



Coaches/Instructors Program for **Level 4 Phase 2**

*Kai Sai*TM
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 4 - Phase 2



Overview of Level 4 Phase 2

Hand/Arm - Spade Hand B

Foot/Leg - Shuffle A Instep Reverse

Defenders/Protections - X Taun Sao

Traverser/Footwork - Nervous feet to Shuffle A Advance

Combinations - Jab/Jab

Chin na - Silk Reeling Wrist Escapes

Collision/Self Defense - Combinations

Unitary - Apogee

Projection - Unitary

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Fighting Theory - Body State/Peng

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History/Philosophy - Western/Eastern Thought

KSCB - Level Four Phase Two

Hand/Arm

Spade Hand B

Spade Hand B is a variation of using the knife hand edge. We use it as a framing attack which is rapid fire and fits the protecting needs as well. When hitting with this spade you can have your elbow on a perimeter line and your fingers near the other perimeter. This is a great bridging attacking technique. It can be rapid fire and each hand is in position to grab and trap.



Leg/Foot

Shuffle A Instep Reverse

Instep reverse kick is like a crescent motion which stays on the ground instead of rising up. It can be used with the whole body at close range. You push off into this kick with the rear leg as in shuffle A. The lead leg makes contact as the other leg slides sideways to keep the body in a strong balanced stance. Ideally it is done without a stop. It is often used on outside gate of the opponent giving you a chance to finish from their back.



***Defenders/
Protections***

X Taun Sao

Crossed Taun Sao is a two armed block or coverage which provides at least two feet of blocking space. It could protect the head and as low as the stomach at the same time. It can be used when you are not sure the exact height of the coming round kick etc. The motion and pattern is straight and then inward coming toward the body. This inward action also loads one up for attack.



Traversers/Footwork

Nervous feet, Shuffle A-Advance

The focus of this footwork is to use the broken rhythm from nervous feet practice disguising the exploding shuffle A to advance footwork that we use in offensive attacks. We want you to continue but keep the study of this technique to how the explosive shuffle A comes out of broken rhythm.



Combinations

Jab - Jab

Of course we would use a jab sometimes for spacing or to lure a counter fighter. When it lures the counter fighter the second jab will be going out as he is coming in with his counter. A jab combination can be done light and crisp or extra power can be put into the second jab in particular. This should be practiced in the context of the encounter so on the second jab one is pursuing inward to the opponent moving toward a finish.



Side View and Front View

Chin na

Wrist Escapes using silk reeling

When someone is grabbing or pulling in any way, silk reeling will go with the force initially twining to reduce the opponents catching potential and then the spiral turns back into the opponent as an attack.



*Yield at Wrist while Punching
with the other side of the body*

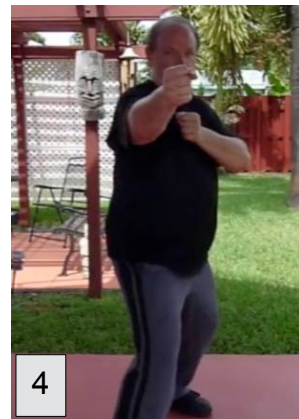
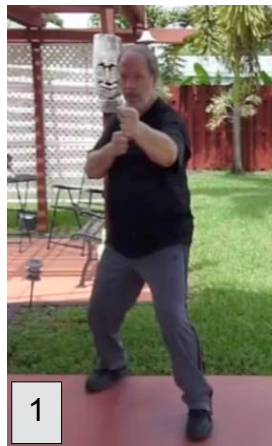
Collision/Self Defense

See video clips

Unitary

Apogee

Apogee is the second of the Vortex movements we practice. It begins with one foot forward such as your left and finishes after the spin with the other foot forward (right). In Apogee we spin more aggressively on the front foot which continues our motion forward during the spin. It would be more offensive from a close position. The 520 degree spin creates a lot of torque to ram into a joint or body. It is in contrast to Perigee which spins on the back foot 360 degree and is used more as counter fighting technique with the opponent coming toward you.



Projection

Unitary

Unitary movement is letting the whole body synchronized to work together to a greater outcome than independent or segmented parts. There are several unitary components which could start with power from the ground or from sledging downward. The standard is bringing the power from the ground as the legs rebound from the ground. As the force gets to the hips the waist turns spiraling the upper body all the way out to the weapon of choice.



