

# HIST/PSY 436 History & Psychology of East Asian Warrior Cultures - 3 Units Fall 2011

**Time:** Thurs, 12pm-2:50pm

**Professors:**

Rainer Buschmann, PhD

2145 Sage Hall

805 437 8995

[rainer.buschmann@csuci.edu](mailto:rainer.buschmann@csuci.edu)

**Office Hours:** T 12-3

or by appointment

Kevin Volkan, PhD

2151 Sage Hall

805 437 8867

[kevin.volkan@csuci.edu](mailto:kevin.volkan@csuci.edu)

**Office Hours:** T 11-12, or by appointment



**Prerequisites:** None

**Catalog Description:**

Examines the psychological and historical roots of martial arts in Asia. Through selected readings and films the underpinnings of martial arts psychology in traditional Asian cultures will be explored in historical context. Characteristics such as duty, enlightenment, honor, loyalty, and discipline will be examined in the context of the individual and group psychology of Asian martial cultures throughout history. Likewise psychological and historical conceptions of violence, aggression, and strategy will be explored in relation to Asian Warrior cultures. The development of martial arts in Asia will be discussed in relation to traditional religious and psychological systems. Students will be encouraged to relate values derived from Asian martial arts to their own lives, while reflecting on the applicability of these ideas to modern life.

**Detailed Description:**

Course Format

This course is large lecture-discussion course – i.e. we will typically talk about (lecture on) a particular subject. However, even though we are doing a lot of the talking we encourage you all to have a ‘conversation’ about material with us. Therefore, it is expected for students to participate by asking questions, making observations, sharing knowledge, opinions, etc. In order to facilitate our preference is to keep the class format as flexible as possible. As such, we reserve the right to change the topics during the course. We have also been able to get a number of films related to the course materials, which we will watch in class.

Guests and Demonstrations

From time to time, we will have guest speakers to talk or demonstrate some aspect of Asian warrior culture. Some of these guests like to have students experience some of the things they are talking about. In the past most students have really enjoyed the experiential part of the course. However, some students might feel uncomfortable participating in the experiential exercises because of medical problems, physical limitations, religious beliefs, etc. Therefore, the experiential exercises are entirely voluntary. Non-participation in these exercises will no way affect your grade in this course. However, it will be necessary for you to at least observe the guest speaker’s demonstrations.

### Readings

We have tried to keep the reading in this course to a minimum. However, this means that we have a lot of material to cover in the lectures. Therefore, **it is very important for students to attend class and to do the reading**. There is a lot to cover in this subject – far more than we will be able to get to in a semester. Rather than rush through the material, we will pace ourselves so that we can enjoy what we are studying.

### Paper

You will be required to do a paper critiquing one of the three full-length films (*Emperor & Assassin*, *Tai Ji Master*, or *Hara Kiri*) presented during the semester. This paper should be an analysis of the film or a character in the film using a theory from history or psychology (or other perspective such as Buddhism, Daoism, Confucianism, etc.). The paper should NOT be a recapitulation of the plot of the film. The paper should be 5 pages single spaced, 12 pt font and should include a minimum of 7 citations of legitimate sources (academic books and journals – not the class text, or websites, etc). This paper will count 10 points out of 100 towards your grade. **LATE PAPERS WILL NOT BE ACCEPTED. Failure to complete the paper may result in a reduction of your grade regardless of how many points have been accumulated.**

### What this class is not:

This course is not:

1. Serious or official instruction in any martial arts technique. While we may get an idea of what some techniques are like, real instruction should be sought out from a qualified teacher.
2. Meant to ‘convert’ anyone to from any particular martial arts style or religious practice to anything else. There is no ‘best’ martial arts style, just many different flavors. Just like with food, some flavors appeal to some and not others. We ask you to keep an open mind about the styles presented.

### Content Warning

This course presents a number of images that are overtly violent in nature. These images can be disturbing to some people, especially when taken out of context. If you find such material objectionable due to religious or other reasons, then you might want to reconsider taking this course. This course also deals with the issue of ritual suicide, which may be disturbing to some people. This may also be cause for reconsidering whether or not you should take this course.

