



# 江西財經大學

JIANGXI UNIVERSITY OF FINANCE & ECONOMICS

## Course Title:

**Chinese Kungfu**

Course Code: FS203

Credits: 2

Teaching hours: 32

Prerequisites:

Semester: Fall Semester

## Lecturer's Information:

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## Course Description

Free Combat, commonly known as Sanshou, is a Chinese traditional sports item. In ancient times, it's also called Xiang Bo, hand-fight, Bai Da, Pai Zhang, shou zhan, xiang shou ect. As it's held on stage with two people fighting each other with bare hands, its another name is "da lei tai", which means to participate in a martial arts contest. It's a component element both in martial art and bare-hand fighting. With kicking, beating, wrestling being it's main movements, and two people fighting with each other, it is not only about competing in skills and knowledge, it can also strengthen the body. So it's a nationwide sports item.

So how do people compete in free combat? It's different from wrestling, Judo, Tai Boxing, boxing, Karate, let alone Tae Kwon Do which is a more exhibition game featuring with movement on the foot. Free combat is more a fighting-form sports item which embodies the technical principle of "kicking when it's far, beating when near, wrestling when close". It shares the character of martial art that it involves all the use of kicking, beating and wrestling.

Obviously, it's not just about using hand and feet boxing, punch, Guan Quan, Chao Quan. It share some similarity with straight punch, swing and hook in boxing, but there are still differences, as no Bian Quan, Tan Quan, Gai Quan can be found in boxing. In free combat, there are many kicking techniques like Biantui, Chuaitui, side

Chuai tui, backward Saotui, Baitui, Guagoutui and they are widely used, which echoes the saying that “ legs are more frequently used than hands in free combat”. These techniques are very effective if used wisely. Another character of it is the use of wrestling techniques, like holding leg, clasp neck, pass from shoulder, holding waist etc. especially holding -leg wrestling, not to mention techniques like Jietuibietui, Jietuiyatui, Jietuishuatui, Jietuituosong, Jietuijitui.

So we can see, either from the fighting principle or the specific fighting techniques, that free combat is a modern fighting sports item which uses a Chinese traditional Martial art.

**Fitness value** Free combat can better people’s all-round physical qualities including speed, strength, flexibility, endurance and the ability to response and anti-strike. Besides, it can improve the flexibility of nervous system and the function of internal organs, thus enhance people’s metabolism.

Besides, long-term practicing can better the body and the mind, and also temper the willpower.

Bettering body and mind refers to the aspect of spirit and characters. By practicing it for long, people will be stronger, more energetic and more refined. People can be both resolute and gentle, reaching the balance physically and mentally.

While tempering the willpower requires an empty mind and deep concentration. People have to use the mind to exercising the body systematically, especially body’s inner function, thus achieving the goal of bettering both inner spirit and body.

**Self-defense value** it is the main motivity that people practice it. In the Western Zhou dynasty, whenever it’s winter or before any war, the emperor will order the commander-in-chief to teaching the soldiers martial arts and call the soldiers to practice combat to uplift their fighting ability and morale. And in the period of Spring and Autumn, the State of Qi promoted skillful fighting. During the combat, the superiors will be picked and then trained and eventually be sent to war because only the one who knows it better can be the winner when encountering the enemy. Even today when science and technology are highly developed, free combat is still one of the main training courses in the Armed Police and Public Safety system to improve their practical combat skill. It can be very useful especially when the close fight when modern weapons cannot be used. In addition, the modern society is complicated and not perfect yet. Thus acquiring a self-defense method is becoming a common hope. And free combat can satisfy this need. Through systematic practicing, the enemy can be resisted and justice be upheld, as the saying goes” preparedness averts peril”.

