

# EVERYBODY WAS KUNG FU FIGHTING: SEMINAR ON WORLD CULTURES THROUGH THE ASIAN MARTIAL ARTS

SIS490R/CHID 498C | WINTER 2012 | T, TH 11:30-1:20 | MGH 295

FULFILLS I&S REQUIREMENT

FULFILLS “CORE” CREDIT FOR IS MAJORS

FULFILLS “ENCOUNTERS ACROSS CULTURES” AND “IDEAS IN THE WORLD”  
REQUIREMENTS FOR CHID MAJORS



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Office Hours: TBD

## Course Description:

Unlike most historical narratives of modern globalization, the general history of the martial arts emerged *from* Asia and spread throughout the world, exemplified by one of the University of Washington's most famous students, Bruce Lee. It was at UW that Bruce Lee began teaching his art and started to consider the deeper cultural and philosophical principles of his style and all martial arts. Inspired by Bruce Lee's legacy, this course will continue that exploration by examining world cultures and their histories through the martial arts, focusing primarily on Asia and on Asian art hybrids in Europe and the Americas, especially regarding the “open” or “empty” hand version of those arts (i.e. without weapons).

In this seminar, we will study how the martial arts have preserved religious, cultural, and philosophical aspects of the world areas of their origin, as well as the new cultures and international communities that have adopted their practices. We will examine how martial arts provide embodied histories of their cultures of origin as well as new canvases for the invention of contemporary martial arts. Our study will explore the martial arts of many world areas, including India, China, Japan, and Korea, and their reinvention in places like Brazil, Europe, and America. We'll investigate both the philosophical and spiritual underpinnings of each art and its technical sciences of the body through readings, guest lectures, and participating in actual martial arts instruction.

**Format:** This course employs two distinct learning environments. On Tuesdays we'll have a seminar format in a traditional classroom, where we will meet for one class period (1 hour 50 minutes), during which we will collectively discuss the readings as well as the history, culture, and philosophical/religious ideas and specifics of the martial art and world area highlighted for that week. On Thursdays we'll meet in a martial arts studio at the IMA for practical instruction or "practicum" in the martial art subject for the week taught by a guest instructor (in either Studio 111 or Mat Room B). All classes will emphasize safety and inclusivity—*everyone of every level of experience (or complete lack of experience) or physical ability will be welcome and accommodated*. **Note that we will screen Bruce Lee's *Enter the Dragon* from 6-8pm on Friday, February 24, 2012. Please reserve this time in your schedules.**

**Course Fee:** A course fee of approximately \$78 is required to participate in this class. The entire course fee is used to pay a fee to rent studio space at the IMA each week and to pay each guest instructor a nominal honorarium, expenses not covered by regular tuition at UW.

### **Assignments:**

Your grade for this course will be distributed evenly among these components:

- **Participation and Discussion**—*This is a seminar course, not a lecture course. You will be required to vocally participate* in class discussion. You cannot pass this course unless you do so. This means you must do the reading before class, come to class prepared to talk about the reading extensively, and engage with the ideas of your classmates. *It is required that you attend Tuesday's seminar in order to attend Thursday's practicum.* In addition, you will **participate in producing a collective online resource**—we will collectively create and maintain an online resource for the cultural studies of the martial arts we investigate. This resource will include a bibliography for each martial art and world culture and links to online materials.
- **Online Posting**—Each week by Sunday night before class you are required to post at least 150 words about the readings for the coming week to an online posting site ("GoPost"). Your post should not summarize the readings, but engage with them, demonstrating that you have done the reading and thought about the materials. The Go Post site is: <https://catalyst.uw.edu/gopost/board/novetzke/24557/>

- **In Class Presentation and leading discussion**—Each student in sets of two or more will be responsible for a presentation on the material for the week at the beginning of Tuesday’s class. These presentations should last for about 20 minutes. The goal of this presentation is to summarize the readings, bring in some extra historical or cultural information. In addition, students who are presenting are responsible for providing an agenda for discussion and key ideas or questions to motivate debate in class for the entire class period.
- **Two 5-8 page papers**—The first of these two papers will require that you interview an accomplished martial artist, either in person or electronically, and compose a paper that incorporates your interview material with historical material about the particular martial art practiced by your subject. You may want to align this assignment with the week you choose for presentation. This paper will be due in the middle of the quarter. The second paper will require that you study a film that highlights a particular martial art (different from the subject of the first paper) and discuss the representation of that art in the film and in public culture. This paper will be due at the end of the quarter.