### **Student Outcomes as Stated in Objective Format:**

1. Students will gain the ability to summarize the similarities and differences among different traditional Asian warrior cultures.
2. Students will learn to appreciate the perspective of traditional Asian philosophical systems as they apply to conflict between groups and individuals.
3. Students will learn the historical context associated with various types of traditional Asian warrior arts.

### **Required Readings:**

The required readings will be made available online. Students must be able to access and use the CSUCI Blackboard system to take this class.

## **Class Meetings:**

### **Week 1. Course Overview & History of China (Buschmann & Volkan): Sept 1, 2011**

Class structure, assignments

What are East Asian warrior cultures?

Warfare - Violence and Aggression in Groups and Individuals – East/West Differences

Martial Arts in America

#### Readings for Week 2

Archer et al. (2002). Warfare of the Ancient Empires: China in *World History of Warfare*. University of Nebraska Press. pp. 49-59

Bentley & Ziegler (2003). Early Society in East Asia and the Unification of China. In *Traditions and Encounters: A Global Perspective on the Past*. McGraw-Hill, pp. 111-120, 194-209

Giles, L. (Tr.) (1910). *Sunzi – The Art of War*.

### **Week 2. History of China - Era of Warring States & Centralization (Buschmann & Volkan): September 8, 2011**

Sunzi – Art of War

#### Readings for Week 3

Becker, CB. (1989). *Philosophical Perspectives on the Martial Arts in America*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.

Jwing-Ming, Y. (1985). Introduction to Ancient Chinese Weapons

### **Week 3. Imperial Centralization and the Art of War (Buschmann & Volkan): September 15, 2011**

Film: Emperor and the Assassin

#### Readings for Week 4

Chow, D., & Spangler, R. (1977). *The Beginnings*. In *Kung Fu: History, Philosophy, and Technique*. Burbank, CA: Unique Publications.

Chow, D., & Spangler, R. (1977). *The Father of Shaolin*. In *Kung Fu: History, Philosophy, and Technique*. Burbank, CA: Unique Publications.

Kauz, H. (1989). *The Aim of Individual Form Practice*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.

Smith, W. (1992). Conditioning, Stretching, and Power Training. In *Wing Chun Kung Fu: A Complete Guide*. Boston, MA: Tuttle.

### **Week 4. Buddhist Martial Arts (Volkan): September 22, 2011**

What is Buddhism?

Buddhism comes to China

The Development of the Shaolin Temple (Long Fist) Style of Fighting

Yoga Demonstration – Jessica Anderson – Yogaworks & True Yoga

Shaolin video examples

Shaolin Long Fist demonstration

Martial arts styles related to Shaolin

Martial arts styles related to Shaolin video and demonstration

#### Readings for Week 5

di Cosimo, N. (1994) The Economic Basis of the Ancient Inner Asian Nomads and its Relationship to China. *Journal of Asian Studies*, 53, 1092-1126.

Miller, DE. (1989). A State of Grace: Understanding the Martial Arts. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.

## **Week 5. Conflict Between Inner & Outer China (Corbett): September 29, 2011**

Exam 1

Guest Lecturer - Scott Corbett, PhD

### Readings for Week 6

- Becker, CB. (1989). *Philosophical Perspectives on the Martial Arts in America*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.
- Chow, D., & Spangler, R. (1977). *Taoist Contribution to Kung Fu*. In Kung Fu: History, Philosophy, and Technique. Burbank, CA: Unique Publications.
- Mancuso, T. (trans.) (1994). *Tai Chi Classics*. Santa Cruz, CA: Plum Publishing
- Smith, RW. (1975). *A Policeman's Pa-Kua*. In Chinese Boxing: Masters and Methods. Tokyo, Japan: Kodansha International.

## **Week 6. Daoist Martial Arts (Volkan): Oct 6, 2011**

Introduction to Daoism & Confucius  
Fundamental Concepts: Chi (Ki)  
Wu Dang (Wu Tang) Styles  
Tai Ji Chuan  
Xing I Chuan  
Ba Qua Zhang  
Daoist Arts video examples

### Readings for Week 7

- Hong-Kingston, M. (1989). *The Woman Warrior*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.
- Levine, DN. (1989). *The Liberal Arts and the Martial Arts*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.
- Smith, RW. (1975). *Master of the Five Excellences*. In Chinese Boxing: Masters and Methods. Tokyo, Japan: Kodansha International.

