

International Curriculum Proposal

**PED 101/102
Shaolin Kung Fu Wushu**

**Paradise Valley Community College
Phoenix, Arizona**

Syllabus

Course Description:

"Systematic study and training in ancient Chinese discipline of Shaolin Kung Fu Wushu for holistic health and self-defense, including the study of various aspects of Eastern philosophy and religions."

Prerequisites: None

Course Objectives/Competencies:

1. Describe the importance of Chi Kung breathing exercises in the development and maintenance of physical health, emotional wellbeing, and stress management.
2. Describe the history of the martial arts of China, Japan and India and their relationship to the philosophical and religious traditions of the Eastern world.
3. Describe, explain, and teach the Seven Circles System of Southern/Northern Shaolin Kung Fu Wushu.
4. Describe and explain the proper utilization and ongoing development through the continued use of the system.

Course Outline: (see syllabus for presentation order)

1. Describe the importance of Chi Kung breathing exercises in the development and maintenance of physical health, emotional wellbeing, and stress management.
 - a. Introduction/History of the System
 - b. Orientation/ Pushing and Pulling
 - c. Chi Meditation
2. Describe the history of the martial arts of China, Japan and India and their relationship to the philosophical and religious traditions of the Eastern world.
 - a. Basic Concepts in Buddhism
 - Four Noble Truths
 - Noble Eightfold Path
 - b. Reflections: 'Tao Te Ching,' (Lao Tsu)

3. Describe, explain, and teach the Seven Circles System of Southern/Northern Shaolin Kung Fu Washu.
 - (1) Basic to advanced Stances
 - (2) Basic to advanced Mand Styles
 - (3) Basic to advanced Stepping (4) Basic to advanced Punching
 - (5) Basic to advanced Blocking
 - (6) Basic to advanced Holding and Locking
 - (7) Basic to advanced Forms
 - (8) Basic to advanced Prearranged Fighting Forms
 - (9) Basic to advanced Shaolin Shadow Boxing
 - (10) Basic to advanced Shaolin Boxing
 - (11) Basic to advanced Shaolin Wushu (Fighting Dancing)
4. Describe and explain the proper utilization and ongoing development through the continued use of the system.
 - a. Review and Refinement
 - b. Lifelong Training

Resources:

- Chi, Shakyia Liu. "An Outline of Buddhism," 5th. ed.,1993, Kuan Yin Temple, Honolulu, Hawaii.
- Reid, Howard and Croucher, Michael. "The Fighting Arts: Great Masters Of The Martial Arts," 1983, Simon and Schuster, N.Y.
- Musashi, Aflyamoto, "A Book Of Five Rings: The Classic Guide To Strategy 9th. ed., Translated by Victor Harris, 1974, The Overlook Press, Woodstock, N.Y.
- Tsu, Lao. "Tao Te Ching," Translated by Gia-Fu Feng and Jane English, 1972, Vintage Books, Random House, N.Y.

International Curriculum Proposal

Course Prefix, Number, Title, Credits and Periods:

Ped 101/102

Chi Kung (Qi Gong)

1 Credit / 2 Period

Course Description:

"Systematic study and training in ancient Eastern system of breath control for holistic health, including the study of various aspects of Eastern philosophy and religions."

Prerequisites: None

Course Objectives/Competencies:

1. Describe the importance of breathing exercises in the development and maintenance of physical health.
2. Describe the importance of breathing exercises in the development and maintenance of emotional wellbeing.
3. Describe the importance of breathing exercises in the stress management.
4. Describe the role of breathing exercises in the philosophical and religious traditions of China, Japan, and India.
5. Describe, explain, and teach the Fire Flower System of Chi Kung.
6. Describe and explain the proper utilization and ongoing development through the continued use of the system.

