

Chinese Traditional Archery

Department: Fudan International Summer Session

Course Code	PEDU110119		
Course Title	Chinese Traditional Archery		
Credit	1	Credit Hours	18
Course Nature	<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		
Course Objectives	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.		
Course Description	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.		
Course Requirements:			
None			
Teaching Methods:			
Demonstration, explanation, discussions and practice			
Instructor's Academic Background:			
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. Email: wangz@fudan.edu.cn			

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