : KUNGFU 134/ Spring/08
TICKET # Wed. 13583.Th.13584
LOCATION: KN251/KN255

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

COURSE DESCRIPTION AND CONTENT OUTLINE

Number and Title of Course: KIN 134 Shaolin Kung Fu

Prerequisite: None

Catalog Description:

A study of the philosophy and the basic techniques of Kung Fu with special focus on breathing, fluidity of motion, and the application of the techniques to other physical disciplines.

Course Objectives:

At the conclusion of the course, the student should be able to:

1. Explain and demonstrate the basic philosophy and techniques of Kung Fu.
2. Understand and describe “Chi” or internal energy, and apply it to the techniques presented in class as well as to other physical disciplines.
3. Exhibit improved motor skills, flexibility, strength, aerobic endurance, fluidity of movements, and speed.
4. Recognize and evaluate performance in Kung Fu as an observer and as a participant.

Course Outline:

- I. Introduction and philosophy
 - A. History of Chinese Movement Arts and the place of Kung Fu
 - B. The philosophic background of Chinese Martial Arts
 - C. Northern and Southern Shaolin Kung Fu
 - D. Five Distinct Styles: Dragon, Crane, Tiger, Leopard, Snake
 - E. The “soft” and the “hard” in Kung Fu
- II. Understanding “Chi”
 - A. Energy in the human body
 - B. Chinese medicine and acupuncture
 - C. Developing “Chi”: Chi Kung, breathing techniques, and meditation
 - D. Principles of harmony of body, mind, and spirit
- III. Physical Training
 - A. Stretching
 - B. Exercises for strength and power
 - C. Basic skills : stances, handwork, (punches, chops, etc.), footwork (kicks, sweeps, etc.), blocking, falling, etc.
 - D. Chin Na: holds and grappling techniques
 - E. Primary forms and sequences
 - F. Self-defense applications

Method of Evaluation: Mid- term Skills Test: 25%, Final Skills Test: 50%, Written Final Exam: 25%

Texts:

Jane Hallander, The Complete Guide to Kungfu Fighting Styles, Burbank, CA, Unique Publication 1985.

**David Chow and Richard Spangler. Kung Fu: History, Philosophy, and Technique.
Hollywood: Unique Publications, 1980**

Wang, Jwing-Ming. Chi Kung: Health and Martial Arts. Jamaica Plain, MA: YMAA Publications, 1985

Bibliography:

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- Deng, Ming-dao. The Scholar Warrior: An Introduction to the Tao in Everyday Life. New York: Harper-Collins, 1990.
- Heller, Joseph & Henkin William A. Body wise. Berkeley: Wingbow Press, 1991.
- Herrigel, Eugen. Zen in the Art of Archery. London: Routledge and Kegan, 1953.
- Kapleau, Philip. The Three Pillars of Zen. Boston: Beacon Press, 1965.
- Kasulis, Thomas, et al. eds. The Self as Body in Asian Theory and Practice. Albany: Sunny Press, 1993.
- Lao, D. C., trans. Lao Tzu: Tao Te Ching. Baltimore: Penguin Books, 1963.
- Lee, Bruce. The Tao of Jeet Kune Do. Santa Clarita: Ohara Publications, 1975.
- Man, Yip. Wing Tsun Kung Fu. Hong Kong: Leung Ting Co. (Video)
- Medeiros, Earl c. The History and Philosophy of Kung Fu. Rutland, VT: C.E. Tuttle Co., 1974.
- Minick, Michael. The Wisdom of Kung Fu. London: Dempsey Press, 1974.
- Olson, Stuart Alve, trans. The Jade Emperor's Mind Seal Classic: A Taoist Guide to Health, Longevity, and Immortality. St. Paul: Dragon Door Publications, 1992.
- Payne, Peter. Martial Arts: The Spiritual Dimension. London:Thames and Hudson, Ltd., 1981.
- Smith, R.W. Chinese Boxing, Master, and Methods. Rutland: C.E. Tuttle, 1967.
- Sutton, Nigel. "Gongfu, Goushu, and Wushu: State Appropriate of the Martial Arts in Modern China." Journal of Asian Martial Arts 3 (1993) 102-114.
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- Wang, Jwing-ming. Shaolling Chin Na. Jamaica Plain, MA: YMAA Pub. , 1980.
Shaolin Long fist Kung Fu. Jamaica Plain, MA: YMAA Pub. , 1981.
- Watson, Buron, trans. Chuang Tzu: Basic Writing. New York: Columbia University Press, 1964.
- Wong, James I. A Source Book in Chinese Martial Arts. Stockton, CA" Koinonia Press, 1978.

Yuasa, Yasuo. The Body: Toward an Eastern Mind-Body Theory. Albany: Sunny Press, 1978.