## **Week 7. Daoist Martial Arts (Buschmann & Volkan): Oct 13, 2011**

Film: 'Tai Ji Master'

### Readings for Week 8

- Perrin, N. (1989). *Giving Up The Gun*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.
- Bentley and Ziegler (2003). *History of Japan In Traditions and Encounters: A Global Perspective on the Past*. McGraw-Hill
- Midgley, M. *Trying Out One's New Sword*

## **Week 8. History of Japan (Buschmann): Oct 20, 2011**

### Readings for Week 9

- Friday, K. (1994). Bushido or Bull: A Medieval Historian's Perspective on the Imperial Army and the Japanese Warrior Tradition. *The History Teacher*, 27(3), 339-349.
- Lowry, D. (1989). *Matters of Concentration*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.
- Shimibukuro, M & Pelman, L. (1995). *Flashing Steel: Mastering Eishin Ryu Swordsmanship*. Berkeley, CA: Frog Publishing.

## **Week 9. Samurai & Yakuza (Buschmann & Volkan): Oct 27, 2011**

Film: Hara Kiri

### Readings for Week 10

- Lee, B. (1974). *The Dao of Jeet Kun Do*.

## **Week 10: Modern Chinese Martial Arts – Bruce Lee & Jeet Kun Do: November 3, 2011**

Lecture Demonstration Sifu Peter Nguyen

Exam 2

### Readings for Week 11:

Funakoshi, G. (1989). *Win By Losing*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.

Funakoshi, G. (1989). *Entering the Way*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.

Haines, S. (1968). *Buddhism & Karate*

Stevens, J. (1984). *The Founder, Ueshiba Morihei*

## **Week 11. History of Karate (Volkan): November 10, 2011**

### Readings for Week 12

Campbell, J. (1962) *The Way of the Heroes*. In *Oriental Mythology: The Masks of God*. New York, NY: Penguin Books.

Hurst, GC.(1990). Death, Honor, and Loyalty: The Bushido Ideal. *Philosophy East & West* , 40, 511-518

Musashi, M (1989). *The Water Book*. In Nelson, RF. The Overlook Martial Arts Reader. Woodstock, NY: Overlook Press.

## **Week 12.: Karate, Okinawan Weapons and Iaido November 17, 2011**

Demonstrations: Sensei Ben Otake, Sensei Jeff Learned, Shihan John Sells

### Readings for Week 13

## **Week 13. Thanksgiving Holiday: November 24, 2011**

### Readings for Week 14

TBA

## **Week 14. History of Southeast Asia: December 1, 2011**

### Readings for Week 15

TBA

## **Week 15. Muay Thai & Mixed Martial Arts: December 8, 2009**

Lecture-Demonstration – Kru Ken Rose – Ken Rose Warriors Muay Thai & MMA Academy

Final Exam (3)

## **Week 16. Final Exam: December 15, 2011**

**Final Examination Due** (Exam 3)

**Final Paper Due**

### **Method for Student Evaluation/Assessment of Learning:**

There will be three exams in the course. Your grade will consist of your two highest exam scores and your scores for the final paper. **LATE PAPERS WILL NOT BE ACCEPTED!**

**EXTRA CREDIT IS AVAILABLE ONLY through the methods noted below. You should not rely on extra credit to make up for missing classes!! If you are not able to complete the necessary components of the course then please do not take it!**

- 1 Participation in an approved psychological research study through the Psychology Program (usually for PSY300-301 courses). Each research project you participate in is worth 1 point regardless of

length or time. You must show proof of participation with the name of the experiment and the signature of the instructor.

- 2 Attending a martial arts related event. Each event is worth 1 point. You must show proof of attendance (receipt, etc.). We will announce some possible events in class.
- 3 Participation in a martial arts seminar or class. This has to be different than your regular training. Trying out a new class is fine. Proof of attendance is required.
- 4 Attending a History related event. Each event is worth 1 point. You must show proof of attendance (receipt, etc.). We will announce some possible events in class.

