Instructors: Sophia Luo (sophialuo@berkeley.edu), Virginia Sun (virginiaasun@berkeley.edu), Catalina Quach (catalina.quach@berkeley.edu)

Location and Time: FTD members: Tuesdays 5:00 - 6:30 PM @ Social Sciences 56  
Non-FTD members: Thursdays 5:00 - 6:30 PM @ Social Sciences 56

Faculty sponsor: Harvey Dong (hdong@berkeley.edu)

Office Hours: By appointment

Prerequisites: This course is open to all UC Berkeley students. There are no prerequisites to enroll, but higher consideration will be given to students who have auditioned for Fei Tian Dancers (UC Berkeley’s Chinese dance team). Previous dance experience is not required to enroll or audition, but ballet, modern, or other ethnic dance may be useful background.

Method of Instruction: In-person. This course will have 2 sections, meeting for 1.5 hours once a week.

I. Course Description: The purpose of this course is to introduce students to Chinese dance technique and culture. Correct alignment of the body, warm-up, across-the-floor progressions, and choreographed routines will be practiced. Students will be instructed on how to develop musicality, explore style and improvisation, and increase performance quality. Students will also learn about the historical implications of different Chinese dance styles and their development. Dance terms in English and Mandarin will be defined and the movements demonstrated.

II. Statement of Course Goal and Learning Objectives:
Learn and practice beginning Chinese dance techniques, progressions, and combinations.

Students will:

1) Gain a historical understanding of different Chinese dance styles
2) Improve body alignment and coordination
3) Practice balance, focus and clarity of movement
4) Increase skeletal and muscular awareness, flexibility, coordination, strength, and grace
5) Develop awareness of musicality, expression, and style in Chinese dance
6) Be exposed to terminology and basic principles used in the study of Chinese dance
7) Develop a mind-body connection and muscle memory for basic steps
8) Be willing to open oneself to new ways of moving
9) Appreciate the art of dance
10) Explore Chinese culture in a new perspective
III. Method of Assessment and Evaluation: The achievement of course objectives shall be assessed by the following:

Evaluation Breakdown:

**Activity Participation (30%)**

Close observation of student by instructor with regard to quality of participation - Including but not limited to the following aspects of student’s classroom performance: readiness for learning, engagement with activity subject matter, curiosity, effort, skill improvement, collaborative spirit, initiative, and synthesis of material. Casual in-class assignments in improvisation, composition and performance will take place on a semi-regular basis. These may be individual or in small groups. Persistent absences, tardiness, or unauthorized early departures, will also negatively affect the grade. A student arriving more than 15 minutes late into class may not participate, but will observe and take notes.

**Required Class Attendance (30%)** is vital to growth in this class; you must be in class to participate! Includes effort, attitude, contribution to discussions, knowledge and improvement during the course, & completion of assignments. You are expected to participate in all classroom activities. However, if you are unable to participate due to injury or illness, you may watch class, take notes, and email the notes to the instructors following the end of class. In case of injury or illness, up to 2 classes may be observed while taking detailed notes, without penalty. (Notes should include technical and artistic actions you observed from your classmates - what looked good, and what could use improvement…) Students should not have more than 4 unexcused absences to receive a passing grade. Four or more unexcused absences shall result in a “no-pass”. Maximum three “make-ups” allowed for UNEXCUSED absences by choosing one of the three choices listed below (under eligible make-up assignments).

**Mid-Semester Research Paper (15%)** will be written outside of class and turned in on bCourses during Week 6. The paper should be on a Chinese ethnic group and their dance style. Elaborate on the history of the ethnic group and particular dance movements. Explain any effects of the local geographic/environmental and cultural implications on the style (for example, the Dunhuang style movements are inspired by paintings found in Mogao cave paintings). Note what emotions the dances convey, when they are performed, and other regional influences on the dance style. 750-1500 words, double-spaced.

**Final Paper (15%)** will be written outside of class and turned in on bCourses by the last day of instruction. The final paper should be a reflection on the class itself. What techniques did you like or didn’t like? What style did you enjoy learning the most? What other styles would you have liked to learn more about? Do you feel more connected to Chinese culture? 500-750 words, double-spaced.

**Weekly Homework (10%)** will be assigned on bCourses every Monday. Homeworks will consist of reading an article and/or watching a video performance on a specific Chinese dance style, then completing a short quiz on the article afterwards. Quizzes will be released after class at 8pm. Additionally, record stretches done outside of class on the log worksheet. Instructions will be given on the second day of class and at the top of the worksheet.

A passing grade would demonstrate excellent participation, submission of all assignments, and less than four unexcused absences. Extra credit may be given out for demonstrating exceptional improvement in technique and/or in-depth cultural/historical analyses surpassing the above standards.

IV. Course Requirements
Readiness for Activity

- Arrive in person (or Login to virtual class if applicable) on time and prepared to fully participate in the activity
- Silence all devices and remove sound/vibrate alerts from all apps
- The usage of devices in class is strictly prohibited (use outside the room if necessary)
- Do not come to class if you are feeling ill (see below for “excused” absence policy)
- You are responsible for signing up for and dropping this class within the appropriate deadlines. Refer to Registrar Calendar

Class Etiquette

- Dress appropriately for the activity - The dress code for the class is comfortable, but not too baggy; the attire should not restrict, or hide, your movement. No jeans. Ballet shoes are preferred, socks are ok. Other dance-appropriate clothing includes shorts 6” or longer, t-shirts, leotards, leggings, sweatpants, exercise gear.
- Practice proper hygiene and wear clean clothes and socks.
- Do not wear street shoes on studio floors and do not wear “street clothes” such as jeans, skirts, hats.
- No eating or drinking during class, with the exception of water. No gum during class!
- Mutual courtesy and respect is expected from everyone in class. Maintain an atmosphere of focus and concentration before and during class. Do not talk out of turn during instruction or disturb others during practice - (when virtual) please use the Zoom function to raise your hand or comment in the chat if you have a question.