**Grading:** I use the standard 4.0 grading system in use at the University of Washington.

**Readings:** Everything under “readings” for Tuesday seminar listed on the syllabus is required. Books I have ordered to be available at the U Book Store are listed below under “texts for purchase.” These books will also be on reserve at the library. Every other reading on the syllabus is available in a coursepack at Ave Copy on the Ave and also online at the course’s catalyst site. Everything under “suggested readings” for Thursday’s practicum is from a text on reserve at the library; these readings are not in a coursepack or on order for the class—you must get them yourselves if you want to read them. *You must bring readings to class on Tuesday seminar.* Online readings are at: <https://catalyst.uw.edu/sharespaces/space/novetzke/14818>.

**Texts for Purchase:**

- *Yoga: Discipline of Freedom*, Patanjali, Barbara Stoller Miller, trans.
- *Zen in the Martial Arts*, Joe Hyams.
- *Zhuangzi: Basic Writings*, trans. Burton Watson.
- *The Way of Life [Daodejing]*, Lao Tzu, trans. Witter Bynner.
- *The Book of Five Rings*, Musashi, trans. Thomas Cleary.
- *Zen Flesh, Zen Bones*, compiled by Paul Reps.
- *The Way of Korean Zen*, Kusan Sunim.
- *Tao of Jeet Kune Do*, Bruce Lee (1975 edition).
- *Blood in the Cage*, L. Jon Wertheim.

**Syllabus:** I reserve the right to change this syllabus at any point, including the readings and assignments, as required.

**Etiquette in Seminar:** In seminar, please, as a general rule, do not use computers in class. If you must use a computer in class as a way to accommodate a disability, please talk to me before class begins and/or visit Disabled Student Services (see below). Please do not use iphones, mobile phones, ipods, gameboys, gadgets, doohickeys, thingamabobs or other devices in class. Use pen/pencil and paper to take notes and exams; do not read other materials, like books, newspapers, magazines, letters, etc., in class; do not eat in class. Please come on time and stay for the entire class.

***Attendance in Tuesday's seminar is required in order to attend Thursday's Practicum.***

**Etiquette in Practicum:** During practical days, we will review rules of etiquette. Most martial arts place a very high value on proper etiquette and mutual respect during training and in training spaces, and these are usually highly formal environments. Conforming to the high standards of personal and social behavior during martial arts training is essential and insulting or dangerous behavior will not be tolerated. If you have not attended Tuesday's seminar, you should not attend Thursday's practicum.

**Absences:** Please try to let me know if you'll be absent from class. Consistent absences from seminar will bar you from practicum classes. ***Remember: attendance in Tuesday's seminar is required in order to attend Thursday's Practicum.***

**Add Code and Auditor Policy:** Because of the unique nature of this course, and the need to maintain a course size appropriate for a safe environment in a martial arts class, I cannot accept auditors or add students beyond the student cap.

**Academic Conduct:** I will strictly enforce the University of Washington Student Conduct code, including the policy on plagiarism. For your reference, the entire code can be found at <http://www.washington.edu/students/handbook/conduct.html>. If you are unsure of what plagiarism is, it is your responsibility to understand plagiarism. Ignorance of the definition of plagiarism will not excuse plagiarism in this class.

**Disabled Students:** Almost all martial arts can be adapted to accommodate anyone of any level of physical ability, and if you are disabled, we will find a way for you to fully participate in all aspects of the class. If you would like to request accommodations due to a disability, please contact Disabled Student Services, 448 Schmitz Hall, 543-8924 (V/TDD). If you have a letter from Disabled Student Services indicating you require accommodations, please present the letter to me as soon as possible so that I can make necessary arrangements.

# SYLLABUS

## 1. Week One: Introduction

- a. Tuesday 1/3: Course overview
- b. Thursday 1/5: What is a martial art? What is a martial artist?
  - i. Reading: *Zen in the Martial Arts*, pgs 1-71.

## 2. Week Two: Origins—Yoga and Tantra in India

- a. Tuesday 1/10: The Origins of Body Discipline in Yoga
  - i. Reading: *Yoga: The Discipline of Freedom* [Patanjali's Yoga Sutras], trans. Barbara Stoller Miller, entire.
- b. Thursday 1/12: Yoga Session—IMA Studio 111
  - i. Suggested Reading: *Light on Yoga* by BKS Iyengar.

