

Kung Fu Club Syllabus (2020-2021)

Instructor

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Course Overview

Learning Chinese Martial Arts is a richly rewarding endeavor that can help develop one's character. In this class, we will mainly study the Lai Tung Pai system, a broad family of traditional skills.

As an enrichment class, students should take responsibility for their progress by practicing at home and utilizing instructor resources. Achieving students are rewarded with higher ranking, achievement, personal pride, and potential competition opportunities.

- **Class is only 50 minutes per week.** Please be prompt, as there's much to learn.
- Fall to Early Spring - Focus on skills and preparing for Chinese New Year.
- Mid to late Spring -Focus on skills and preparing for Sash testing.

Class Info

9 am to 9:50 am

Please arrive by **8:55 am**

Ages 7 to 18

Student Expectation

- Student wants to learn Fist, Pole, and Sword forms, even if repetitive and slow paced
- Student reviews, prints, and turns in a signed Class Rules page
- Student must appreciate a balance of quality, details, and high energy
- Student is expected to practice their forms at home to build muscle memory

Course Objectives

- Understanding of Martial Etiquette
- Proficiency in Qi Gong, Fist, Pole and Sword Forms
- Basic knowledge of Lai Tung Pai History and Culture
- Better health, flexibility, athleticism, and confidence

Sash Ranking

- **Yellow**, **Orange**, **Gold**, **Purple**, **Brown**, **Green**, **Blue**, **Red**
- Students will be tested when appropriate
- More advanced level students may help assist others





Course Materials

- Loose fitting clothing required. Please no jeans. Wear sweatpants, t-shirt or sweatshirt.
- Practice Swords and Poles may need to be purchased as instructed
- Kung Fu Shirts may become available
- Mouthpiece and cup (males) are required for sparring
- Sashes are earned through periodic testing, and must be brought to class

Class Format

- Classes contain Qigong, basic exercise, stance work, stretching, drills, and forms
- Students will need to cooperate with other students, as well as teacher
- Sparring may be allowed for those that want to participate and meet the gear and experience requirements

Class Motto

*“I am responsible for myself.
If I struggle, face challenge, or fail,
I will seek the honest path, to achieve my honorable goal.”*

Class Axioms

1. My word is my bond, I do what I say
2. Training is what I make it—I get out what I put in
3. Hard effort today will elevate me higher tomorrow
4. Martial skills are only the reflection of what I learn
5. A strong person puts other first, but is not dependent on them
6. Excuses make me weaker, while taking Responsibility makes me stronger
7. I honor truth, while being graceful to others and to myself

Class Rules

I will	I will not
1. Show up on time and early	1. Take timeliness for granted
2. Hold a positive, can-do attitude.	2. Rely on excuses, or be cynical in life
3. Give 100% effort during class time	3. Limit myself or disturb class
4. Take personal ownership in my skills, and realize that this is my path alone	4. Look down on training, blame others, or hold any grudge
5. Dedicate myself to continual improvement	5. Be comfortable with or proud of lacking character

Fall 2020 - Course Schedule (Subject to change)

Week	Class	Curriculum	Subject
1 – Aug 30	No	Open House and Meet the Teacher Day	
2 – Sep 6	No	Labor Day (9/7)	
3 – Sep 13	Yes	Intro Class	Introductions and Syllabus Discussion. Li Si – Learn/Review Salute
4 – Sep 20	Yes	Stance, Qigong	Begin Stance Form Training. Qi Gong Learn and Review.
5 – Sep 27	Yes	Stance, Long Fist I, II	Long Fist I Review/Learn.
6 – Oct 4	Yes	Stance, Long Fist I, II	* Train how to roll properly, train falling *When mats available
7 – Oct 11	Yes	Pole I, Long Fist I, II	Long Pole Exercises Review/Learn.
8 – Oct 18	Yes	Pole I, Long Fist I, II	Continue.
9 – Oct 25	Yes	Pole I, Long Fist I, II	Continue. *Fall Picnic (Subject to change)
10 – Nov 1	Yes	Sword I (1/12)	Begin Sword Training. Child must have practice sword.
11 – Nov 8	Yes	Sword I (2/12)	Continue.
12 – Nov 15	Yes	Sword I (3/12)	Continue.
13 – Nov 22	Yes	Sword I (4/12)	Continue.
14 – Nov 29	No	Thanksgiving Day (11/26)	
15 – Dec 6	Yes	Sword I (5/12)	Padded Sword Sparring Day.
16 – Dec 13	Yes	Sword I (6/12)	Continue.
17 – Dec 20	Yes	Sword I (7/12)	Test Knowledge & Skills up to this point
18 – Dec 27	No	Christmas Day (12/25)	

(Spring Semester continued next page)

Spring 2021 - Course Schedule (Subject to change)

Week	Class	Curriculum	Subject
15 – Jan 3	Yes	Sword I (8/12), Stance	Review and Instructor demo. Stance Training.
16 – Jan 10	Yes	Sword I (9/12)	New Year Practice.
17 – Jan 17	No	MLK Day (1/18)	
18 – Jan 24	Yes	Sword I (10/12)	New Year Practice.
19 – Jan 31	Yes	Sword I (11/12)	New Year Practice.
20 – Feb 7	Yes	Sword I (12/12)	New Year Practice.
21 – Feb 14	No	Chinese New Year Party ** (Subject to change)	
22 – Feb 21	Yes	Seminar	Distance & Kicking Class. Various Kicking Techniques. Partner drills.
23 – Feb 28	Yes	Seminar	Blocking Class: Intro to Defense and Punching. Partner Drills.
24 – Mar 7	Yes	Drill Day	Free day to review and practice drills. CACMA Tournament Info and Prep.
25 – Mar 14	Yes	Pole I, Long Fist I, II	Review Pole I, Long Fist I, II
26 – Mar 21	Yes	Pole I, Long Fist I, II	Rolls, falls, and jumps. * Depending on matt availability
27 – Mar 28	Yes	Testing	Test all knowledge up to this point. Bring all Practice Weapons.
28 – Apr 4	No	Spring Break (4/1 – 4/9)	
29 – Apr 11	Yes	Sparring Training	Sparring, Tournament Procedure, Martial Ethics
30 – Apr 18	Yes	Sparring Training	
31 – Apr 25	Yes	Sparring Training	
32 – May 2	Yes	Sparring Training	
33 – May 9	Yes	Testing	Test all knowledge up to this point. Bring all Practice Weapons.
34 – May 16	No	No Class - School Year-end Ceremony	