

## Chinese Traditional Archery

Department: Fudan International Summer Session

<b>Course Code</b>	PEDU110119		
<b>Course Title</b>	Chinese Traditional Archery		
<b>Credit</b>	1	<b>Credit Hours</b>	18
<b>Course Nature</b>	<input type="checkbox"/> Specific General Education Courses <input type="checkbox"/> Core Courses <input checked="" type="checkbox"/> General Education Elective Courses <input type="checkbox"/> Basic Courses in General Discipline <input type="checkbox"/> Professional Compulsory Courses <input type="checkbox"/> Professional Elective Courses <input type="checkbox"/> Others		
<b>Course Objectives</b>	The Art of Shooting is a sport of Chinese traditional archery, which was developed from one of the Six Arts highly praised by the Confucians of different dynasties. It is a combination of Chinese national sports, arts and culture.		
<b>Course Description</b>	Even in the West Zhou Dynasty, archery was used to train a person's temperament. With a Chinese bow, the shooter uses a feather arrow to shoot at a target, while observing strict shooting regulation and procedure. The shooter is not only required to be good at the skill of shooting, but also to be guided by his morality to achieve a harmony within his body and the bow and arrow.		
<b>Course Requirements:</b>			
None			
<b>Teaching Methods:</b>			
Demonstration, explanation, discussions and practice			
<b>Instructor's Academic Background:</b>			
Associate professor, Department of Physical Education of Fudan university ; Graduated from College of Chinese Wushu of Shanghai University of Sport; Visiting scholar of Virginia Commonwealth University in the United States.			

**Course Schedule:**

## Lecture 1

1. Archery safety and the etiquette of Sheyi
2. The structure of the Chinese bow  
The combination of the bow and string
3. Archery stance and the holding of the bow

## Lecture 2

1. Hooking the bowstring
2. Combining gripping and hooking

## Lecture 3

1. Releasing the bowstring
2. Drawing the bow

## Lecture 4

Review

## Lecture 5

1. The procedure of Sheyi
2. Nocking the arrow
3. Stabilizing and releasing
4. Pulling an arrow from the target

## Lecture 6

Aiming at the target

## Lecture 7

Practice

## Lecture 8

Examination (Accuracy)

## Lecture 9

Practice

Examination (Speed)

**Grading & Evaluation:**

1. Accuracy, distance: 15 meters (male) / 10 meters (female), 12 arrows for each student, score was calculated by the best ten shots.
2. Speed, distance: 15 meters (male) / 10 meters (female), four arrows in 80 seconds. If you hit any position of the target you will get the same score.

**Teaching Materials & References:**

"The primary stage of Chinese traditional archery"

Lin Peng, Bingxue Han, The people's sports press, 2016.10