

# UNM Valencia Campus Wellness

## Beginning Kung Fu Course Syllabus

Fall 2017

Wellness Center Classroom

Fridays 1:00 - 3:00

### **Instructor:**

Sifu James McIntire (505) 261-9686 [jadetigerkungfu@yahoo.com](mailto:jadetigerkungfu@yahoo.com)

### **Course Goals:**

By the end of this course, students will have gained a basic knowledge of fundamental Kung Fu techniques, learned a traditional Kung Fu Form, and will have a foundation for continued study.

### **Class Format and Procedures:**

Each class will begin with checking attendance followed by group warm-ups and stretching. The 1st portion of each class will focus on basic techniques and concepts. The 2nd portion will consist of learning a traditional Kung Fu form (sequence of techniques). The 3rd portion will be reinforcement of the techniques with a deeper level of understanding. Questions are encouraged throughout the class.

### **Safety:**

In any exercise class and especially in a martial arts or self defense class, safety is vitally important. Students are required to follow ALL instructions particularly during the interactive partner work. Any student who does not adhere to the safety guidelines of each exercise will be asked to leave the class.

### **Course Grading:**

Students will be graded on the following: Attendance, Participation, Written Final, and Practical Final.

### **SPECIAL ASSISTANCE:**

Equal Access Services (505) 925-8560, <http://www.unm.edu/~vcadvise/equalaccess.htm> provides academic support to students with disabilities. If you need special assistance with completing coursework, please contact this service and return documented forms to the instructor as soon as possible.

### **Academic Dishonesty:**

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

UNM Academic Dishonesty policy <https://policy.unm.edu/regents-policies/section-4/4-8.html>

### Academic Support Services:

For tutoring and other academic support, contact the Learning Center at 925-8900 or <http://www.unm.edu/~tutor/>

### Title IX:

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see pg. 15 - <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity ([oeo.unm.edu](http://oeo.unm.edu)). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>

### Course Schedule:

<b>Week 1</b>	Course Intro, Warm Ups, Stances Kicks, Hand Techniques, Line Drills
<b>Week 2</b>	Warm Ups, Stances, Kicks, Hand Techniques, Line Drills Wu Bu Chuan (Part 1 & 2)
<b>Week 3</b>	Warm Ups, Stances, Kicks, Hand Techniques, Line Drills Wu Bu Chuan (Part 1, 2 & 3)
<b>Week 4</b>	Warm Ups, Stances, Kicks, Hand Techniques, Line Drills Wu Bu Chuan (Part 1, 2, 3 & 4)
<b>Week 5</b>	Warm Ups, Stances, Kicks, Hand Techniques, Line Drills Wu Bu Chuan (Entire Form) Two Person Drills, Intro to Chin Na
<b>Week 6</b>	Warm Ups, Stances, Kicks, Hand Techniques, Line Drills Wu Bu Chuan (Entire Form) Two Person Drills, Chin Na Level 1
<b>Week 7</b>	Warm Ups, Stances, Kicks, Hand Techniques, Line Drills Wu Bu Chuan (Entire Form) Two Person Drills, Chin Na Level 2 Written Final (Take Home)
<b>Week 8</b>	Practical Final (Wu Bu Chuan) Continuing Practice