Critical Thinking, Pedagogy, and Jiu Jitsu: Wedding Physical Resistance to Critical Thinking

Peter Boghossian, Portland State University
Allison White, Portland State University
Dustin Sanow, Portland State University
Travis Elder, Portland State University
James Funston, Portland State University

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Abstract
This paper argues that training methodologies similar to those used in Brazilian jiu jitsu and other realistic combat arts like Western boxing, Muay Thai, kickboxing, and college wrestling should constitute a pedagogical core of college critical thinking courses. To make this argument, first, we briefly define and explain “critical thinking” using the American Philosophical Association’s Delphi Report; second, we describe traditional content taught in nearly all undergraduate critical thinking classes and explain why this content may not achieve its epistemological and educational ambitions; third, we discuss the pedagogy, termed “aliveness,” used in jiu jitsu and mixed martial arts training; and finally, we detail how to thematically incorporate pedagogical aspects of aliveness into critical thinking classes through the use of the “I Method” (Introduction, Isolation, Integration).

Description

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Critical thinking involves evaluating the thinking process—the reasoning that went into the conclusion we've arrived at or the kinds of factors considered in making a decision. Critical thinking is effortful, careful, consciously controlled processing that maximizes the use of all available evidence and cognitive strategies, and purposefully strives to overcome individual biases” (Riggio & Halpern, 2006) (for reviews see Ennis, 1993; Halpern, 2013; Moseley et al. Pedagogy for developing critical thinking in adolescents: Explicit instruction produces greatest gains. In order to advance critical thinking pedagogy and encourage students' critical thinking abilities, however, educators must possess a clear definition of what critical thinking is. As the concept of critical thinking is highly complex, a variety of definitions exist, so it is difficult to pinpoint the exact meaning of the skills involved in this intricate process. Facione (1990), using the two-sentence definition of critical thinking generated from the Delphi Report, identified critical thinking as "the process of purposeful, self-regulatory judgment. Dewey's pragmatic approach to critical thinking advocates student-centered rather than subject-centered education. Boghossian et al.pdf. Critical Thinking, Pedagogy, and Jiu Jitsu: Wedding Physical Resistance to Critical Thinking. Peter Boghossian Philosophy Department Portland State University, USA E-mail: pgb@pdx.edu. Allison White Philosophy Department Portland State University, USA E-mail: alwhite@pdx.edu. It is important to note that within this definition there are two fundamental components to critical thinking: a skill set and an attitude. The skill set consists of intellectual and educational competencies like interpreting, analyzing, evaluating, and making inferences. The attitudinal component includes qualities such as being inquisitive, trustful of reason, diligent, reasonable, and persistent.