

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-6

Name of the Course:	:	Diploma in Wushu
Stream	:	Distance Education
Educational Qualification	:	Plus 2
Duration	:	One year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

Paper – I

Fundamentals of Wushu

UNIT -I

Meaning – kung fu in philosophy for deeper understanding – kung fu in prehistoric and ancient times – the glorious han and tang – the song, the yuan and ming – the modern period – kung-fu and wushu --northern and the southern shaolin kung-fu – the benefits of kung-fu – soft and hard internal and external –wudang kung –fu the five different animals styles

UNIT -II

Entering wushu world --The concept of wushu basic skills –functions of wushu skills – hand forms stances jumping skills training of kung –fu basic skills –classical kung –fu weapons –the short and long weapons in wushu

UNIT -III

Foundation of shaolin kung –fu – the significance of form and formlessness – various shaolin hand forms –horseriding and other stances –basic shaolin patterns –shaolin five animals ;understanding characteristics and essence –preliminary information –The Five-Animal set

UNIT -IV

Combat sequences and set practice –linking pattern to form sequences –various sequences of practice –relieving injuries sustained in sparring –linking sequences to form sets --composing own kung –fu sets –how to improve combat efficiency

UNIT - V

The relationship between technique and force –the art of one-finger Zen –developing forceful punches and kicks –the Compassionate art of Qin-Na –tactics and strategies – understanding and developing chi –the shaolin way to enlightenment
Meditation to train awareness –shaolin kung –fu and Zen

PAPER– II

ANATOMY AND PHYSIOLOGY

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system – Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

METHODS OF KUNG –FU / WUSHU PRACTICES

Practical- I

Loosening exercise –silk reeling exercise –warm up's meditation.

Shaolin hand forms –techniques of the level fist: shaolin fist-leopard fist –phoenix punch – eagle claw –tiger claw –snake fist –crane beak –monkey paw –prying mantis –single finger – sword finger—shaolin palm –shaolin stances :horseriding stance –bow-arrow stance –false leg stance –unicorn step stance –single leg stance –ring step –side-body stance –slanting-body stance –T-stance – seven-star step –cat step stance –goat stance –triangle stance –single shield step –half kneel –front-arrow stance

Leg stretching exercises –shaolin kung –fu practice –different kicks –kicking attacks and defences application of kicking techniques –combat sequences(5) –set of hand patterns –five-animals set patterns –combination set patterns

Practical- II

Wushu hand forms –fist –palm –hook –hand techniques :thrust fist –block with palm –push palm –flash palm –hold fist –plant fist –step forms :bow stance –horse riding stance –empty stance –crouch step –cross leg steps –step techniques:punch step –hop step—arch step –jump movements &balance movements:jump movements –whirlwind kick –flying kick with waving lotus –balance movements:tumbling rolling movements –basic movements and combination movements –leg movements –leg movements –stances –kick combinations –principles of teaching &training –sanshou basic skill training

Basic & core steps in different styles of shaolin kung –fu & different wushu taolu
--short medium and long weapon movements –rules for international wushu taolu –rules for international wushu sanshou competition