

PDP MA 107 Beginning Kung Fu

Instructor: Sifu Bob Rosen – Master Instructor

Email: bob_rosen@comcast.net

Phone: 617-980-9559

Meets twice per week: 1.0 Credit

Course Description:

Kung Fu is a generic term for Chinese Martial Arts. There are many styles of kung fu: Tiger Crane, Monkey, Eagle Claw, Dragon, Snake and Praying Mantis...to name a few. This course will emphasize fundamentals of the Praying Mantis Style.

Required Equipment:

Uniform for this class is sweat pants or gym shorts (not bicycle shorts), loose t-shirts or tank tops (no spandex) and sneakers. Water bottles and towel recommended.

Course Goals:

This course will provide a general introduction to Kung Fu warm-up exercises (calisthenics/stretches), basic stances and drills, beginner self-defense routines (forms) and general commands in Cantonese. The beginner course is designed to improve your physical abilities, mental toughness and provide the experience of studying Kung Fu.

Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 5

absences. If you have more than 5 absences, you will need to arrange to make up the classes you have missed. You can do this by attending another BU martial arts class, a BU Kung Fu Club meeting, or a class at Wah Lum Academy in Chinatown (ask instructor for more information).

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule

Week 1	Introduction to protocol and procedures Learn the basic warm-up exercises and drills Learn Riding Horse Stance and Hill Climbing Stance Self-defense Exercise #1 (circle block/front punch)
Week 2	Review basic warm-up exercises - introduce basic Chinese commands Drills – Punching (front punch) Blocks (circle block) Kicks (instep kick) Review stance training (add walking drill) Review Self-defense Exercise #1 (outward block/front punch) Introduce Eagle Claw Block
Week 3	Review basic warm-up exercises Drills - Punching (front punch & hammer strike) Blocks (circle block & eagle claw) Kicks (instep kick & crescent kick) Review stance training (add Cat Stance) Review Self-defense Exercise #1 (outward block/front punch) Self-defense Exercise #2 (eagle claw block/hammer strike) Walking and turning drills using various stances
Week 4	Review basic warm-up exercises

	<p>Drills - Punching (front punch, hammer strike, spearhand) Blocks (circle block, eagle claw, downward palm block) Kicks (instep kick, crescent kick, front heel kick) Review stance training (add side shifting stance) Review Self-defense Exercise #1 (outward block/front punch) Self-defense Exercise #2 (eagle claw block/hammer strike) Introduce Exercise #3 (palm block/spearhand)</p>
Week 5	<p>Review and evaluate first four weeks Basic warm-up exercises Drills - Punching (front punch, hammer strike, spearhand) Blocks (circle block, eagle claw, downward palm block) Kicks (instep kick, crescent kick, front heel kick) Review stance training (add side shifting stance) Review Self-defense Exercise #1 (circle block/front punch) Self-defense Exercise #2 (eagle claw block/hammer strike) Introduce Exercise #3 (palm block/spearhand) Walking and turning drills using various stances/add techniques</p>
Week 6	<p>Basic warm-up exercises Drills - Punching (front punch, hammer strike, spearhand) add uppercut strike Blocks (circle block, eagle claw, downward palm block) add upward palm block Kicks (instep kick, crescent kick, front heel kick) Review stance training Review Self-defense Exercise #1 (circle block/front punch) Self-defense Exercise #2 (eagle claw block/hammer strike) Self-defense Exercise #3 (palm block/spearhand) Introduce Self-defense #4 (upward palm block/upper cut) Begin Eight Chain Punch Form</p>
Week 7	<p>Basic warm-up exercises Drills - Punching (front punch, hammer strike, spearhand, uppercut) add Tiger Claw Strike Blocks (circle block, eagle claw, downward palm block, upward palm block) Kicks (instep kick, crescent kick, front heel kick) add side kick Review stance training (add cross stance) Review Self-defense Exercise #1 (circle block/front punch) Self-defense Exercise #2 (eagle claw block/hammer strike) Self-defense Exercise #3 (palm block/spearhand) Self-defense Exercise #4 (upward palm block/upper cut)</p>
Week 8	<p>Basic warm-up exercises Drills - Punching (front punch, hammer strike, spearhand, uppercut, tiger claw) Blocks (circle block, eagle claw, downward palm block, upward palm block) add Tiger Claw Block Kicks (instep kick, crescent kick, front heel kick, side kick) Review stance training (horse, hill climbing, cat, side shift, cross stance) Review Self-defense Exercise #1 (circle block/front punch)</p>

	<p>Self-defense Exercise #2 (eagle claw block/hammer strike) Self-defense Exercise #3 (palm block/spearhand) Self-defense Exercise #4 (upward palm block/upper cut) Teach Eagle Claw Form</p>
Week 9	<p>Review first eight weeks of material and evaluate students' skills Self-defense Exercise #5 (mantis trapping/backhand strike)</p>
Week 10	<p>Basic warm-up drills Introduce basic self-defense application: Self-defense exercises 1-5 Begin Dropping Horse Form</p>
Week 11	<p>Basic warm-up drills Application review Complete Dropping Horse Form</p>
Week 12	<p>Review all material</p>
Week 13	<p>Review all material - begin testing</p>
Week 14	<p>Review all material - finish testing</p>