

## Chinese Kungfu

Department: Fudan International Summer Session

<b>Course Code</b>	PEDU170002		
<b>Course Title</b>	Chinese Kungfu		
<b>Credit</b>	1	<b>Credit Hours</b>	18 (one credit hour is 45 minutes)
<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 course aims to introduce Chinese traditional culture to students through Chinese Kungfu training experience, improve their blood circulation and physical fitness, have basic self-defense method, and have experience of Jing ( Spirit ), Qi ( Air ), Shen ( Concentration of Mind ) in Chinese Kungfu.		
<b>Course Description</b>	Chinese Kungfu, (also known as Wushu or martial arts) is one of the most well-known physical arts of traditional Chinese culture which is also probably one of the earliest and longest-lasting sports using both brawn and brain. Based upon classical Chinese philosophy, Kungfu has developed as a unique combination of exercise, practical self-defense, self-discipline and art over its long history. It could be divided into two types: "external Kungfu" and "internal Kungfu". In external Kungfu, you exercise your tendons, bones, and skin. In internal kungfu, you train your spirit, Qi, and mind.		
<b>Course Requirements:</b>			
There are no formal course prerequisites.			
<b>Teaching Methods:</b>			
Demonstration, explanation, discussions, and practice			
<b>Instructor's Academic Background:</b>			
Mr. Kong received his master degree from Beijing Sport University, which is the top 1 Sport University in China. He was an outstanding professional athlete, and won 33 gold medals, 9 silver medals and 4 bronze medals, including 4 gold medals from world class competitions during his 22-year athlete career. He was awarded National Master Sportsman, and at Sixth Grade of Chinese Kungfu. He is also a National First Class Referee of Chinese Kungfu and the fifth-generation successor of Xingyi Quan. He is good at more			

than 20 different types of Chinese Kungfu, and gave performance of some of them in national foreign exchange activities. Now he is teacher in Fudan University, also the coach of Fudan Kungfu Team, and his students have won 6 gold medals, 2 silver medals and 2 bronze medals in the national competitions.

Email: [871157264@qq.com](mailto:871157264@qq.com)

### **Course Schedule:**

#### **Lecture 1:**

- 1. The etiquette
- 2. Basic exercises: stretching the leg ligament, kicking up higher in the front of the body
- 3. Using hand struck methods: boxing, palm, fingers
- 4. Fighting posture
- 5. The method of moving: forward and backward
- 6. Using boxing methods: straight punch

#### **Lecture 2:**

- 1. Basic exercises: stretching the leg ligament, kicking up higher on the side of the body
- 2. The method of moving: Leap forward
- 3. Using foot strike methods: Using tiptoe kick; Using the sole to kick

#### **Lecture 3:**

- 1. Basic exercises: turn the body and use hands to pat the floor
- 2. The method of moving: move forward one step, move backward one step
- 3. Using elbow strike methods: Using small arm, using large arm

#### **Lecture 4:**

- 1. Basic exercises: Flip the waist
- 2. The method of moving: rotating
- 3. Using the knee strike methods: upward, forward

#### **Lecture 5:**

- Catching tactics

#### **Lecture 6:**

- Use of fists, feet, elbows, knees together to fight

**Grading & Evaluation:**

100%=Using hand strike methods (20%) + Using foot strike methods (20%) + Using elbow strike methods (20%) + Using the knee strike methods (20%) + Catching tactics (20%)

1、 Using hand strike methods (20%) = The standard of movement (40%)+Speed (30%)+Strength (30%)

2、 Using foot strike methods (20%)= The standard of movement (40%)+Speed (30%)+Strength (30%)

3、 Using elbow strike methods (20%)= The standard of movement (40%)+Speed (30%)+Strength (30%)

4、 Using the knee strike methods (20%)= The standard of movement (40%)+Speed (30%)+Strength (30%)

5、 Catching tactics (20%)= Accurate method (40%)+ flexible movement (30%)+clever force (30%)

**Teaching Materials & References:**

- Martial arts research institute, General Administration of Sport of China. Series of courses on Chinese martial arts dan grading · self-defense [M]. Higher education press,2011.
- 国家体育总局武术研究院组编. 中国武术段位制系列教程·自卫防身术[M]. 高等教育出版社, 2011.