

# **UNM Valencia Campus Wellness**

## **Beginning Kung Fu Course Syllabus**

Spring 2019

Wellness Center Classroom

Fridays 1:00 - 3:00

### **Instructor:**

Sifu James McIntire (505) 261-9686 jadetiger@unm.edu

### **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.

### **Course Description:**

Designed to familiarize students with basic techniques, practices, and awareness for the purpose of personal defense and safety. Students learn various techniques of martial arts to address a variety of potentially dangerous encounters.

### **Student Learning Outcomes:**

1. Describe and evaluate potential dangers in an everyday setting and plan accordingly.
2. Demonstrate appropriate usage of various self-defense techniques.
3. Describe and demonstrate self-discipline and self-control in situations of confrontation.
4. Identify various methods of regaining control in a confrontational situation.
5. Demonstrate proficiency in various self-defense concepts and apply them in a variety of situations.

### **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). 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>	<b>Tues.</b> Intro & Syllabus, Basics (5 Stances)	<b>Thurs.</b> Basics (5 Stances, 5 Hands)
<b>Week 2</b>	<b>Tues.</b> Basics (5 Stances, 5 Hands, 3 Kicks)	<b>Thurs.</b> Basics (5 Stances, 5 Hands, 3 Kicks)
<b>Week 3</b>	<b>Tues.</b> Basics, Line Drills 1 & 2	<b>Thurs.</b> Basics, Line Drills 1 & 2
<b>Week 4</b>	<b>Tues.</b> Basics, Line Drills 1 - 4	<b>Thurs.</b> Basics, Line Drills 1 - 4
<b>Week 5</b>	<b>Tues.</b> Basics, Wu Bu Ch'uan (Side 1)	<b>Thurs.</b> Basics, Wu Bu Ch'uan (Side 2)
<b>Week 6</b>	<b>Tues.</b> Basics, Wu Bu Ch'uan (Entire Form)	<b>Thurs.</b> Basics, Wu Bu Ch'uan (Entire Form)
<b>Week 7</b>	<b>Tues.</b> Basics, Wu Bu Ch'uan (Applications 1)	<b>Thurs.</b> Basics, Wu Bu Ch'uan (Applications 2)
<b>Week 8</b>	<b>Tues.</b> Basics, Wu Bu Ch'uan (Applications 3)	<b>Thurs.</b> Basics, Wu Bu Ch'uan (Applications 4)
<b>Week 9</b>	<b>Tues.</b> Basics, Southern Stances	<b>Thurs.</b> Basics, Southern Stances & Hands
<b>Week 10</b>	<b>Tues.</b> Basics, Southern Stances & Hands Trapping 1	<b>Thurs.</b> Basics, Southern Stances & Hands Trapping 2
<b>Week 11</b>	<b>Tues.</b> Basics, Qi Xing Quan (Part 1)	<b>Thurs.</b> Basics, Qi Xing Quan (Part 2)
<b>Week 12</b>	<b>Tues.</b> Basics, Qi Xing Quan (Entire Form)	<b>Thurs.</b> Basics, Qi Xing Quan (Entire Form)
<b>Week 13</b>	<b>Tues.</b> Basics, Qi Xing Quan (Applications 1)	<b>Thurs.</b> Basics, Qi Xing Quan (Applications 2)
<b>Week 14</b>	<b>Tues.</b> Review Wu Bu Ch'uan & Qi Xing Quan	<b>Thurs.</b> Review Wu Bu Ch'uan & Qi Xing Quan
<b>Week 15</b>	<b>Tues.</b> Review Wu Bu Ch'uan & Qi Xing Quan	<b>Thurs.</b> Overview of Chinese Martial Arts
<b>Week 16</b>	<b>Tues.</b> Written Final	<b>Thurs.</b> Practical Final