

York University - School of Kinesiology and Health Science

**PKIN 0407 0.00 SELF-DEFENSE – COURSE OUTLINE  
FALL / WINTER 2023 - 2024**

**INSTRUCTOR:** Helen Wu, 342 Bethune College

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**CLASS LOCATION:** Studio 4, Tait McKenzie Building

**CLASS TIMES:** **Fall:** M/W Section A - 8:30AM; **Winter:** M/W Section M - 8:30AM

**REFERENCE VIDEOS:** In order to help students practicing, please access the YouTube channel: [https://www.youtube.com/channel/UCJ2kKUIUq6BVeEJW\\_xjHV-g](https://www.youtube.com/channel/UCJ2kKUIUq6BVeEJW_xjHV-g); then go to **Play list**, you will see course number: PKIN0407

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**COURSE DESCRIPTION (See video 1: Introduction)**

The course will comprise practical and theoretical study of Chinese traditional “Practical Fighting Applications,” which have a long and rich history in China. A traditional martial artist is proficient in kicking, hitting, fast take down and joint control. These techniques can be used for self-defence training, as well as for reducing weight and building muscle strength.

The training will emphasize basic practical fighting drills, techniques and sparring. The teaching materials are all designed specifically for developing the whole body. They also eradicate the comfortable illusion of safety, so you can avoid “brain lock” or freezing when a situation suddenly threatens violence. Students learn lifelong steps of awareness, avoidance, evasion, and physical defences through this progressive training program. The class will focus on the proper foundations: self-discipline, self-defence and health benefits.

**COURSE LEARNING OBJECTIVES**

The purpose of this course is to assist students in transforming disciplined practical fighting training into internal strength. Students will understand that the training of self-defence skills is also based on traditional Chinese philosophy. The seemingly soft and weak are often more resilient than the hard and strong. An example of this is a piece of grass which can withstand a powerful storm, whereas a tree can be broken by the storm. This type of development has given people the knowledge that through their dedication and discipline in training, anything can be achieved.

Students will realize that the best defence is prevention. The truly courageous martial artist is the one who knows how to prevent a fight before it starts. All the training they have done has been to prepare themselves for possible conflicts, and to develop their confidence and a clear mind to know when to use, and when not to use, their ability. This is the mastery of heart and intellect, the combination of which is true wisdom.

The specific objectives of the course are that students will be able to learn:

- Mental and physical self-defence principles
- Basic drills; techniques and self-defence applications
- Iron Stump Chi-Kung training for building internal strength
- Two-person combat of the Kung-Fu Fan
- Training methods, health benefits and avoiding injury

## **REQUIRED TEXT**

Required text: *Helen Wu. Traditional Chinese Kung-Fu and Practical Fighting Applications: Chinese Martial Arts and Chinese Medicine Combined Training System.* Publisher: Helen Wu, Toronto, ON, 2017. Please see instructor.

## **PRACTICAL SKILLS AND CLASS STRUCTURE**

### **1. Build Internal Strength**

Lean and practice Iron Stump Chi-Kung training for building internal strength. Stump techniques specialize in training the roots of the body. One is often required to spend between 20 and 120 minutes in certain standing postures with one's mind in clarity and tranquility. In Chinese martial arts, Stump techniques are the foundation for health and self-defense applications. In comparison to some Western training regimes, the Stump techniques contain some special elements.

The philosophy of Stump techniques is about the regulation and building of one's internal strength. After many years of training, one can naturally release the most power in self-defence situations. In Chinese martial arts fields, whether in the north or the south of the country, the basic training always includes Stump techniques. In some martial systems, students are required to spend as much as 70% of their time practicing Stump techniques.

**Posture:** Tiger Subdued in the Southern Mountain (**see video 3**)

### **2. Warm-Up**

Before the workout, it is extremely important to learn effective warm-up techniques. Some people imagine warming up is unnecessary. This is not the case. In fact, the arms and legs require a lot of strength training, and many of the motions involve a lot of muscle tension. It's important to exercise the whole body.

