

Department	International College of Liberal Arts		
Semester	Fall 2024	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA180		
Course Title	Health & Physical Education 1 (Nanba)		
Prerequisites	None		
Course Instructor	REED William	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Language of instruction	English

(NOTE 1) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course

Course Description	<p>Cap (capacity): 20 students</p> <p>Nanba is the Art of Physical Finesse, based on how the body is understood and used in traditional Japanese Budo and Performing Arts. This course contains 5 Sections which give you an overview of the Art and how to apply it in your life.</p> <p>Outline of the Course Content and Objectives</p> <p>General Course Objectives</p> <p>To understand and practice the principles of Nanba, the Art of Physical Finesse.</p> <p>To learn and apply WAGI, a health method inspired by Kyogen, in daily life.</p> <p>To integrate Nanba techniques into personal lifestyle for enhanced balance, flow, and movement efficiency.</p> <p>To appreciate the cultural context and significance of Nanba and WAGI within Japanese traditions.</p> <p>The Nanba Workshop is 10 weeks long, with 5 modules and 2 weeks or 4 classes devoted to each module. Although class content may vary according to student progress and introduction of new material, basically we will follow a cycle of sessions for each module.</p> <ol style="list-style-type: none"> 1) Introduce the module contents and expectations, and begin working on fundamental skills. 2) Expand the application by introducing new techniques. 3) Integrate the practice by showing applications and connections in what has been learned. 4) Review and demonstrate your level of understanding in this module. <p>The Module Contents of the Nanba Course are:</p> <p>Module 1: Nanba Balance Objective: Students will learn the fundamental principles of Nanba to achieve and maintain physical balance.</p> <p>Module 2: Nanba Flow Objective: Students will explore the concept of natural movement and how to achieve a state of flow using Nanba techniques.</p> <p>Module 3: Nanba Walking Objective: Students will learn the Nanba approach to walking, identifying problems with modern walking habits and Nanba techniques for improvement.</p> <p>Module 4: Nanba Lifestyle Objective: Students will integrate Nanba principles into their lifestyle, focusing on self-care and performance enhancement.</p> <p>Module 5: WAGI and Nanba Objective: Students will learn the synergy between Nanba and WAGI, focusing on posture, movement, breathing, and projection.</p> <p>Overall Course Assessment</p> <p>No experience is needed for this course. Your grade comes from class performance and assessments (60%) and your Final Paper and Training Notebook (40%). It is also possible to earn up to 10 Bonus Points if you participate in the Workshop. We'll give you learning criteria and self-assessments for each Section. To get a good grade in this ten-week workshop, attend all classes, be punctual, show what you've learned through performance, and share your learning journey in the Final Paper and Notebook.</p>