Course Outline: (see syllabus for presentation order)

1. Describe the importance of breathing exercises in the development and maintenance of physical health.
 - a. Introduction/History of the System
2. Describe the importance of breathing exercises in the development and maintenance of emotional wellbeing.
 - a. Orientation/*Pushing and Pulling*
3. Describe the importance of breathing exercises in the stress management.
 - a. Orientation/*Pushing and Pulling*
 - b. Chi Meditation

4. Describe the role of breathing exercises In the philosophical and religious traditions of China, Japan, and India.
 - a. Video: "An Ancient Form of Care!"
 - b. Basic Concepts in Buddhism
 - Four Nobel Truths
 - Nobel Eightfold Path
 - c. Reflections: 'Tao Te Ching,' (Lao Tsu)
 - d. Video: "The Healing Mind!"
5. Describe, explain, and teach the Fire Flower System of Chi Kung.
 - (1) Pushing the Sky
 - (2) Bow and Arrow
 - (3) Arcing in Four Directions
 - (4) Looking Behind
 - (5) Head and Body Swinging
 - (6) Twisting
 - (7) Body Bending
 - (8) Wind and Rain
6. Describe and explain the proper utilization and ongoing development through the continued use of the system.
 - a. Review and Refinement
 - b. Closing the System

Spring 1995 Syllabus

CHI KUNG (QI GONG) Breathing Exercises

COURSE:	PED 102	SECTION:	#4327
ROOM	F109	SCHEDULE:	FRI/12:15-1:55
INSTRUCTOR:	A.S. Umar Sharif M.A.	OFFICE:	J 101
OFFICE HRS.:		TELEPHONE:	493-2851 225-1979

Chi Kung (*Qi Gong*) is a very ancient Eastern system of breath control and body movement that enables the practitioner to improve and maintain health by exercising greater direct control over physiological, psychoneurological, immunological, and quantum processes. The system of Chi Kung (*Qi Gong*) that you are about to learn (The Fire Flower System) is based upon a 1500 year old system sometimes referred to as the Eight Silk Weaving Exercises. The Fire Flower System includes techniques and principles that are also found in the *Pranayama* Systems of India and the *KI* Development Systems of Japan.

EVALUATION

Students will be evaluated based on the following criteria:

Attendance:	20 percent
Performance:	80 percent

ATTENDANCE

It should be obvious that you can't learn this powerful discipline if you are not in class, so attendance should be considered mandatory. You will be allowed two (2) unexcused absences without - penalty. Each additional unexcused absence will cost you 10 Points which will effectively lower your final grade by one letter grade. Excused absences (sickness, court appearance, etc.) will require documentation (doctor's note, court receipt, etc.) to be turned in. at the next class that you attend. Try not to miss any classes because much of the information that you will receive will be passed on in the 'oral tradition'. A sign-in sheet will be circulated at the beginning of each class. It is your responsibility to make sure that you sign in. If you observe a mistake on your attendance record notify-the instructor immediately. I will not correct mistakes on the attendance record that are more than a week old.

Recommended: WRITTEN ASSIGNMENTS

During the course it is highly recommended that you:

1. Keep a 'Training Journal' describing your training schedule and your mental and physical experiences. *Qj Gong* is not like other exercise systems. In fact it is more than a mere exercise system. It is a very powerful discipline that will have a profound effect on you in many ways. You will need to keep me informed about your progress and experiences. That is the reason for the 'training journal.'
2. Write a detailed description of each of the eight (8) movements that, you are going to learn. I will give you time to write these descriptions in class while I am demonstrating the various movements.

PERFORMANCE

The ultimate purpose of your taking this course should be to actually LEARN to Perform the Fire Flower System at a high level of discipline. In order to accomplish this goal, you will need to participate actively in class and practice diligently at home. Your practice and progress, or lack of practice and progress will be quite evident when you come to class each week. If you are committed, you will achieve the goal and experience a benefit that you can maintain for the rest of your life.