In total you may earn up to **a total of 3 points** of extra credit. The receipts must be handed in on the last day of class – Dec 8<sup>th</sup> - no exceptions!

Students will be assessed as follows:

Exam 1 – 45 points possible |  
Exam 2 – 45 points possible | – TWO HIGHEST SCORES WILL BE USED  
Exam 3 – 45 points possible |  
Exams – 90 points  
Reaction papers –10 points  
[extra credit – up to 3 points]  
Total = 100 points

**Attendance is required. Students will lose 5 points for each day missed.** Extenuating circumstances must be fully documented and do not include vacations, your car breaking down, going out of town to visit relatives, anything work related, etc., etc. **Students missing more than two sessions are subject to having their grade reduced, students missing three or more sessions are subject to failing the class. These penalties apply regardless of how many points have been accumulated.**

Midterm – 45 points  
Final – 45 points  
Final Paper – 10 points  
Total = 100 points

93 -100 points A  
88-92 points A-  
84-87 points B+  
76-83 points B  
71-75 points B-  
65-70 points C+  
60-64 points C  
55-59 points C-  
50-54 points D+  
45-49 points D  
40-44 points D-  
< 40 points = F

Students may take this course for CR/NC or for a letter grade. A Credit (CR) in this course requires a minimum of 60 Points.

**Attendance is required. Students will NOT be allowed make-ups for exams missed.** Extenuating circumstances must be fully documented.

**Classroom Etiquette:** Please keep cell phones, pagers and alarm watches on silent mode. While we encourage questions and comments about the course material, the lecture period is not the place for social conversations.

#### **Storage of Exams and Papers**

Due to severe space shortage we will keep student exams and papers only for 2 weeks after the end of the semester. After that time they will be shredded or disposed of in proper fashion. If you would like to look at your work or if you have some question about your exam please ask right away.

## **Services for Students with Disabilities:**

We take very seriously the University's commitment to assure students with disabilities equal opportunity to access its programs and services. Disability Accommodation Services (DAS) was established at CSUCI to provide campus-wide standards for alternative provisions for students with disabilities. The responsibilities of DAS are to provide the foundation and structure for students with disabilities and the University community, as well as to serve as a liaison between these components. Academic accommodations are provided based on disability-related needs under sections 504 and 508 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students needing accommodation should contact DAS at

Telephone (V/TTY): (805) 437-8510

Fax: (805) 437-8529

Email: accommodations@csuci.edu

*Only those students who identify themselves to the University and present appropriate written documentation of a disability are eligible for academic accommodation.*

## **Statement on Academic Dishonesty**

Here is the official text on this:

“All work that students submit as their own work must, in fact, *be* their own work. For example, if a paper presents ideas of others, it must clearly indicate the source. Word-for-word language taken from other sources – books, papers, web sites, people, *etc.* – must be placed in quotation marks and the source identified. Likewise, work on tests and exams must be the student's own work, not copied or taken from other students' work, and students must comply with instructions regarding use of books, notes, and other materials. In accordance with the CSU Channel Islands policy on academic dishonesty, students in this course who submit the work of others as their own (plagiarize), cheat on tests and examinations, help other students cheat or plagiarize, or commit other acts of academic dishonesty will receive appropriate academic penalties, up to and including failing the course.

Papers with plagiarized ideas or language will be graded “F” and must be rewritten with proper use of quotations and referencing. The grade of “F” will remain the recorded grade on that assignment. Plagiarism or cheating on tests and exams will result in an “F” on the test or exam, very likely resulting in a lower or possibly a failing final grade in the course.

To complete course requirements, students must retake the test or exam during the instructor's scheduled office hours. In cases where the cheating or plagiarism was premeditated or planned, students may receive an “F” for the course. Students are encouraged to consult with the instructor on when and how to document sources if they have questions about what might constitute an act of plagiarism or cheating. “

**We have ZERO TOLERANCE for CHEATING!! What all this means is that if you are caught cheating or plagiarizing we will give you an F and report it to the Dean who may apply other penalties. We will check your test/paper/presentation/etc to see if any cheating has occurred. If you do not know what constitutes cheating or plagiarism please ask – ignorance is not a valid excuse. Please don't cheat! It is not worth it!**