



# The Beijing Center

北京中国学中心

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## TBC 1400 Introduction to Chinese Martial Arts

*Please Note: This is a sample syllabus, and the course schedule is subject to change. Students will receive the updated syllabus prior to the start of first class.*

### Course Description

This course introduces students to Chinese Wushu (martial arts), which is a representation of the broad and profound subject of traditional Chinese body culture. The different styles of Chinese Wushu are so numerous that no one could learn all of them. For this class, two forms (a 'form' is a series of physical movements), taken from two styles of Wushu, have been selected for the students to learn. One is 24-Movement Yang Style Taijiquan, which incorporates traditional Chinese culture, philosophy and thoughts. The other is Xingyiquan (Body-mind Boxing), which is one of the major "internal" styles of Chinese martial arts. Students will also be introduced to some basic meditation techniques to encourage focus and harmony in the learning environment.

To encourage students to perfect the forms, and to satisfy the engaged learning objectives of Loyola University Chicago, all students will participate in two opportunities to perform for the Beijing community: one will be a group demonstration of technique at the Temple of Heaven, a famous park in Beijing and a regular meeting spot for dozens of Wushu practitioners. Students will meet, talk with, and perform for those expert groups, who will also perform for the students in turn, and the students will have an opportunity for dialogue, discussion, and practice with the group of experts.

The second performance opportunity will be in a competition format. In Fall, students will participate in Beijing Municipality's inter-university Wushu competition, alongside local Chinese student teams. These performances are open to the public. In Spring, students will enter a Beijing municipal-level Wushu competition which is open to any amateur and professional groups to compete and is held in April each year. The general public is also welcome to attend both of the competitions and the class group will promote these opportunities to The Beijing Center and host campus communities.

To help students learn more about how Wushu manifests in Chinese culture, habits, traditions and daily life, a written paper will be assigned for mid-term exam.

### Course Objectives

Through imitating, practicing, memorizing, reading, meditating and reflecting, competing and demonstrating, by the end of the semester students will be able to:

1. Demonstrate two basic Wushu forms

2. Gain the abilities to keep good balance, posture, flexibility, discipline and coordination
3. Gain the experience of how Chinese Wushu practitioners were/are trained
4. Understand and demonstrate correct concepts of Chinese Wushu
5. Learn useful means to relieve stress
6. Understand and elucidate some traditional Chinese culture and philosophy related to Wushu
7. Attain a level of experience and competence so as to be able to compete and demonstrate in public
8. Represent The Beijing Center and the University of International Business and Economics at a Martial Arts competition in Beijing.

### **Course Requirements and Form of Assessment**

There will be a final exam, which counts for 50% of the final grade. For the exam, students must correctly perform each form, with each form counting for 25%. Class participation will count for 25% of the grade. A paper required as a mid-term counts for another 15%. Participation in the competition counts for 5%. Class attendance and conduct comprises another 5%.

### **Mid-term Paper**

For the mid-term written assignment, students will choose a topic that has been approved by the instructor on any topic related to Wushu. The paper must:

- (1) be at least three pages in length;
- (2) include a minimum of 3 sources (books, articles, and interviews), several relevant sources are available in TBC's library;
- (3) the paper must be turned in before the deadline for students to receive credit. The deadline will be announced at the beginning of semester.

### **Final exam: Demonstration of Wushu forms**

The scores for the forms will be evaluated based on the following criteria, which are used to judge international Wushu competitions:

- (1) Correct execution of the form in its entirety (5%)
- (2) Correct hand forms and stances (5%)
- (3) The ability to distinguish between emptiness and concreteness in each movement (5%)
- (4) Proper coordination of firmness and softness (5%)
- (5) Proper alternation between quickness and slowness (5%)

### **Competition/show**

Students are required to attend and demonstrate (as a team) at a competition each semester in Beijing, and this will count for 5% towards the grade.

### **Class Behavior**

To help students reflect on their own practice and improve their skills in detail, their behavior in class is taken into consideration. Besides imitating, practicing and memorizing, meditating is also beneficial **and will be taught and developed as the semester proceeds.**

## Attendance Policy

5% of the student's total grade will be deducted if the student is absent, and 3% will be deducted if he/she is late. Should 20% be deducted, the student will fail the class.

## Grading policy

Final grades will be determined using a point total system: total points earned divided by total points possible. This will give a percentage that translates into a grade as follows:

94 100% A	90 93% A	87 89%	B+
84-86% B	80-83% B-	77-79%	C+
73-76% C	70-72% C-	67-69%	D+
63-66% D	below 62%		F

## Required Texts

1. *The Xingyi Boxing Manual: Hebei Style's Five Principles and Seven Words* [Paperback] by Jin Yunting (Editor), John Groschwitz (Translator), Published by North Atlantic Books, Copyright: 2004
2. *Tai Chi Beginning: A Complete Workout Reference for Beginners* [Paperback] by Wen-Ching Wu (Author), Denise Breiter-Wu (Author), Published by The Way of The Dragon Publishing, Copyright: 1998

*Note: students should plan to buy these books in electronic or hard-copy format prior to their arrival in Beijing. The texts are available in the TBC Library reserve collection only.*

## Class Schedule

- Wk 1    1. Class introduction, a short introduction to Chinese Wushu and Taiji, basic works for Taiji. Basic Taiji Exercises: standing exercise, exercise of open and close, exercise of up and down, exercise of drawing ball, exercise of rounding ball.  
2. Learn Taiji moves: step forward, parting the wild horse's mane.
- Wk 2    1. Review and practice what we learned last class. Learn Taiji moves: brush knee and push palm, step backwards, step backwards and whirl arms on both side.  
2. Put moves together to learn the first part of Twenty-Four-Form Simplified *Taijiquan*.
- Wk 3    1. Review and practice what we learned last class, learn Taiji moves: Grasp the peacock's tail, single whip.  
2. Put moves together to learn the second part of Twenty-Four-Form Simplified *Taijiquan*.
- Wk 4    1. Review and practice what we learned last class, learn Taiji moves: step sideways, waving hands like clouds, test how tall the horse is, kicking leg.  
2. Put moves together to learn the third part of Twenty-Four-Form Simplified

- Taijiquan.*
- Wk 5 1. Review and practice what we learned last class, learn Taiji moves: crouching down, standing on one leg, jade lady works at the shuttle, closing combination.  
2. Put moves together to learn the fourth part of Twenty-Four-Form Simplified *Taijiquan*.
- Wk 6 1. Review and practice whole Taiji form, pay attention to some important and difficult specific moves.  
2. Film Taiji moves to get it published through TikTok or Chinese Douyin.
- Wk 7 1. Benchmark test: Review the whole form first, and test Twenty-Four-Form Simplified *Taijiquan*.  
2. Deadline of the midterm paper turned in.  
3. Introduction to *Xingyiquan*.
- Wk 8 1. Learn basic work of *Xingyiquan*: one basic stance, two basic hand forms.  
2. Learn basic moves: basic step, splitting fist, and crushing fist.
- Wk 9 1. Review and practice what we learned last class.  
2. Learn moves: drilling fist, exploding fist, and crossing fist.
- Wk 10 1. Review and practice what we learned last class.  
2. Learn the first part of the form.
- Wk 11 1. Review and practice what we learned last class.  
2. Learn the second part of the form.
- Wk 12 1. Review and practice whole *Xingyiquan* form.  
2. Review the two forms, *Taijiquan* and *Xingyiquan*, with paying attention to some important specific moves.
- Wk 13 1. Review the two forms.  
2. 2. Final exam.