Conditioning

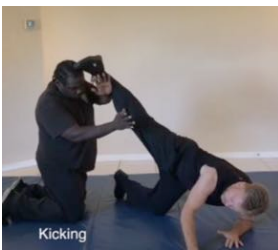
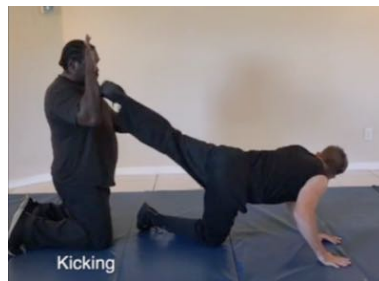
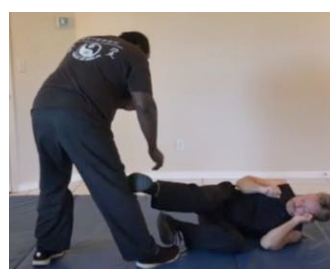
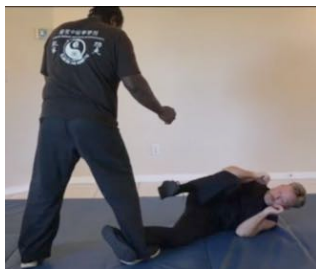
Postures

While conditioning, there are three main posture levels that can be used with nearly any exercise you are doing. First, you can be laying on the ground or up on your palms and heels. Secondly, you can be on one knee or the squatting position which represents the middle level. Finally you can be standing or jumping which represents the higher level. When training you can do any simple exercise or martial art technique doing repetitions moving and transitioning into any of the stances which represent the upper, lower and middle postures. While working you out, you are learning to be ready for action while changing levels to high medium and low while remaining changeable.

Ground Board

Kicking on the ground

Kicking can be very valuable at a certain distance from your opponent on the ground. Many of the kicks can be used that you also use standing. Just like standing a poorly executed kick could cause the opponent to have opportunity to get an advantage on you so they should be used wisely. They should be used with intention of where you are planning to continue after the kick. Changeability is needed in executing all techniques.



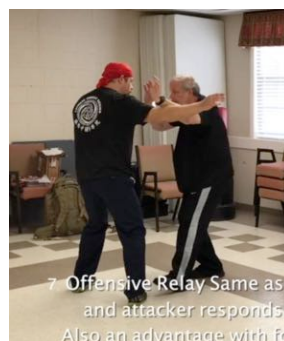
Skill Drills

See document on skill drills at the end of this Manuel.

Duels

Pakua Joint Hands 2

This second level of Exercises in the Pakua Joint Hands is teaching one arm touch once the attack is on and the distance is closing between you and the opponent. All this going on while the body is supple while the body is powerfully moving toward the opponent with a heavy root.



Body State (Peng)

It is best to begin the study of Chinese Boxing while maintaining a rather even state. At an advanced level, however, one should be able to alter his body state instantly from yin to yang or vice versa. This can serve a wide variety of purposes. For instance, the yin state seems to provide a better format for yielding, while the yang state seems better for projection (i.e., the emission of force). When striking with tsun kwan launch and dan dien hit, it is best to initiate the technique in yin state and quickly cycle into yang state for the landing. Dan dien launching can be initiated in either yin or yang state, although the yang state may be preferable for minimizing whiplash and the associated telegraph.

It has been said that the great discoveries of science are counter-intuitive. In contrast, when scientific investigation merely confirms the insights of common sense, its results are considered trivial.

Much of Chinese boxing is counterintuitive. For example, few people would think that the way to overcome force is to yield. Similarly, few would suppose that the way to maximize force is to relax. Yet this is precisely the conclusion of Chinese boxing. Indeed, the ability to release force in a hit while remaining completely relaxed, even on impact, is perhaps the most remarkable feature of Chinese boxing. Some masters say that hard and soft are the same thing.

Virtually all martial arts, Chinese or otherwise, teach relaxation to some extent, for everyone agrees that speed is enhanced in a relaxed state. However, most arts outside the realm of Chinese boxing teach one to tense for a split second at the moment of impact, supposedly so that more force can be released.

This always made good sense to me, until I felt Sifu Kai Sai hit me with thunderous power as he remained completely relaxed. I was dumbfounded. How could he do this? This was my first taste of unitary power. It was only later that I came to understand that contracting the muscles, far from enhancing force, actually diminishes it. The greatest power within one's grasp flows from unitary energy. The arm is only a conduit, not the source, of power. When one tenses

the muscles, one inhibits the flow of energy through the body, and prevents energy from being thrown out of the body and into the target. The effect is like placing a vise on a garden hose. You settle for only a fraction of the power you could attain by plugging into the entire body as an energy source. We classify the traditional method of tightening on impact as segmented technique.

The study of body state begins from day one in Chinese boxing and never ceases. Typically, one's point of departure in this study is one's introduction to rooting. Rooting is the skill of keeping the energy low in the body. (Note that, since rootedness is a particular aspect of body state, the principle of rooting is subsumed by the principle of body state.) As one advances, one learns more and more skills related to body state.

One skill that is achieved only after lengthy, arduous training is the skill of "chilling." Chilling entails a body state that completely hides all information about one's intentions. It is devoid of telegraphic signals. If a boxer has mastered chilling, his opponent will be utterly unable to read his energy, even if contact has been established. A chilled body state is like a vast metropolis plunged into darkness by a blackout.