<p>Class plan based on course evaluation from previous academic year</p>	<p>Student progress and performance during this ten-week workshop depended on some obvious factors such as attendance and engagement, as well as motivation and desire to excel. However, some students in the middle found it challenging to learn the required number of techniques, so I reduced the number of Modules that we covered from 8 to 5 to allow more focus on Core techniques. I also reduced the number of techniques they were required to perform for the Nanba Testing to focus on quality of understanding and performance rather than quantity.</p> <p>This semester I have revised the Rubrics to make them easier to understand, and to allow students to monitor their progress as well as plan their study based on a clear path to mastery.</p> <p>Learning a traditional Japanese Art such as Nanba and WAGI can be challenging. It involves using your mind and body together in a new way. You'll learn through practice and show your understanding by what you can do. At first, the mechanics of movement might feel awkward, but it becomes enjoyable once you do it naturally. To progress from mechanics to rhythm and flow, you need humility, a beginner's mind, and the ability to learn by watching and copying. While it may seem tough, this is the quickest way to improve, bringing satisfaction with each lesson.</p> <p>Mastering Nanba and WAGI takes 10 to 20 years of practice. In this 10-week course, you'll have 20 to 30 hours of practice. I'll help you break it down so you can keep up. Online videos and PDFs are provided for extra practice outside of class. Teaching this course for ten years, I've seen students make great progress with dedicated practice, which shows in their grades.</p> <p>To focus on quality rather than quantity I have reduced the number of exercises on which students are assessed. Online PDFs and videos are provided to enable students to review and practice outside of class.</p> <p>But beyond Nanba skills or course grades, practicing Nanba and WAGI offers daily life benefits like better posture, attitude, energy, and health. These will be highlighted throughout the course.</p>
<p>Course related to the instructor's practical experience (Summary of experience)</p>	<p>I have over 20 years of experience with Nanba, having taught Nanba at College level for 12 of them, and am Certified as a Special Nanba Shihan. I have taught Nanba primarily in Japan, but also in Australia, Singapore, the Philippines, the Netherlands, Norway, and Scotland, as well as to Executives and Corporate Teams for multinational companies in Japan. I have done two TEDx Talks on Nanba, one in Japanese at TEDxKG and one in Norway at TEDxTrondheim.</p> <p>I did an article and video on Nanba Walking for Budo Japan which received well over 1.6 million views on YouTube in three years, from which we produced a DVD on Nanba Walking, with a new DVD released in the Fall of 2022.</p> <p>This article led to an invitation to reenact an historical Samurai Walk from the Medieval Period in which we walking 100 km in two days, covering two mountain passes, thereby demonstrating the power of Nanba in the Samurai Walk. I am also doing a Series on Nanba for the Magazine Gekkan Hiden in Japanese, and their English version Budo Japan. I also wrote an article for LEAD Magazine in South Africa called, Nanba Walking: Lessons in Leadership.</p> <p>Nanba Demonstrations have been among the most successful ways to showcase iCLA to prospective students, in some cases drawing as many as 300 people to sign up for the demonstration.</p> <p>Nanba has helped me to connect many common elements in Calligraphy, Aikido, Iaido, and even Tap Dance, unlocking the keys to energy and natural movement across disciplines and cultures.</p> <p>I am also trained as a Shihan in WAGI, the Kyogen-based health method which I will introduce as part of this course, along with its applications to Nanba. My teacher is Shigeyama Senzaburo, a Kyogen Master from Kyoto whose father and grandfather were both Living National Treasures.</p>
<p>Learning Goals</p>	<p>The Learning goals are integrated into the Diploma Policy and Course Content.</p> <p>Diploma Policy (DP) DP1: To Value Knowledge [Having high oral and written communication skills to be able to both comprehend and transfer knowledge] DP2: To Be Able to Adapt to a Changing World [Having critical, creative, problem-solving, intercultural skills, and a global and independent mindset to adapt changing world] DP3: To Believe in Collaboration [Having a disposition to work effectively and inclusively in teams] DP4: To Act from a Sense of Personal and Social Responsibility [Having good ethical and moral values to make positive impacts in the world]</p> <p>The Nanba Workshop focuses heavily on DP2 and DP3, as students work together to learn new ways of finding balance in posture and movement and discover the differences in the view and training of the body in traditional vs modern. DP1 and DP4 are emphasized in the Final Paper and Training Notes, as students articulate not only the How but the what they have learned. DP2 and DP4 are also emphasized in WAGI and Nanba, as students learn new ways of correcting posture, breathing, and voice extension, as well as articulating the health benefits of these practices.</p> <p>Here are some examples of how these skills are developed in the Nanba Workshop.</p> <p>CRITICAL THINKING Take a critical look at your habits of posture, and learn an objective way to realign your body. Take a critical look at your habits of movement, and extend your movement with clear before/after results. Take a critical look at your way of walking, and learn how to move with grace and poise. Take a critical look at your lifestyle, and make constant improvements that result in better balance and health.</p> <p>PROBLEM SOLVING Learn how to perform new movements and exercises that generate immediate results. Discover how to reconnect your body and release stress. Learn new rhythms and simple Tap steps that challenge and free your movement.</p> <p>CREATIVE THINKING Explore the development and expression of Nanba in Edo Culture.</p>

	Find applications of Nanba to improved perception and performance in sports.	
	Find applications of Nanba to improved concentration and enhanced performance in music.	