## **Aims and Objectives:**

Emphasizing students' grasp of its basic knowledge and skill, this course is intended to be an efficient way of improving health. Better understanding of the true meaning of china-box is good for inheriting and developing national physical culture. Through the process, students will experience the improvement in experts such as delicate, speed, strength, endurance. It also stresses the cultivation of physical ethics, the right sense of competition and cooperation, and good social adaptability.

## **Learning Outcomes:**

Improving teaching effects on various experts

### **On physical fitness**

Free combat is a sport of high confrontation, which emphasizes every key segment. It overcomes the shortage of dull and boring repeatability by organically combining the process of improving speed, endurance, strength.

### **On psychological diathesis**

As mentioned before, free combat is a sports of high confrontation, which requires high concentration, good sense and attacking, quick reaction, accurate sense of distance and good judgment of space. Practicers need to overcome the fear towards the component, maintain perseverance and the desire of winning. That why it need good phycological qualities, only with that, free combat can improve practicers' confidence, which is helpful for playing the normal level, yielding twice the results with half the efforts.

### **Grasping the keys, turning hard to easy**

First, students' interest must be developed, acknowledging them what they are learning are practically useful. Tiresome is a common phenomenon during the class, as it evolves two fighting each other, so the teacher will use vivid and stimulating forms to relieve it. For example, when practicing right Mid Jab, the teacher will ask students to do it at where they are together, with two students being a group, one holding the target, the other beating against it.

## **Teaching Methods:**

Recent years, from a professional player of free combat to a full-time teacher, I endlessly probe into the teaching plan, process, key points, difficulties, skills, the order of the skills and the management of class and keep a rigorous teaching style. As follows are some of my most used teaching methods:

1 demonstration, explanation, the completion and decomposition method,

better-skilled students helping less skilled ones, simulation and correcting method.

2 provoking interests by games and matching boys and girls. It improves the efficiency and shortens the process.

3 methods about improving skills include repeated exercises and condition changing.

4 methods on emotion involve persuasion, encouragement, modeling, evaluation, praising and criticizing.

5 methods on developing stamina are load bearing, consistent and interval practicing, using games and competition.

6 using positive feedback and attribution method to motivate students.

7 method on tactics training cover hypothesis training, case analysis, tactical decomposition method, stimulated training, grouping and also using video to analyze theory.

8 methods on evaluation compromise positive comment, encourage and information feedback.

### **Assessment:**

|                                      |      |
|--------------------------------------|------|
| Final Examination                    | 70%  |
| Homework assignments                 | 20%  |
| Class participation and performance: | 10%  |
| Total                                | 100% |

To achieve a pass grade in this course, students must obtain 60% or more as an aggregate mark on the assessment.

### **Examination content:**

In fist technique test, students should play it in the stadium, and he or she will be valued on his or her balance, the degree of fluence and coordination roughly by A,B,C,D or E.

In leg method test, students have one minute to display, and the teacher will focus on his strength, frame, balance, beat, quantity, using A,B,C,D,or E as the results as well.

### **Your Input**

During the class, students must lose phones, keys, purse or anything that hinders the

sports, and please be advised to wear a pair of loose or baggy trousers. If you don't feel quite well you can ask for a leave or just seat around and watch. You can also ask a leave for emergency with 2 pointed deducted. Absent without any reason, you will lose 5 point a time, and 3 or above 3 times, you are disqualified for final test. The teaching process will be strictly proceed according with the teaching time, normally changing or suspending class will not happen .

