

**The Chinese University of Hong Kong**  
**Physical Education Unit**  
**Martial Arts Bing Dao**  
**Course Content**

<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>
<b>1</b>	1. Course introduction 2. Class regulations 3. Safety precautions	4. Introduction to martial arts bing dao 5. Equipment introduction and fitting 6. Martial arts bing dao etiquette
<b>2</b>	1. Bing dao footwork 2. Learn offensive techniques: point, break, cut, chop	3. Learn defensive techniques: block, parry 4. Two-person practice on offensive and defensive techniques
<b>3</b>	1. Review of footwork, offensive and defensive techniques 2. Learn offensive techniques: flick, poke, slash, hack, stab	3. Learn defensive techniques: intercept, close 4. Two-person practice on offensive and defensive techniques
<b>4</b>	1. Review of footwork, offensive and defensive techniques 2. Learn combination attacks I	3. Analysis of martial arts offensive techniques 4. Two-person combination attacks practice I
<b>5</b>	1. Review of combination attacks I 2. Learn combination attacks II	3. Analysis of defensive techniques 4. Two-person combination attacks practice II
<b>6</b>	1. Review of combination attacks I & II 2. Learn individual pattern IV routine (part I)	3. Learn two-person pattern IV routine (part I) 4. Practice two-person pattern IV routine (part I)
<b>7</b>	1. Review of individual & two-person pattern IV routines (part I) 2. Learn individual pattern IV routine (part II)	3. Learn two-person pattern IV routine (part II) 4. Practice two-person pattern IV routine (part II)
<b>8</b>	1. Review of individual & two-person pattern IV routines (part I & part II) 2. Learn individual pattern IV routine (part III)	3. Learn two-person pattern IV routine (part III) 4. Practice two-person pattern IV routine (part III)
<b>9</b>	1. Review of individual & two-person pattern IV routines (parts I, II & III) 2. Learn combat movements	3. Learn bing dao competition rules 4. Two-person combat practice
<b>10</b>	1. Pre-exam practice: individual routine	2. Pre-exam practice: two-person routine
<b>11</b>	1. Pre-exam practice: individual & two-person routines	2. Pre-exam practice: combat movements
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Written Examination and Course Evaluation