Another advanced skill is moving the body with the chi. The opening of the Tai Chi form as well as all movements are meant to be performed in this manner. The hands rise not as a result of a waist torque, nor as a result of a nerve impulse, but as a result of the chi flowing into them, acting like helium. Of course, at the beginner level, the arm and shoulder muscles create the movement. As one progresses, one learns to use fewer muscles, and to use them to a lesser degree. One learns to rely on chi more and more. This same reliance finds its way into all motion, including that launched by dan dien or tsun kwan. To achieve this, one must devote much study and personal evaluation.

The study of body state is a lifelong pursuit in Chinese boxing. One can always aspire to develop higher levels of skill.

In the internal arts the term "Peng" is used to refer to body state. It is considered an important basic because the movement of the body is built on the development of this state they describe as a combination of "stretched and relaxed".

Mind Training

Mind Hit Execution 2

Mind Hit Execution part 2 focuses on using various types of chin na in mind hit. As the mind is hit the attack happens small percentages of a second later.

So Chin na is often taught to chain a bunch of movements together but using chin na as a powerful attachment to the nervous system creates a reaction which you use not for chaining, but for moving to the most efficient finish available.



In the first photo catching an arm that is extending can force a reaction on hyperextension. This is where the mind has focused on the pain etc. As this is underway one must send a strike into a vital point. This is the principle of mind hit execution in Kai Sai Chinese Boxing.

Western/Eastern Thought

From language to thought to culture, there are significant differences between the Western and Eastern approach. The written language of the East speaks in pictures as the West is taught to think in words. The West strove to develop via the “scientific method.” The East seemed to learn by observing and doing and finding the practical solution to many things.

In the field of martial arts, the East often focuses on development of touch and instinct believing that time and effort will bring about great skill. Westerners ask many questions and try to approach more on an individual technique basis vs the whole or big picture. This causes many strange results as West meets East.

Mr. Casey tried to draw from the strengths of both sides. He believed in the problem solving methods. On one side he would look at all the objective data to discover what was best, but then he went to the other side to learn and practice to get intuition, feel, and touch. He felt you could not ignore either side or you would be missing something. Touch is important but it must fit the details for total efficiency. Details would provide precision but would not be fast enough to work in real fighting. Therefore he drew from the strengths of both worlds and he believed the best method could be found in the synthesis of the two approaches.

Skill Drills List - See Video Clips

Spade Hand B

Continuous chaining with partner focusing on framing

Continuous chaining with transitions into lops followed by spades.

Feeling the combination in close with forward pressure

Shuffle A Instep Reverse

Timing/Distance Exercises

Air/Apparatus/Partner so that the balance and continuation can be developed

X Taun Sao

Air/Apparatus/Partner - working line and angle and yielding

Balance and Proper Projection

Combinations changing left and right moving forward with steps and backward

Catching Kicks

Nervous feet Shuffle A Advance

Testing the upper and lower body take off from broken rhythm

Following with Advance Step

Measuring distance and getting the jump.

Jab jab

Light heavy and heavy heavy combination

Training the second one is like stop hit energy, then take off into shuffle A Advance step

Skill Drills - Continued

Wrist Escapes Silk Reeling

Lock 1, Lock 2 and lock 3 escapes

How to yield better and how to counter

Apogee

After 3 exercises try and trigger from an partners energy such as pak etc.

Unitary Motion

Get critique on the motion from the ground up to the weapon and also leading with sledging.

Test with apparatus and feedback from the partner holding. Take into account distance and

Follow through.

3 Postures in Conditioning

Work a strong silk reeling combination through the 3 posture levels

Work a strong striking motion through the 3 posture levels

Ground Fighting Kicking

Practice the placement of kicks with a partner who is moving around in various positions.

Practice kicks from a close position with partner on the ground.

KSCB - Test for Level Four - Phase Two



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- ☐ Demonstrate the use of Spade Hand B and how to teach it.
- ☐ Demo and explain the Shuffle A instep reversing kick
- ☐ Demonstrate X taun sao pattern. Demonstrate the use of it.
- ☐ Demo the broken rhythm to exploding Shuffle A Advance
- ☐ Demo the jab / jab combo and demo its use with partner
- ☐ Demo wrist silk reeling escapes from three wrist locks
- ☐ Demo Apogee and then teach it to a partner
- ☐ Show the parts that must be synchronized in Unitary Projection
- ☐ Demo a single exercise or technique using the three postures
- ☐ Demonstrate the kicks from the ground separate and with partner
- ☐ Demo part 2 of the Joint Hand exercises



Explain and define what Peng is



Demo a technique from the Mind Execution 2 idea



Compare and Contrast the Western and Eastern approaches
To Martial Art