

Department	International College of Liberal Arts		
Semester	Spring 2023	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA190		
Course Title	Health & Physical Education 1 (Shugendo)		
Prerequisites	None		
Course Instructor	長谷川 智	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Class Methods	Face to face

(NOTE 1) Class Methods are subject to change

(NOTE 2) 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>Shugendo is a religion unique to Japan that emphasizes physical practice as the foundation of spiritual training in Japanese religion, including Buddhism and Shinto. Its practice takes place in the mountains, which are considered to be the mother and source of our being. Spiritual practice involves training to the limits to go beyond attachment, training in the mountains and experience the awakening of satori. Actual training involves special training standing under a waterfall, and running on the mountain as a means of developing concentration and spiritual strength. Such physical training historically had a strong influence on both martial arts Bujutsu and Ninja Ninjutsu.</p> <p>Trainees in Shugendo would descend from the mountains and use their skills to help people in the villages overcome their problems, in a practice known as Yamabushi Kagura, sacred rites and dances, which became popular among people in the villages. The chants and incantations of the Yamabushi became popularized in Japanese festivals, and developed into Naniwabushi, traditional Japanese narrative singing. Shugendo can be considered as the roots of treasured mind-body techniques found in the Japanese arts. In this Workshop, students will be given a chance to experience various mental and physical training techniques from Shugendo. This will deepen their understanding of the connection of mind and body, and the Japanese sense of connection with nature.</p>
Class plan based on course evaluation from previous academic year	For every semester, this course will be made adjustments and improvements based upon the student course evaluation and feedback.
Course related to the instructor's practical experience (Summary of experience)	None
Learning Goals	<p>In this course, students will train both in the dojo and in nature, experiencing and practicing physical training in the Shugendo arts, with two field training sessions on Mount Fuji, a recognized world heritage site:</p> <ul style="list-style-type: none"> i) Waterfall Meditation (takigyō), through an experience of oneness with nature, they can experience a deeper sense of self by going beyond ordinary daily consciousness ii) Mountain Forest Walking (Sanrin Tosou), through which they can learn how to walk safely and fast on mountain paths iii) Self-healing (Jiko Seitai), through which they can make adjustments in posture and movement to improve and restore health iv) Zen Meditation (Zenjō), through which they can experience deep meditative states in nature v) Traditional Martial Arts and Ninjutsu (Kobujutsu, Budo, Ninjutsu), which is historically connected to Mountain Training including Shugendo as a source of both techniques and spiritual training <p>Through Shugendo, students will experience the fundamental roots of Japanese Martial and Performing Arts training, with a different approach to mind and body than found in modern Western sports, thereby realizing the spirit and technique of Bunbu Ichidou, mastery of literary and martial arts.</p> <p>By the end of the course, students should be able to view the world from various perspectives, leading to inter-cultural understanding and open-mindedness toward other cultures.</p>

iCLA Diploma Policy	DP2
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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	- Workshops - Fieldwork
Use of ICT in Class	None
Use of ICT outside Class	Use of emails to communicate with the students.
Expected study hours outside class	Students should spend approximately 60 minute after each class reviewing what was covered in class and to prepare for the next class.
Feedback Methods	Provide feedback with demonstration in class.

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Essay/Assignment	20%	
Class participation	80%	

Required Textbook(s)	1. Participants should wear clothing for easy movement and exercise 2. Print outs will be provided as reference materials
Other Reading Materials/URL	Yasuo Yuasa. The Body : Toward an Eastern Mind-Body Theory. State University of New York Press (Jul 1987) Sato, Michiko. Waterfall Training: An Encounter with Yourself (in Japanese) 佐藤美知子「滝行：大自然の中、新しい自分と出会う」コスモスライブラリー (Jun 2005) Yano, Tatsuhiko & Hasegawa, Satoshi. Nanba Mind-Body Theory (in Japanese) 矢野龍彦、長谷川智他「ナンバの身体論」光文社新書 (Jul 2004) Hasegawa, Satoshi. Hone Navi: 3-minutes Training to Maintain Health (in Japanese) 長谷川智「ホネナビ：1日3分で医者いらずの体になる」学研パブリッシング (Mar 2013) Miyake, Hitoshi. Mandala of the Mountain: Shugendo and Folk Religion. Keio University Press (Mar 2005)
Plagiarism Policy	Plagiarism is the dishonest presentation of the work of others as if it were one' s own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties.