TRAINING SCHEDULE

WEEK	DATE	TOPIC/MOVEMENT
1	1/13	Introduction/History of the System
2	1/20	Orientation/ Pushing and Pulling
3	1/27	<u>Video:</u> "An Ancient Form of Care" (1) Pushing the Sky
4	2/3	(2) Bow and Arrow
5	2/10	Basic Concepts in Buddhism Review and Refinement
6	2/17	(3) Arcing in Four Directions
7	2/24	(4) Looking Behind
8	3/3	<u>Video:</u> "The Healing Mind!" Chi Meditation
9	3/10	(5) Head and Body Swinging
10	3/17	<u>SPRING RECESS</u> Try to practice every day during the break.
11	3/24	<u>Reflections:</u> "Tao Te Ching," (Lao Tsu) Review and Refinement
12	3/31	Closing the System Chi Meditation
13	4/7	<u>Reflections:</u> "Tao Te Ching," (Lao Tsu) (6) Twisting
14	4/14	<u>Reflections:</u> "Tao Te Ching", (Lao Tsu) (7) Body Bending
15	4/21	Closing the System Review and Refinement
16	4/28	<u>Reflections:</u> "Tao Te Ching," (Lao Tsu) (8) Wind and Rain
17	5/5	Review and Refinement Closing the System

DRESS CODE

All students must wear clothing that are suitable for unrestricted body movement. You will produce considerable perspiration during the class so bring a towel. A sweat band for you head and wrist might also be helpful although It is not a requirement. You may also spend a short amount of time sitting on the floor, however mats are available at the facility.

PRE-EXISTING CONDITIONS

Be sure to let me know if you have any pre-existing physical/medical conditions such as asthma, arthritis, high blood pressure, etc., and/or if you are using any kind of medication. These conditions will not prohibit you from developing the system, and in fact they can be positively effected by this system and you may want to have your doctor document any changes in your condition.

WELCOME TO TIM FIRE FLOWER SYSTEM

**A BRIEF HISTORY
OF
THE FIRE FLOWER SYSTEM
OF
Cm KUNG (QI GONG)**

- I. Throughout the history of Afro-Asiatic cultures, including ancient Babylonia, Mesopotamia, India, China, and Japan, a strong linkage has existed between religious practices, fighting arts and warfare, and the healing arts.

Around the 6th Century A.D., a Buddhist monk named Bodhidharma (Ta Mo, in Chinese), traveled by boat from Madras (India) to Nanking (China) in stages. teaching Buddhism as he traveled.

From Nanking, he traveled through China, eventually reaching the Shaolin Temples in the Songshan Mountains of Central China, where he established the Dhyana (Ch'an [in China] or Zen [in Japan] school of Buddhism. The Shaolin Temple at Songshan was built in 495 A.D. in the order of Emperor (Hsiao-Wen) for an Indian monk known as Batuo, or Fo Tuo as he is called in Chinese.

Note: Fo Tuo's statute is often seen In Chinese Buddhist monasteries. He is a huge-bellied, jolly monk, beaming joy at the world.

The Dhyana School of Buddhism focused on a Static Meditation discipline and according to the history/legend, Bodhidharma meditated for nine (9) years facing a cave wall before introducing the system to the Shaolin monks.

When Ta Mo (Bodhidharma) arrived at Shaolin and introduced the Dhyana School of Meditation, he became concerned for the stamina of the Shaolin monks. Their WuShu (Kung Fu) training, long periods of meditation and prayer, and fasting were very taxing. So, Ta Mo taught them special Pranayamas (breathing techniques and disciplines) that are thought to have diffused Into all of the modern martial arts, all of which incorporate some type of breathing discipline.

Ta Mo also taught Vu-Te or the notion of Martial Virtue or Martial Discipline, i.e.. *'MartialArts are intended to promote spiritual development, not fighting.'*

These meditation, breathing and fighting disciplines continued to develop and spread throughout India, China, Korea, Japan, Indonesia, Polynesia, and Southeast Asia for over a thousand years.

