

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PHED 230 – Asian Martial Arts: Origins and Development (3)
Spring 2011

DAY/TIME:	TR 3:00PM- 4:15PM	LOCATION:	Rec. 2203
INSTRUCTOR:	Dr. C.J. Park	E-MAIL ADDRESS:	cpark7@gmu.edu
OFFICE HOURS:		PHONE:	703-204-0789
		FAX NUMBER:	703-993-2126

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.

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

1. Class participation and labs (15%)
2. Quizzes (15%) – three at 5% each
3. Paper preparation and research (30%)
4. Final paper and presentation (40%)

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	

COURSE OUTLINE

- I. Definitions and Concepts of Asian martial arts (定意, 概念)
 - 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
- II. Origin of Asian martial arts (東洋武藝의 根源)
 - Chinese martial arts
 - Korean martial arts
 - Japanese martial arts
 - Other nations
- III. Evolution by influences of religions and thoughts (宗教와 思想의 營向에 따른 變化)
 - Taoism, meditative-respiratory techniques
 - Confucianism, unification of knowledge and conduct
 - Buddhism, internal and external forms
 - Hinduism,
- IV. Modernization influenced by western culture (近代化)
 - Invention of fire arm
 - Westernized physical culture
 - Fighting vs. Practice
 - Cultivation & enlightenment
 - Skill vs. Way of life
 - Ranking system
 - Education
- V. Globalization (國際化)
 - World War II
 - Opium war

-International organization

- VI. Globalization (國際化)
- World War II
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 - International organization

- VII. Industrialization (産業化)
- Entertainment, Move
 - Education
 - Commercialism

- VIII. Future (味來)
- Arguments between tradition vs. modernism
 - Martial skills vs. competition-oriented skills
 - Politics
 - Excessive commercialization
 - Health/Safety

- ❖ Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.
- ❖ Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>]
- ❖ All communication from the university, college, school and program will be sent to students though their Mason email account only. Students are responsible for the content of university communication sent to their Mason email account and are required to activate their account and check it regularly.
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- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester. [See <http://ods.gmu.edu>]
- ❖ Counseling and Psychological Services (CAPS) offers a wide range of services to students that are provided by a staff of professional counseling and clinical psychologists, social workers, and counselors. The Center provides individual and group counseling, workshops and outreach programs -- experiences to enhance a student's 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 School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>.

