

Chinese Kungfu

Department: Fudan International Summer Session 2026

Course Code	GEIS10023						
Course Title	Introduction to Chinese Martial Arts: Tai Chi & Wing Chun						
Credit	1	Experiment (including Computer) Credit		Practice Credit		Aesthetic Education Credit	
Credit Hours Per Week	6 credit hours per week. 18 tutorial hours in total (one credit hour is 45 minutes)	Education on The Hard- Working Spirit Credit Hours		Language of Instruction	Engl ish	Honors Course	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Type	<input type="checkbox"/> Core General Education Course <input type="checkbox"/> Specific General Education Course <input type="checkbox"/> Basic Course in General Discipline <input checked="" type="checkbox"/> Others			2+X Major : <input type="checkbox"/> Professional Core Course <input type="checkbox"/> Professional Advanced Course Non 2+X Major : <input type="checkbox"/> Professional Compulsory Course <input type="checkbox"/> Professional Elective Course			
Course Objectives	<ol style="list-style-type: none"> 1. Understand the basic philosophy, history, and health benefits of Tai Chi and Wing Chun. 2. Perform the fundamental movements and stances of both Tai Chi (24-Form) and Wing Chun. 3. Demonstrate the complete 24-Form Tai Chi sequence with proper form and flow. 4. Execute the core techniques of Wing Chun, including the Siu Nim Tao form and Chi Sao (sticky hands) drills. 5. Improve physical fitness, focusing on balance, coordination, flexibility, and mental focus. 						
Course Description	This course offers a practical and theoretical introduction to two of China's most renowned martial arts: Tai Chi Chuan and Wing Chun. The first half of the course focuses on the soft, internal style of Tai Chi, guiding students through the 24-Form Simplified routine. The second half explores the direct, practical self-defense system of Wing Chun, teaching its						

	core principles and forms. This course is designed for students of all levels and aims to promote physical well-being and cultural appreciation.
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Course Requirements:

Prerequisites: None.

- * Students are required to wear comfortable, loose-fitting clothing and flat-soled shoes suitable for physical activity.
- * Regular attendance and active participation in all classes are mandatory.
- * Students should be prepared for both slow, meditative movements (Tai Chi) and dynamic, repetitive drills (Wing Chun).

Teaching Methods:

- * Demonstration & Imitation: The instructor will demonstrate techniques, which students will then practice.
- * Drill-Based Practice: Repetitive drills will be used to build muscle memory for both Tai Chi forms and Wing Chun techniques.
- * Partner Work: Students will engage in partner exercises, especially for Wing Chun's Chi Sao (sticky hands) and self-defense applications.
- * Individual Correction: The instructor will provide personalized feedback to correct posture and movement.
- * Brief Lectures: Short theoretical introductions will provide context on the history and philosophy of each art.

Course Director's Academic Background:

1. Graduated from Shanghai University of sport with a bachelor's degree in Wushu and Education
2. Sixth Dan in martial arts (The highest technical rank)
3. The first – grade teacher

Instructor's Academic Background:

Members of Teaching Team				
Name	Gender	Professional Title	Department	Responsibility

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Course Schedule:

Week 1: Tai Chi: Foundations

1. Introduction to Tai Chi philosophy and health benefits (30 min).
2. Basic Stances (Wuji, Tai Chi stance) and stepping (30 min).
3. Learning 24-Form Tai Chi, Part 1: Commencing Form, Parting the Wild Horse's Mane (3 movements), White Crane Spreads its Wings (60 min).
4. Review and Qigong cool-down (30 min).

Week 2: Tai Chi: Continuation

1. Review of Week 1 content (30 min).
2. Learning 24-Form Tai Chi, Part 2: Brush Knee and Twist Step (3 movements), Play the Pipa, Step Back and Repulse Monkey (2 movements) (75 min).
3. Linking movements and flow practice (30 min).
4. Qigong cool-down (15 min).

Week 3: Tai Chi: Completion

1. Review of all movements learned so far (45 min).
2. Learning 24-Form Tai Chi, Part 3: Grasp the Sparrow's Tail (Left & Right), Single Whip, Wave Hands Like Clouds (3 movements) (60 min).
3. Learning 24-Form Tai Chi, Part 4: High Pat on Horse, Kick with Right Heel, Strike Opponent's Ears, Turn and Kick with Left Heel (45 min).

Week 4: Tai Chi Review & Wing Chun Intro

1. Full run-through of the 24-Form Tai Chi, with corrections (60 min).
2. Introduction to Wing Chun: History, principles, and lineage (30 min).
3. Basic Wing Chun Stance (Yee Jee Kim Yeung Ma) and relaxation drills (30 min).
4. Learning the first section of the Siu Nim Tao form (30 min).

Week 5: Wing Chun: Core Techniques

1. Review of stance and Siu Nim Tao Section 1 (30 min).
2. Learning Siu Nim Tao Section 2 & 3 (Tan Sao, Fok Sao, Gaun Sao, etc.) (60 min).
3. Introduction to Wing Chun's centerline theory and straight punch (Pak Sao + Punch) (45 min).
4. Partner drill: Single sticky hands (Luk Sao) - basic sensitivity (15 min).

Week 6: Wing Chun: Application & Review

1. Review of Siu Nim Tao form (30 min).

- 2. Partner drill: Double sticky hands (Chi Sao) fundamentals (60 min).
- 3. Practical application drills: Defending against common attacks using Wing Chun principles (45 min).
- 4. Course summary and Q&A (15 min).

- The design of class discussion or exercise, practice, experience and so on:**
- 1. Group Practice & Peer Feedback
 - 2. Cultural Reflection & Discussion
 - 3. Mind-Body Integration Exercise
 - 4. Reflective Journaling & Sharing

If you need a TA, please indicate the assignment of assistant:
Please send an assistant

- Grading & Evaluation:**
- * Class Participation & Attendance (40%): Active engagement in drills and practice.
 - * Practical Examination (60%): Performance of the 24-Form Tai Chi and key Wing Chun techniques (stance, Siu Nim Tao, and Chi Sao).

Usage of Textbook: Yes(complete textbook information form below) No
Textbook Information (No more than two textbooks) :

Title	Author	ISBN	Publishing Time	Publisher	Type I	Type II
					<input type="checkbox"/> Self-compiled Textbook (Published) <input type="checkbox"/> Non-mainland Textbook <input type="checkbox"/> Other Textbook (Published)	<input type="checkbox"/> National Planning Textbook <input type="checkbox"/> Provincial and Ministerial Planning Textbook <input type="checkbox"/> School Level Planning Textbook <input type="checkbox"/> Others
					<input type="checkbox"/> Self-compiled Textbook (Published) <input type="checkbox"/> Non-mainland Textbook <input type="checkbox"/> Other Textbook (Published)	<input type="checkbox"/> National Planning Textbook <input type="checkbox"/> Provincial and Ministerial Planning Textbook <input type="checkbox"/> School Level Planning Textbook <input type="checkbox"/> Others

- Teaching Materials & References:**
- * Instructor-provided handouts and video links.
 - * The Tai Chi Classics (various translations).
 - * Wing Chun Kuen Kuit (Wing Chun Sayings).
 - * Recommended online resources and documentaries on Chinese martial arts.