	<p>INTERCULTURAL COMPETENCE Understand and practice basic Nanba skills with people from various countries. Discover how Nanba was applied in the Edo Period, and its applications for us today. Discover how freely Nanba translates to movement in other cultures.</p> <p>ORAL COMMUNICATION Students learn how to show and tell what they are doing in a technique for greater clarity. Students are encouraged to observe and coach each other with help from the Sensei. Many metaphors and stories are used to teach Nanba and its applications.</p> <p>WRITTEN COMMUNICATION Students are encouraged to keep a Notebook to polish and practice their explanation of technique. Many Japanese terms are introduced in practice which students are expected to learn and use. Recommended readings and resources are offered to enhance understanding of practice.</p> <p>QUANTITATIVE REASONING The Physics of Traditional Martial Arts are show to understand and apply body mechanics. Students are encouraged to observe and be intelligent about quantity and quality in their lifestyle. Students are shown various ways to measure their engagement in walking through metrics of quantity and quality.</p>
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iCLA Diploma Policy	DP1/DP2/DP3/DP4
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Problem-Based Learning/Presentation/Workshop, Fieldwork				
More details/supplemental information on Active Learning Methods	Nanba training combines movement exercises, feedback, and self-reflection. Students receive input from the teacher and peers, while reflecting in the Final Paper and Notebook.				
Use of ICT	We mix digital media like videos and PDFs for teaching. Students can make their own videos for feedback, write papers, and create illustrated notes.				
Contents of class preparation and review	<p>To master a skill like Nanba, you need at least 20 hours of deep practice. This includes repetition and applying mastery principles. The course is 20 hours long, but you must practice outside of class too.</p> <p>It's suggested that for every hour of class, spend an hour practicing and reviewing. You'll benefit from two hours of extra practice each week. Break it into 15 to 30-minute sessions, depending on your focus.</p> <p>Online PDFs and videos will help you review and practice. Make these short sessions fun and energizing. Your progress in the Dojo will be noticeable and keep you motivated.</p>	Hours expected to be spent preparing for class (hours per week)	1 hours	Hours expected to be spent on class review (hours per week)	1 hours
Feedback Methods	<p>Students see demonstrations, do exercises, and receive quick feedback for fast progress. This works well in the dojo when attending every class on time. Being physically and mentally present is key for feedback. But if you're late or attend irregularly, you'll miss some benefits of feedback.</p> <p>Students are encouraged to use the Q&A Feature on UNIPA, and questions will be addressed in the review session or before.</p> <p>Office Hours by Appointment on Wednesday from 13:00~14:30.</p>				

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Nanba Balance	15%	Demonstrate Nanba's core principles for physical balance.

Nanba Flow	15%	Demonstrate natural movement and flow with Nanba techniques.
Nanba Walking	15%	Demonstrate Benefits of Nanba Walking in contrast to Modern Walking.
Nanba Lifestyle	15%	Integrate Nanba principles into lifestyle for self-care and performance.
WAGI and Nanba	15%	Explore Nanba and WAGI's synergy in posture, movement, breathing, and voice.
Final Paper and Training Notes	25%	Demonstrate understanding of Nanba in all modules with paper and illustrations.

Required Textbook(s)	No textbooks are required to purchase, but selected readings will be provided in PDF form and in the YGU Library.
Other Reading Materials/URL	Videos can help review, and it's enjoyable to watch Nanba in performance and documentaries. As lessons go on, URLs will be given.
Plagiarism Policy	<p>Plagiarism means presenting others' work as your own, and duplicate submission counts too. Depending on the type, you could fail the assignment or course. Repeated plagiarism can lead to additional penalties from the University.</p> <p>Since this course does require a paper, focus on showing understanding in your explanations rather than copying words you've heard.</p>
Other Additional Notes (Outline crucial policies and info not mentioned above)	<p>In Nanba, you learn by doing, taking notes, getting feedback, and sharing what you learned.</p> <p>It's important to come to the dojo, as online participation isn't possible. Only some parts will be recorded for review, not as a substitute for attending in person.</p> <p>Since practice time and classes are limited, being on time is essential. Being late or missing classes affects your learning and disrupts others. It's not only bad etiquette but also hinders everyone's progress.</p>

