Yin/Yang Martial Arts

COURSE: ST: Yin/Yang Martial Arts - 11863 - PEAC 120 - 04

TIME: TTh 10:50am – 12:05pm
PLACE: PHYSICAL EDUCATION CENTER Rm.J201
INSTRUCTOR: John Di Giovanni
PHONE: 843-478-4537
E-MAIL: digiovannij@cofc.edu
obliquemagazine@yahoo.com
OFFICE HOURS: By Appointment
COURSE TEXT: N/A

DISABILITY STATEMENT: The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

HONOR STATEMENT: As members of the college community, students are expected to evidence a high standard of personal conduct and to respect the rights of other students, faculty, staff members, community neighbors, and visitors on campus. Students are also expected to adhere to all federal, state, and local laws.

COURSE DESCRIPTION: A course designed to cover a variety of topics not otherwise offered in the basic physical education activity program. Popular activities representing both traditional and nontraditional activities will be offered on a random basis according to interest shown in the activity.

STUDENT LEARNING OBJECTIVE: As a result of participating in PEAC120-04, students will learn and understand the movements and adaptation of the traditional Shaolin Martial Arts along with Yang Style Tai Chi. Students will learn how to limber the body through warm up and stretching, quiet the mind with meditation and breathing exercises and move through the postures of Tai Chi with flow and meaning. The practice of these ancient arts will give the participating students the ability to carry and cultivate a
relaxed and focused mindset through other aspects of their lives. In contrast, the student will learn basics to the harder style of Shaolin martial arts along with the understand how the two styles compliment as well as contrast each other.

**REQUIREMENTS:**
Midterm Practical-20%  Pop Quiz-20%  Participation & Effort-10%
Final Practical-50%

**ATTENDANCE:**
This is a participation class and attendance is extremely important to keep up with the material. Role is taken each class. You must see the instructor if three or more classes are missed. Excessive absences could lead to failure of the course. Tardiness is not accepted. Class will begin at 10:50am sharp! Come dressed out and prepared to start on time. Please bring small notebook to each class.

**DRESS CODE:**
It is recommended that comfortable clothing be worn. Student has choice of wearing sneakers or going barefoot.

**GRADING:**
93-100 = A
90-92 = A-
88-89 = B+
83-87 = B
80-82 = B
78-79 = C+
74-77 = C
72-73 = C
70-71 = D+
68-69 = D
66-67 = D-
<66 = F
<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
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<tbody>
<tr>
<td>Tues. Aug. 22</td>
<td>Introduction and expectations of class. Stance, breathing and meditation.</td>
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| Thurs. Aug. 24| Martial Arts - Basic Strikes  
Front two, back two and thrust punches  
Horse Stances  
Tai Chi - Preparation. Beginning. Ward-off left.  
Discussion: Principle #1 Head is naturally suspended. Principle #2 Keep the Chest relaxed while slightly stretching up the back. |
| Tues. Aug. 29 | Martial Arts  
Basic kicks  
Instep Kick, Ball Kick  
Half Moon Stance  
| Thurs. Aug. 31| Martial Arts  
Hammer Strike-Chicken Wrist Strike  
Discussion Principle #5: Relax the shoulders and sink the elbows. Principle #6: Use the mind not strength. |
| Tues. Sept. 5 | Martial Arts  
Striking Pad workout  
Tai Chi - White Crane Spread Wings. Brush left knee.  
Thurs. Sept. 7  Martial Arts
Striking Pad workout (cont.)
Tai Chi
Step up. Play lute, Brush left knee. Discussion
Principle #9: Continuity without interruption.
Principle #10: Seek stillness in movement.

Tues. Sept 12  Martial Arts
8 Point Blocking System
Tai Chi
Reverse kick, Block/punch/parry punch. Apparent
close (turn back/push). Cross hands.

Thurs. Sept. 14  Review

Tues. Sept. 19  Martial Arts
Crescent Kick – Reverse Crescent Kick
Tai Chi
Carry tiger to mountain. Ward off. Single whip to
fist under elbow.

Thurs. Sept. 21  Martial Arts
Roundhouse kick, side blade kick
Tai Chi
Repulse monkey right. Repulse monkey left.
Repulse monkey right.

Tues. Sept. 26  Martial Arts
Striking Pad Work
Tai Chi
Diagonal flying. Raise hands, Shoulder Strike.
White crane spreads wings.

Thur. Sept. 28  Martial Art Workout
Tai Chi
Needle at sea bottom. Fan-thru back.

Tues. Oct. 3  Midterm exam
Thurs. Oct. 5  Martial Art Workout  
Tai Chi  
Turn. Chop. Strike.

Tues. Oct. 10  Martial Art Workout  
Tai Chi  

Thurs. Oct. 12  Martial Art Workout  
Tai Chi  
Single Whip. Wave hands like clouds.

Thur. Oct. 19  Martial Art Workout  
Tai Chi  
Review wave hands like clouds. High pat on horse.

Tues. Oct. 24  Martial Art Workout  
Tai Chi  
Kick right. Kick left.

Thur. Oct. 26  Martial Art Workout  
Tai Chi  
Turn to kick with left heel. Brush left knee. Brush right knee. Brush left knee strike downward.

Tues. Oct. 31  Martial Art Workout  
Tai Chi  
Turn, block, strike, step forward. Block, parry, punch. Kick with right heel.

Thur. Nov. 2  Martial Art Workout  
Tai Chi  
Strike Tiger left. Strike Tiger right

Tues. Nov. 7  Martial Art Workout  
Tai Chi  
Adjust, double strike ears. Kick left heel. Turn, kick right heel.
<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Thur. Nov. 9</td>
<td>Martial Art Workout Tai Chi</td>
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<tr>
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<td>Step thru. Block, parry, punch.</td>
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<td>Apparent close (turn back, push)</td>
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<td>Cross hands. End</td>
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<td>Tues. Nov. 14</td>
<td>Review</td>
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<td>Thur. Nov. 16</td>
<td>Review</td>
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<td>Tues. Nov. 21</td>
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<td>Tues. Nov. 28</td>
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<td>Thurs. Nov. 30</td>
<td>Final exam</td>
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