

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PHED 230 – Asian Martial Arts: Origins and Development (3) 5P1

Spring 2013

DAY/TIME:	TR 3:00PM- 4:15PM	LOCATION:	Rec. 2203
PROFESSOR:	Dr. C.J. Park	E-MAIL ADDRESS:	cpark7@gmu.edu
OFFICE HOURS:	As Needed	PHONE:	703-346-5432
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COURSE DESCRIPTION

This lecture course is designed to survey the martial arts of East, South and Southeast Asia from a historical, philosophical, biographical, warfare and sport perspectives.

COURSE OBJECTIVES

At the conclusion of this course, students should be able to:

1. Explain the history and culture of the martial arts of Asia.
2. Examine the relationship between Asian martial arts and the religions and philosophical systems of the East.
3. Describe the theory and techniques of the martial arts of Asia.
4. Define differences between the traditional martial arts of Asia and modernized combat sports.
5. State how the martial systems have evolved, traveled and been transplanted and transformed in the great civilization of Asia.
6. Define the relationship between Asian martial arts and human health

COURSE TEXT

Draeger, Donn F. and Smith, Robert W. (2001): Comprehensive Asian Fighting Arts, New York: Kodansh America, Inc.

SUGGESTED READINGS

Daeshik Kim and Allan Back (2000). The way to go, Philosophy in martial arts practice, Seoul, Korea: Na Man Publishing House

F. J. Chun (2003). The Martial Way and its Virtues, Boston, Mass: YMAA Publication Center

Miyamoto Musashi translated by Thomas Cleary (2000). The Book of Five Rings, Boston and London: Shambhala Publications, Inc.

Sun Tzu translated by Gerald A. Michaelson (2001). The Art of War for Managers, 50 Strategic Rules, Avon, Mass: Adams Media Corporation

Michael Rosenbaum (2004). Kata and the transmission of the knowledge in traditional martial arts. Boston, Mass: YMAA Publication Center

Kisshomaru Ueshiba (1987). The spirit of Aikido. Tokyo, New York, London: Kodansha International

Takuan Soho translated by William Scott Wilson (2002). The Unfettered Mind. Tokyo, New York, London: Kodansha International

COURSE REQUIREMENTS

1. Students must attend regularly scheduled class meetings, having completed required readings, participate in class discussions, and write and present a research paper.
2. As part of paper preparation process, periodic meetings with the instructor during office hours may also be necessary.

COURSE EVALUATION

Requirements	Points
Exam #1	5%
Exam #2	5%
Exam #3	5%
Class participation and labs	15%
Paper preparation and research	30%
Final paper and presentation	40%
Total	100%

GRADING SCALE

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE

Jan 22 & 24	<p>Definitions and Concepts of Asian martial arts (定意, 概念)</p> <ul style="list-style-type: none"> - Literary (文) Martial (武) Military (兵) - English definitions - Contrast with Chinese/Japan/Korean definitions - Martial (武) Do (道), Sool (術), and Ye (藝) - Literary/Martial (wen wu) as combined concept
Jan 29 & 31	<p>Origin of Asian martial arts (東洋武藝의 根源)</p> <ul style="list-style-type: none"> - Chinese martial arts
Feb 5 & 7	<p>Origin of Asian martial arts (東洋武藝의 根源) Cont.</p> <ul style="list-style-type: none"> - Korean martial arts - EXAM #1
Feb 12 & 14	<p>Origin of Asian martial arts (東洋武藝의 根源) Cont.</p> <ul style="list-style-type: none"> - Japanese martial arts
Feb 19 & 21	<p>Origin of Asian martial arts (東洋武藝의 根源) Cont.</p> <ul style="list-style-type: none"> - Other nations
Feb 26 & 28	<p>Evolution by influences of religions and thoughts (宗教와 思想의 營向에 따른 變化)</p> <ul style="list-style-type: none"> - Taoism, meditative-respiratory techniques
Mar 5 & 7	<p>Evolution by influences of religions and thoughts (宗教와 思想의 營向에 따른 變化) Cont.</p> <ul style="list-style-type: none"> - Confucianism, unification of knowledge and conduct - EXAM #2

- Mar 12 & 14 Spring Break
- Mar 19 & 21 Evolution by influences of religions and thoughts (宗教와
思想의 營向에 따른 變化) Cont.
- Buddhism, internal and external forms
- Mar 26 & 28 Evolution by influences of religions and thoughts (宗教와
思想의 營向에 따른 變化) Cont.
-Hinduism,
- April 2 & 4 Modernization influenced by western culture (近代化)
-Invention of fire arm
-Westernized physical culture
- April 9 & 11 Modernization influenced by western culture (近代化) Cont.
-Fighting vs. Practice
-Cultivation & enlightenment
- April 16 & 18 Modernization influenced by western culture (近代化) Cont.
-Skill vs. Way of life
-Ranking system
-Education
- April 23 & 25 Globalization (國際化)
-World War II
-Opium war
-International organization
- Apr 30 & May 2 Industrialization (産業化)
-Entertainment, Move
-Education
-Commercialism
- May 7 & 9 Future (味來)
-Arguments between tradition vs. modernism
-Martial skills vs. competition-oriented skills
-Politics
-Excessive commercialization
- Health/Safety
- EXAM #3

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See [http:// oai.gmu.edu/honor-code/](http://oai.gmu.edu/honor-code/)].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