(NOTE 2) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	<p>Module 1: Nanba Balance Session 1: Overview Objective: Students will learn the fundamental principles of Nanba to achieve and maintain physical balance.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 2	<p>Module 1: Nanba Balance Session 2: Practice Objective: Students will learn the fundamental principles of Nanba to achieve and maintain physical balance.</p> <p>Expand the application by introducing new techniques.</p>
Class 3	<p>Module 1: Nanba Balance Session 3: Practice Objective: Students will learn the fundamental principles of Nanba to achieve and maintain physical balance.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 4	<p>Module 1: Nanba Balance Session 4: Review Objective: Students will learn the fundamental principles of Nanba to achieve and maintain physical balance.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 5	<p>Module 2: Nanba Flow Session 1: Overview Objective: Students will explore the concept of natural movement and how to achieve a state of flow using Nanba techniques.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 6	<p>Module 2: Nanba Flow Session 2: Practice Objective: Students will explore the concept of natural movement and how to achieve a state of flow using Nanba techniques.</p> <p>Expand the application by introducing new techniques.</p>
Class 7	<p>Module 2: Nanba Flow Session 3: Practice Objective: Students will explore the concept of natural movement and how to achieve a state of flow using Nanba techniques.</p> <p>Integrate the practice by showing applications and connections to what has been learned.</p>
Class 8	<p>Module 2: Nanba Flow Session 2: Review Objective: Students will explore the concept of natural movement and how to achieve a state of flow using Nanba techniques.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 9	<p>Module 3: Nanba Walking Session 1: Overview Objective: Students will learn the Nanba approach to walking, identifying problems with modern walking habits and applying Nanba techniques for improvement.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 10	<p>Module 3: Nanba Walking Session 2: Practice Objective: Students will learn the Nanba approach to walking, identifying problems with modern walking habits and applying Nanba techniques for improvement.</p> <p>Expand the application by introducing new techniques.</p>

Class 11	<p>Module 3: Nanba Walking Session 3: Practice Objective: Students will learn the Nanba approach to walking, identifying problems with modern walking habits and applying Nanba techniques for improvement.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 12	<p>Module 3: Nanba Walking Session 4: Review Objective: Students will learn the Nanba approach to walking, identifying problems with modern walking habits and applying Nanba techniques for improvement.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 13	<p>Module 4: Nanba Lifestyle Session 1: Overview Objective: Students will integrate Nanba principles into their lifestyle, focusing on self-care and performance enhancement.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 14	<p>Module 4: Nanba Lifestyle Session 2: Practice Objective: Students will integrate Nanba principles into their lifestyle, focusing on self-care and performance enhancement.</p> <p>Expand the application by introducing new techniques.</p>
Class 15	<p>Module 4: Nanba Lifestyle Session 3: Practice Objective: Students will integrate Nanba principles into their lifestyle, focusing on self-care and performance enhancement.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 16	<p>Module 4: Nanba Lifestyle Session 2: Review Objective: Students will integrate Nanba principles into their lifestyle, focusing on self-care and performance enhancement.</p> <p>Review and demonstrate your level of understanding in this module.</p>
Class 17	<p>Module 5: WAGI and Nanba Session 1: Overview Objective: Students will learn the synergy between Nanba and WAGI, focusing on posture, movement, breathing, and voice projection.</p> <p>Introduce the module contents and expectations, and begin working on fundamental skills.</p>
Class 18	<p>Module 5: WAGI and Nanba Session 2: Practice Objective: Students will learn the synergy between Nanba and WAGI, focusing on posture, movement, breathing, and voice projection.</p> <p>Expand the application by introducing new techniques.</p>
Class 19	<p>Module 5: WAGI and Nanba Session 3: Practice Objective: Students will learn the synergy between Nanba and WAGI, focusing on posture, movement, breathing, and voice projection.</p> <p>Integrate the practice by showing applications and connections in what has been learned.</p>
Class 20	<p>Module 5: WAGI and Nanba Session 4: Review Objective: Students will learn the synergy between Nanba and WAGI, focusing on posture, movement, breathing, and voice projection.</p> <p>Review and demonstrate your level of understanding in this module.</p>