Health and Safety

- Please be sure to have eaten something before class (small is fine, please do not fast before class)
- If you are sick or injured, please talk to the instructors as soon as possible before class. If you are on medication, have high blood pressure, or a pre-existing condition/injury, please let the instructors know.
- Bring extra layers of clothing as your body temperature may fluctuate during class
- No food or drink in class (water is fine; if you need to eat for medical reasons alert instructor)
- Alert Instructor if you have an injury or physical challenge that impacts your class participation
- Alert Instructor if you or someone in class gets injured or ill while participating in activity

Excused Absences and Make-Ups

If your absence is for medical reasons it may be considered excused if you provide necessary documentation to the instructor upon returning to class participation. Absences due to a family emergency (including Covid-19 related occurrences), religious observance, and University sanctioned event (with documentation) are also considered excused but you must alert instructors. If your absence is EXCUSED you are not required to do a make-up. Students are allowed three (3) make ups for UNEXCUSED absences over the course of the semester. When emailing regarding your absence, please put the class title (Chinese Dance Technique and Culture) in the Subject line.

Eligible Make-Up Assignments - DUE May 2 (No Exceptions)

1. Critique a (Live or Virtual) dance concert. (Many opportunities to view dance online are offered throughout the semester.) Submit written response, and proof of purchase/attendance, within two weeks of the concert date. Critiques should discuss choreography, performance qualities (technical and expressive), costumes, and lighting… and must be at least ONE (1) typed page.

2. Attend the other instruction section with Instructors (with permission) to get additional practice in the activity if they missed class. Please plan ahead and email the instructor to request permission to attend.

3. Dancer’s Stretch Log You are expected to do the equivalent of make up class hours of stretching OUTSIDE of class (i.e., make-ups for 2 classes = 2 hours of stretching). You are responsible for turning in a documented chart of your completed hours to the instructors by the due date above.
V. Official Policies of the University of California at Berkeley

Violation of the Honor Code / Code of Student Conduct shall result in a grade of an “No Pass” for the course. Each student must abide by the university’s honor code https://teaching.berkeley.edu/berkeley-honor-code: All students must abide by the Berkeley Campus Code of Student Conduct https://sa.berkeley.edu/code-of-conduct.

Statement of Accommodation. The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students’ Program (https://dsp.berkeley.edu). For more information regarding these services, please contact the staff in the Disabled Students’ Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at dsp@berkeley.edu.

Accommodation of Religious Creed. The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student’s religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see https://sa.berkeley.edu/uga/religion for detailed information).

Academic Integrity. You are a member of an academic community at one of the world’s leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don’t use another’s research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

Scheduling Conflicts. Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the Guidelines Concerning Scheduling Conflicts with Academic Requirements https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf).

VI. Safety and Emergency Preparedness. The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See http://emergency.berkeley.edu/contacts.shtml).
• Emergency Contacts http://emergency.berkeley.edu/contacts.shtml
• WarnMe/Nixie emergency alerts https://warnme.berkeley.edu
• Campus Emergency Management Areas http://emergency.berkeley.edu/emerg-mgmt-areas.shtml
• Campus Map http://emergency.berkeley.edu/lib/img/campusmap.pdf
• Safe and Well by the American Red Cross https://safeandwell.communityos.org/cms/

Student Support Services. Students who require support or adaptive equipment because of a specific disability -- or would like to be tested to see if they qualify for a learning, auditory, or visual disability -- can request these services through the Disabled Students Program (DSP) office. Feel free to talk to the instructors about any accommodations.
you need, whether it is related to DSP, mental health issues, tutoring and other academic support, or resources for undocumented or low-income students.

**Tentative Course Schedule**

**February**
- Week 1 Course Introduction and Syllabus, questions and answers
- Week 2 General Chinese dance Basics: instructor-led stretching, barre technique, Shenyun technique; stretch log introduction
- Week 3 Chinese Classical dance technique and history

**March**
- Week 4 Classical dance technique review, teach Classical dance combo “Huo Yuan Jia”
- Week 5 Chinese Folk dance: Yangge technique and history
- Week 6 Yangge technique review, teach Yangge combo “Tai Long Wang”
- Week 7 Chinese Folk dance: Chaoxian technique and history

**April**
- Week 8 Dai technique review, teach Chaoxian combo “Li Ren”
- Week 9 Chinese Classical Dunhuang technique and history
- Week 10 Dunhuang technique review, teach Dunhuang combo “Long Men Jing Gang”
- Week 11 Final Performance

**Tentative Homework Assignments**

**February**
- Week 2 Read Shenyun technique basics article, complete quiz
- Week 3 Read Classical dance basics article, complete quiz

**March**
- Week 4 Watch assigned Han/Tang performance video
- Week 5 Read Yangge dance basics article, complete quiz
- Week 6 Watch assigned Yangge performance video
- Week 7 Midterm paper due

**April**
- Week 8 Read/Watch assigned Chaoxian article/performance video, complete quiz
- Week 9 Read Dunhuang dance basics article, complete quiz
- Week 10 Watch assigned Dunhuang performance video, find another Dunhuang style performance video

**May**
- Week 12 Final paper due