In the late 1950's, an internationally recognized master of Shaolin WuShu migrated to the U.S.A., and settled in New York City. His name is Grand Master Alan Lee. Your instructor, Umar Sharif, had the great good fortune to be one of Grand Master Alan Lee's students (1960's 1970's). After learning Shaolin Kung Fu (WuShu) and the Eight Silk Weaving Exercises, Seifu (teacher) Sharif mastered and further developed the discipline of breathing founding the Fire Flower System of Chi Kung in 1975.

- II. Chi - is a Chinese term, literally, meaning air, breath, 'Life Force' or Vital Energy. Chi is matter in a quantum state, a basic component of all levels of the Cosmos, including the Life Force that circulates within the human body and all living things. The same is referred to in Japanese as -KI and in Indian Sanskrit as Prana.

Kung - is a Chinese term which implies a high level of attainment, discipline, or mastery. Kung Fu refers to someone who is adept or who has attained mastery in some art or discipline (cooking, martial arts, teaching, calligraphy, law, etc.)

- III. Chi Meditation - is the act of focusing ones attention on 'feeling' the Chi that flows through the body.

IV. What is *Chi Kung (Qi Gong)*?

Chi Kung is a comprehensive system of body movements and breathing exercises aimed at stimulating, potentiating, and manipulating the life force or vital energy. This techniques strengthen the immune system, tone the muscles, adds flexibility, to the joints, repairs and revitalizes body tissue, increases energy and stamina, and produces a deep level of relaxation and calm.

Specifically, *Chi Kung*:

1. Increases the aerobic capacity and the efficiency of energy metabolism.
2. Provides a deep internal massage of the abdominal cavity which promotes gastrointestinal peristalsis, reduces the amount of extravasated blood in the abdomen, and aids digestion, absorption, and elimination.
3. Induces a state of tranquility and facilitates the release of natural body chemicals and hormones that are important in stress management, controlling pain, and eliminating depression.

V. Overview of *The Fire Flower System of Chi Kung*.

The basic set: 8 Movements X 8 Repetitions = (64 Movements)

Number	Name	Number of Breaths
1	Pushing the Sky	3x8=24
2	Bow and Arrow	1x8= 8
3	Arcing in Four Directions	2x8=16
4	Looking Behind	1x8= 8
5	Head and Body Swinging	2x8=16
6	Twisting	2x8=16
7	Body Bending	2x8=16
8	Wind and Rain	1x8= 8

- *The Closed System = 64 Movements and 119 Breaths
(112 Controlled Breaths + 7 Transitional/Cleansing Breaths)

CHI KUNG IS A MOVING MEDITATION

- *Movement + Breathing + Rhythm = Trance*

DURATION OF THE 'CLOSED' SYSTEM

- Minimum = 25 minutes
- Maximum = 45 minutes

INTERNAL DYNAMICS of the System:

- Cardiovascular System Workout (strengthens heart, lowers blood pressure, and improves circulation)
- Respiratory System Workout (increases aerobic efficiency, increases respiratory capacity, decreases chronic respiratory symptoms)
- Muscular System Workout (improves muscle tone, stretches muscles, ligaments and tendons, enhances control, strength, endurance)
- Skeletal System Workout (increases flexibility, posture, and alignment)

PSYCHO DYNAMICS of the System:

- “Every change in mental state has a corresponding change in breath. It is also true that by learning to control the breath, we can learn to control and manipulate our mental and emotional states.” This is the *Perfect System of Stress Management*.

EFFECTS AND EXPERIENCES

- Changes in dream and sleep patterns.
- Decreases appetite.
- Increases flexibility.
- Increases control of pain.
- Improves disposition (calmer and more peaceful).
- Enhances self-control and stress management.
- Improves digestion, nutrient absorption, and regularity.
- Increases energy and stamina.

Classes are available at:

Paradise Valley Community College
Fitness Center
18401 N. 32 Street
Phoenix, Arizona 85032
(602) 493-2891
or
(602) 493-2851