## 3. Week Three: Confucianism, Taoism, and Kung Fu in China

- a. Tuesday 1/17: The Achievement of Man: The Emergence of Kung Fu.
  - i. Reading: Confucius, from *The Analects*, selections; Entire *Daodejing*.
- b. Thursday 1/19: Kung Fu Session with Aaron Borth, Hung Gar Kung Fu instructor at the Seattle Kung Fu Club and the Chi Life Studio—IMA Studio 111
  - i. Suggested Reading: *Chinese Kung Fu* (2005); *Kung Fu: History, Philosophy, and Technique* (1980).

## 4. Week Four: Tai Chi and the Tao

- a. Tuesday 1/24: Tao, Chi—The Way and the Power
  - i. Reading: *Zhuangzi: Basic Writings*, trans. Burton Watson, entire.
- b. Thursday 1/26: Tai Chi Session with Sifu Viola Brumbaugh of Wise Orchid Martial Arts —IMA Studio 111
  - i. Suggested Reading: *The Essence of Tai Chi Chu-an* (1993).

## 5. Week Five: Buddhism, Bushido, and Karate in Okinawa and Japan

- a. Tuesday 1/31: The Samurai: Bushido and Karate
  - i. Reading: *The Book of Five Rings*, Miyamoto Musashi, introduction, “Earth,” “Fire,” and “Void,” skim the others; Bushido by Yamaga Soko, selections.
- b. Thursday 2/2: Shotokan Karate Session with Sensei Kris Haight (5<sup>th</sup> Dan Shotokan Karate)—IMA Studio 111
  - i. Suggested Reading: Gichin Funakoshi, *Karate Do: My Way of Life*; *Shotokan Karate, Its History and Evolution*, Randall Hassell; *Karate's History and Traditions*, Bruce Hanes.

## 6. Week Six: Zen and the Martial Arts

- a. Tuesday 2/7: Zen, Aikido, and Non-Violent Force

- i. Reading: *Zen Flesh, Zen Bones*, sections one and two (1-129); *The Unfettered Mind*, first section.
  - b. Thursday 2/9: Aikido-Shin Ryu Session—IMA Mat Room B
    - i. Suggested Reading: *The Essence of Aikido*, by Ueshiba.
- 7. Week Seven: Modernity and the Martial Arts in Korea**
  - a. Tuesday 2/14: An Asian Synthesis in Korean Martial Arts
    - i. Reading: *The Way of Korean Zen*, Kusan Sunim, entire; and *Tracing Back the Radiance: Chinul's Korean Way of Zen* by Robert E. Buswell, selections.
  - b. Thursday 2/16: Tae Kwon Do Session with Master Leon Preston (8<sup>th</sup> Dan)—IMA Studio 111
    - i. Suggested Readings: *Traditional Taekwondo* (2005) by Doug Cook; *Korean Traditional Martial Art Taekwondo: Philosophy and Culture*, Kyong Myong Lee.
- 8. Week Eight: The Little Dragon in America: Bruce Lee**
  - a. Tuesday 2/21: The Martial Arts and Adaptation
    - i. Reading: *Tao of Jeet Kune Do* by Bruce Lee, entire; “The Little Dragon: Bruce Lee (1940-1973)”.
  - b. Thursday 2/23: Jeet Kune Do Session with Sifu Andy Wilson (Chief Instructor and Owner of MKG)—IMA Studio 111
    - i. Suggested Reading: *The Celebrated Life of the Golden Dragon*, John Little.
  - c. Friday, 2/24: Special Screening of *Enter the Dragon* (1973), 6-8pm, location TBD.
- 9. Week Nine: The Mother of Invention: Modern Martial Arts and JiuJitsu in Brazil**
  - a. Tuesday 2/28: Migration, the Martial Arts, and Modern Adaptation
    - i. Reading: *Zen in the Martial Arts*, 72-141; selections from *Martial Arts in the Modern World*.
    - ii. Screen short documentary about BJJ.
  - b. Thursday 3/1: Brazilian JiuJitsu Session—IMA Mat Room B
    - i. Suggested Reading: *The Gracie Way* (2003); *Moving Zen*, C.W. Nicol.
- 10. Week Ten: Sport and Mixed Martial Arts: Where is the Art?**
  - a. Tuesday 3/6: The Evolution of the Mixed Martial Arts as Sport
    - i. Reading: *Blood in the Cage* by J. Wortheimer, entire.
    - ii. Screen: Brief 60 Minutes Episode
  - b. Thursday 3/8: Mixed Martial Arts Session with Andrew Perkins (Owner of Mat Chess MMA)—IMA Mat Room B
    - i. Suggested Reading: *Total MMA*, Snowden; *The MMA Encyclopedia*, Snowden and Shields; *No Holds Barred* by Clyde Gentry.