#### **Basic Techniques (See video 2)**

- **Hand forms** (Fist; Palm and Hook hand)
- **Stances** (Opening Stance; Bow Stance; Side-Bow Stance; Horse Stance; Empty stance; T-Step and Lift Knee Stance)
- **Stretching:** Leg stretching on the bar; squatting stretch; and shoulder stretching (**see video**)
- **Kicking:** Kicking and punching; kicking and pushing (**see video 4**)

### **3. Workout**

**Self-Defence Exercises:**

1. Punching with Standing Stance; Punching with Bow Stance (see video 5)
2. Punching with Horse Stance; Punching and Kicking with Bow Stance (see video 5)
3. Pushing with Standing Stance; Pushing with Bow Stance (see video 6)
4. Pushing with Horse Stance; Punching and Kicking with Bow Stance (see video 6)
5. Blocking and Punching with Standing Stance; Blocking, Punching and Kicking with Bow Stance (see video 7)
6. Thrusting Palm with Standing Stance; Thrusting Palm with Bow Stance (see video 8)
7. Punching and Elbow Strike with Side-Bow Stance; Horse Stance Pushing (see video 9)
8. Smashing, Punching and Blocking with Standing Stance; Smashing, Punching, Blocking and Pushing with Horse Stance and Bow Stance (see video 10)

### **Two-Person Combat of the Kung-Fu Fan**

These applications are very useful. The design of the skills incorporates elements that are essential to self-defence and good health. The applications also incorporate powerful movements and include most of the practical techniques and applications for self-defence.

#### **4. Cool-Down (see video 10)**

Before finishing your training, you will learn relaxation techniques (Chinese traditional self-acupressure). You will learn to relax the whole body; and these exercises can also help the circulation of blood and will reduce resistance to blood flow. The use of these exercises will improve heart functionality and help to promote the establishment of microcirculation.

## **EVALUATION**

### **1. Elements of Final Grade**

#### **Theory Exam 20%:**

At the end of the session, there will be an exam of open book questions about Self-Defense training.

#### **Practical Skills 65%:**

Your final assessment will be conducted in small groups. Your Self-Defense performance will be judged on the basis of: posture & technique; breathing & pace; knowledge of the routines.

#### **Attendance 15%:**

Four absences will be allowed in this term. But 3% will be deducted from the “Attendance” component of your final grade for each class missed.

### **2. Percent:**

A: Exceptional & Excellent (80 - 100%)

B: Very Good & Good (70 - 79%)

C: Competent & Passing (60 - 69%)

F: Failing (Below 60%)

## **PASS / FAIL OPTION**

Some students may like to see either Pass or Fail, rather than a grade on their transcript. For students who wish to take a PKIN course on a Pass/Fail basis, they must let me know before the end of the term.

### **PIKN PARTICIPATION REQUIREMENT**

To receive credit for a practicum course, a student must attend and actively participate in a minimum of 80 percent of classes for the course. When full participation is not possible, accommodation agreements may be reached with the student. The following absences are allowed:

24-hour course, 2 hours per week over 12 weeks: Students are allowed 4 absences.

24-hour course, 4 hours per week over 6 weeks: Students are allowed 2 absences (S1 & S2 Term).

### **SAFETY PRECAUTIONS**

Clothing should be comfortable and loose. Please wear exercise pants, not shorts or skirts. Shoes must have shoelaces. Pay close attention to details.

If you do not understand how to perform a movement or technique, ask the instructor for clarification before you attempt it. No gum. You could choke on it. If you feel pain, discomfort or distress, stop immediately. Cell phones should be off throughout the class.

### **CONTACT INFORMATION**

If you would like to make an appointment, it is best to phone me at 416-919-7652.

#### **Office Hours & Location:**

Mon./Wed.: 8:00AM – 12:00PM at Studio 4 A/B; Tait McKenzie Building

### **IMPORTANT NOTE:**

**What you should know if you no longer want to take this course:** You should take your name away from the course name list in the registry system **Fall: no later than Nov. 18 / 2023; Winter: no later than Mar. 11 / 2024**, to avoid getting an automatic “Fail grade” from the computer system.

If you didn't take your name away from the system, then you would have to go back to the office to fix your grade. That would not only waste your time, but would also give unnecessary trouble to the office staff. Thank you very much for your co-operation.