Work 4: Two Immersive Essays 15% (300-400 words, no more no less)

At a certain point of the semester, students need to write an immersive essay to show how to incorporate practice into our theoretical investigation. Students will choose one of our texts or videos, isolate one or more techniques, modes of living, or specific goals from the text or video, and then, try to put this into practice in their own lives for a period of at least two days. Students will keep a daily journal (no need to submit), write an essay to summarize their experiences and articulate their philosophical reflections that the experiences provoke. The essay needs to be 300-400 words, and its ideas need to encompass three aspects: Firstly, to explain why the specific aspect of a text is chosen for practice; secondly, to summarize one’s experience of practice; thirdly, to philosophically reflect upon what the experience provokes. Pictures, video-clips and other materials produced during the immersive days are welcomed to be submitted together, but they are not required. Grading of the essay is according to four criteria: the accuracy of one’s philosophical understanding of texts, the initiative of one’s practice, the creativity of philosophical reflection and analysis, and fine writing.

Competencies Acquired: • Empathetic understanding • Critical thinking skills • Written communication skills • Planning and organization skills • Strong work ethic.

Work 6: A short bodily demonstration of Ru spirituality (10 minutes), weighed 10%, in whatever form students choose within or beyond the traditional methods of Ru self-cultivation: quiet-sitting, meditation, martial arts, calligraphy, dancing, music, walking, running, sailing, ritual-performance, archery, prayer, yoga, etc. During the demonstration, students need to explain how the performance relates to their understanding of Ruism, and what are the benefits of the performance to varying aspects of their life. 8 minutes for demonstration and 2 minutes for Q&A.

The instructor will teach the Ruist method of quiet-sitting meditation, and the Yang-Style 24 moves of Taiji martial art throughout the course. If students choose to perform the 24 moves of the taught Taiji martial art during the demonstration, they can get a certificate of the class as a Ruist Taiji performer.

The assignment will be graded according to four criteria: quality of physical demonstration, articulation of philosophical understanding, engagement with audience, and creativity. An example of the demonstration can be found at <https://binsonglive.wordpress.com/my-ru-pedagogy/> and <https://binsonglive.wordpress.com/my-rupedagogy-iii-the-discipline-of-body-and-religious-pluralism/>.

The syllabus can be checked here: <https://binsonglive.wpcomstaging.com/wp-content/uploads/2020/02/syllabus-ru-and-confucianism-2020-spring.pdf>.