

# HIST/PSY 436 History & Psychology of East Asian Warrior Cultures - 3 Units Fall 2012

**Time:** Weds, 9am-11:50am

**Professors:**

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**Office Hours:** TTH 12:30 or by appointment

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**Office Hours:** Weds directly after class, 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 that 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 and Reaction Paper

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.

For the semester we will ask you to write a reaction paper (no more than 1-2 pages) for each demonstration and film. These papers should be typed, stapled together, and handed in the day of the final. **NO LATE PAPERS WILL BE ACCEPTED**. This paper will count towards your grade.

### 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 (Schedule Subject to Change):**

**Week 1. Course Overview & History of China (Buschmann & Volkan): Aug 29, 2012**

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 5, 2012**

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 12, 2012**

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 19, 2012**

What is Buddhism?  
Buddhism comes to China  
The Development of the Shaolin Temple (Long Fist) Style of Fighting  
Yoga Demonstration – Jessica Anderson – Yogaworks  
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 26, 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 3, 2012**

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 10 2012**

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 the Japan/Samurai (Volkan): Oct 17, 2012**

Demonstration – Senseis Ben Otake, Jeff Learned: Shin Shin Mugendo Karate & Iaido

### 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 24, 2012**

Film: Zatoichi Meets Yohimbo

### Readings for Week 10

- 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 10: Karate (Volkan): Oct 31, 2012**

Exam 2

Readings for Week 11:

- 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 11. Honor, Loyalty, & Bushido (Buschmann & Volkan): November 7, 2012**

Film: Hara Kiri

Readings for Week 12

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

**Week 12. Modern Chinese Martial Arts – Bruce Lee & Jeet Kun Do: November 14, 2012**

Lecture-demonstration by Sifu Peter Nguyen

Readings for Week 13

**Week 13. Thanksgiving Holiday: November 21, 2012**

Readings for Week 14

TBA

**Week 14. Southeast Asian Martial Arts (Buschmann): Nov 28, 2012**

Readings for Week 15

**Week 15. Muay Thai & Mixed Martial Arts: December 5, 2012**

Lecture-Demonstration – Kru Ken Rose – Ken Rose Warriors Muay Thai & MMA Academy  
**Final Paper Due**

**Week 16. Final Exam: December 12, 2012**

**Final Examination** (Exam 3)

**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 1 point of extra credit for participation in an approved psychological research study through the Psychology Program (usually for PSY300-301 courses). You must show proof of participation with the name of the experiment and the signature of the instructor.
- 2 Up to 3 points of extra credit for attending a martial arts event. Each even is worth 1 point. You must show proof of attendance (receipt, etc.). We will announce some possible events in class.
- 3 Up to 2 points for 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.

In total you may earn up to 5 points of extra credit. Extra credit proof must be stapled to your final paper– 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 5 points]  
 Total = 100 points

**Attendance is required. Exam material will be based on both the readings and in-class lectures.** We may take roll during the class. Students on the cusp of a higher grade may have their grade raised for a good attendance record.

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

95 -100 points A  
 90-94 points A-  
 86-89 points B+  
 80-85 points B  
 75-79 points B-  
 70-74 points C+  
 65-69 points C  
 60-64 points C-  
 55-59 points D+  
 50-54 points D  
 45-49 points D-  
 < 45 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:**

I 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!**