## **Course outline**

### 1 combat position

#### 1.1 movement essentials

#### 1.2 basic requirements

### 2.hand form and footwork

#### 2.1 methods need to mastered

#### 2. 2 basic footwork and the requirements of the footwork

### 3. Fist techniques

#### 3.1straight punch、 Baiquan、 uppercuts、 and so on

### 4 Leg techniques

#### 4.1 basic techniques of Biantui

#### 4.2 basic techniques of Zhengchuiatui

#### 4.3 basic techniques of Cechuaitui

#### 4.4 basic techniques of combining fists and leg

### 5 wrestling techniques

#### 5.1 falling buffering techniques

#### 5.2 several most- used techniques

### 6. Defend and anti-attack skills

#### 6.1fists on defensive counter-attack tactics

#### 6.2 legs on defensive counter-attack tactics

#### 6.3 attacking methods when cuddled

### 7.the content and method of specific practice

#### 7.1 practicing through games

#### 7.2 conditioned response training

#### 7.3 enhancing competence

## **Text Books and Indicative Reading List:**

- 1.Ma Xuezhi:Free Combat, Beijing Sports University Press
- 2.Zhen Xiaofeng:Basics of free Combat, People's Sports Publishing House
- 3.Zhou Zhengwei:Free Combat Teaching and Practicing .People's Sports Publishing House
- 4.Yewei : Free Combat ABC, People's Sports Publishing House
- 5.Hu yuhua : Free Combat, Hunan University Press

## Calendar of Teaching Activities

|        | Activities  | Chapters | Things to remember                   |
|--------|---|----------|--------------------------------------|
| Week 1 | 1、 learning warm-up movements<br>2、 fighting position and footwork<br>3、 left and right straight punch  |          | Moving path                          |
| Week 2 | Learn the kick movement and the method of march forward<br>Introduce attacking and counter-attacking using left and right straight punch<br>Target practicing |          | Be in order                          |
| Week 3 | 1、 review left and right straight punch and practicing counter-attacking(using Taekwondo target and fist weapon )<br>Learn right Biantui movement             |          | cooperation<br>Grasp the rhythm      |
| Week 4 | 1、 review left and right Bian tui<br>2、 learn Zhengdengtui movement<br>3、 quality training  |          | Grasp the essentials<br>Practicing   |
| Week 5 | 1、 learn left and right Baiquan movements   |          | Understand the meaning of "heng" and |

|         |  |  |   |
|---------|--|--|---|
|         | 2、 review Zhengtitui and Biantui   |  | "bai"   |
| Week 6  | 1 、 learn attacking and counter-attacking using left and right Baiquan<br>2 、 using a target to practice left and right Baiquan    |  | Grasp the basic law                               |
| Week 7  | 1 、 learn turing and Houbaiquan<br>2、 using target to practice<br>3、 quality practicing  |  | Remember hand position and total effort           |
| Week 8  | 1、 learn Cechuaitui<br>2 、 review what was taught in week 7<br>3、 using target to practice   |  | Fold Thigh and Shank<br>With hip turning          |
| Week 9  | 1 、 learn left and right hook<br>2、 review Cechuaitui<br>3、 using target to practice   |  | Move arm by turning the waist                     |
| Week 10 | 1 、 review left and right hook<br>2、 learn what was learned all the weeks before<br>3、 using target to practice                    |  | Probe how to use strength                         |
| Week 11 | 1 、 learn kicking with a skip step<br>2 、 practicing attacking and counter-attacking with two in a group                           |  | Control the strength<br>And be careful            |
| Week 12 | 1 、 learn attacking and counter attacking with right Biatui<br>2 、 learn Baotui and Biantui<br>3、 Chinese-kung fu Rules introduced |  | Grasp the distance and rhythm of counter attack   |
| Week 13 | 1 、 learn dodging and counter-attacking using fist techniques<br>2 、 learning all the leg method                                   |  | Pay attention to the angle of attacking and dodge |
| Week 14 | 1 、 practicing attacking   |  | grasp the four basic                              |

|         |  |  |   |
|---------|--|--|---|
|         | and counter-attacking using right Biantui with protective clothing<br>2、 using target to practic |  | method of Bian tui when counter-attacking |
| Week 15 | 1conditioned response training<br>2、 review exam content   |  | The sense of space and time difference    |
| Week 16 | 1、 Fist technique test<br>2、 Leg method test   |  |   |
| Week 17 | Final exam( time to be confirmed)  |  |   |