Other Additional Notes	<p>Course Fees Water Fall Practice Fee: 4,500 JPY. (Waterfall Program Fee: 1,000 JPY, Lunch: 1,000 JPY, Transfer: 2,500 JPY)</p> <p>Questions will be answered at the Dojo after class. Any questions except on class days should email to s.hasegawa@ygu.ac.jp</p> <p>In case that Field training and Shugendo practice are unable to be done in mountain areas due to COVID-19, it will be conducted online and practice how to walk in the mountains, the manners of waterfall training, and meditation using DVDs.</p>
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(NOTE 3) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	<p>Orientation</p> <p>1. What is Shugendo? Mind-Body Training Methods developed from Shugendo practice. Overview of learning by doing.</p>
Class 2	<p>Orientation</p> <p>2. Students bring their own themes and learn how to be proactive in self-development. Discovering and organizing your own individual issues for Mind-Body development.</p>
Class 3	<p>Self-Seitai Method</p> <p>How to balance and adjust yourself. Learning methods adapted from Shugendo for restoring balance, and relieving pain and stress.</p>
Class 4	<p>Self-Seitai Method</p> <p>How to balance and adjust yourself. Learning methods adapted from Shugendo for restoring balance, and relieving pain and stress.</p>
Class 5	<p>Learning about the Body of the Shugenja</p> <p>Practitioner of Shugendo. Improving whole body circulation of Ki, blood, and water. The spine and correct posture. Exercises, breathing, and Seitai to develop the Tanden.</p>
Class 6	<p>Learning about the Body of the Shugenja</p> <p>Practitioner of Shugendo. Improving whole body circulation of Ki, blood, and water. The spine and correct posture. Exercises, breathing, and Seitai to develop the Tanden.</p>
Class 7	<p>Martial Arts and Bugei Juhappan: Mind-Body Movement from the Traditional Arts</p> <p>As the first step to understanding the Unity of Martial and Liberal Arts, students will learn awareness of the bones and joints in movement in the traditional and martial arts.</p>
Class 8	<p>Martial Arts and Bugei Juhappan: Mind-Body Movement from the Traditional Arts</p> <p>As the first step to understanding the Unity of Martial and Liberal Arts, students will learn awareness of the bones and joints in movement in the traditional and martial arts.</p>
Class 9	<p>Learning from Shugendo: How to walk and run on mountain paths</p> <p>Students will learn how to walk and run on mountain paths without fatigue or injury, and with enjoyment for long periods of time. For example, students will learn how to walk on one-stem geta (wooded clogs) and waraji (straw sandals), and discover how to preserve balance in unstable walking conditions.</p>
Class 10	<p>Learning from Shugendo: How to walk and run on mountain paths</p> <p>Students will learn how to walk and run on mountain paths without fatigue or injury, and with enjoyment for long periods of time. For example, students will learn how to walk on one-stem geta (wooded clogs) and waraji (straw sandals), and discover how to preserve balance in unstable walking conditions.</p>

Class 11	<p>Self-Defense and Oriental Mind-Body Theory</p> <p>Students will learn how the parts of the body are connected, and experience training which unifies the mind and body. For example, we will learn how to use traditional hand gestures (mudra) to better connect the muscles of the body, as well as to calm and concentrate the mind. We will also learn how to deepen mind-body unity.</p>
Class 12	<p>Self-Defense and Oriental Mind-Body Theory</p> <p>Students will learn how the parts of the body are connected, and experience training which unifies the mind and body. For example, we will learn how to use traditional hand gestures (mudra) to better connect the muscles of the body, as well as to calm and concentrate the mind. We will also learn how to deepen mind-body unity.</p>
Class 13	<p>Training the spirit through the body</p> <p>In preparation for Shugendo field training, we will review personal issues selected for mind-body development, and prepare mind-body for training.</p>
Class 14	<p>Training the spirit through the body</p> <p>In preparation for Shugendo field training, we will review personal issues selected for mind-body development, and prepare mind-body for training.</p>
Class 15	<p>Self-Awareness in Nature Part 1</p> <p>Field training will involve walking and running on mountain paths, as well as meditation on the mountain.</p>
Class 16	<p>Self-Awareness in Nature Part 1</p> <p>Field training will involve walking and running on mountain paths, as well as meditation on the mountain.</p>
Class 17	<p>Self-Awareness in Nature Part 2</p> <p>Field training will involve waterfall training.</p>
Class 18	<p>Self-Awareness in Nature Part 2</p> <p>Field training will involve waterfall training.</p>
Class 19	<p>Summary and Evaluation</p> <p>We will evaluate what changes have occurred through Shugendo training in your personal development, and how to bring this into your daily life. We will do a comprehensive review of what has been covered in the course.</p>
Class 20	<p>Summary and Evaluation</p> <p>We will evaluate what changes have occurred through Shugendo training in your personal development, and how to bring this into your daily life. We will do a comprehensive review of what has been covered in the course.</p>