



Coaches/Instructors Program for **Level 1 Phase 1**

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 1 - Phase 1



Overview of Level 1 Phase 1

Hand/Arm - Whip Hand
Foot/Leg - Front Kick Step Down Offensive
Defenders/Protections - 4 Point Palm
Traverser/Footwork - Shuffle A Centering
Combinations - Figure 8 Upward
Chin na - Finger Chin na
Collision/Self Defense - Overview Video and Whip Hand to eyes
Unitary - Snake Cobra and Swinging Arms
Projection - Preparation Turning Exercise
Conditioning - Internal Warm up End Notes PDF
Ground Fighting - Going Down Coming Up Exercise
Skill Drills - PDF - End Notes PDF
Duels - Hsieh Sao
Fighting Theory - Stance, Fighting Positions, Structure, Recurve, Centeredness
Mind Training - Yin/Yang Balance between Focus and Relaxation
History/Philosophy - History of CBII - End Notes

KSCC Level 1 Phase 1

Hand/Arm

Whip Hand

Whip Hand is probably the fastest technique with your hand because the shape of the position is completely natural in a relaxed position.

In the Chinese Boxing Encounter the Whip Hand is a good entry move to use on offense. Normally the target is the eyes.



#2 Fighting Position



Just extending the Whip Hand



#2 Fighting Position



Stepping with lead foot to

Foot/Leg

Front Kick - Step down (offensive)



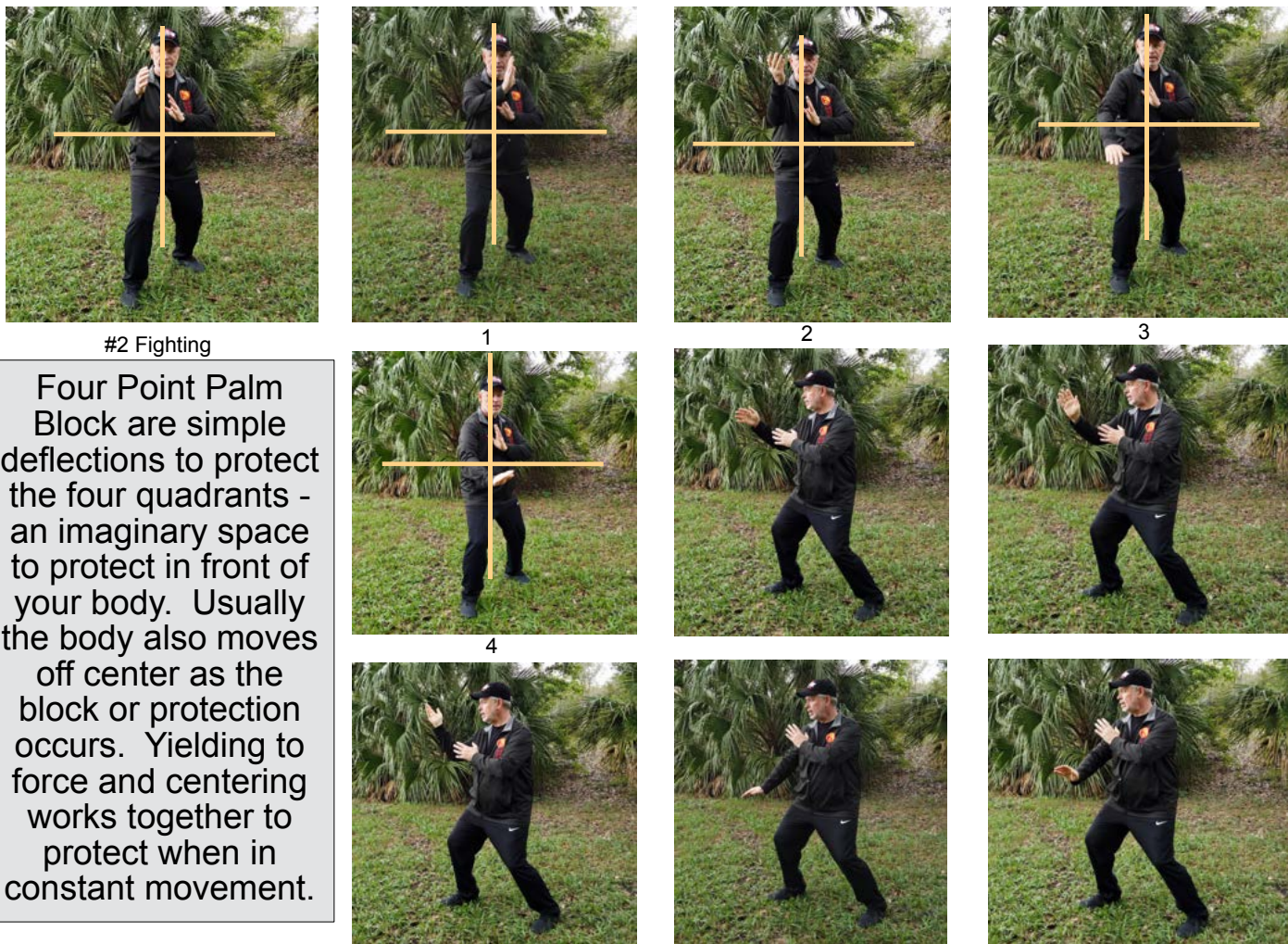
Moving the foot directly to the target and stepping down with a toe-out on the perimeter zone

This is used as a Stop Hit in the Chinese Boxing Encounter. One must use non-telegraphically and pop the kick so it can not be easily caught or hung up. Stepping down in the right zone perimeter is important on offense.



Defenders/Protections

4-Point Palm Block



#2 Fighting

Four Point Palm Block are simple deflections to protect the four quadrants - an imaginary space to protect in front of your body. Usually the body also moves off center as the block or protection occurs. Yielding to force and centering works together to protect when in constant movement.

Traversers/Footwork

Shuffle A - Centering



Shuffle A moves the front foot first and the rear foot slides to the starting position keeping the dan dian as close to the 50/50 point as possible. You can also do it keeping weight back and forward. Weight forward takes off quicker and weight back would be defensive keeping head further away.

Combinations

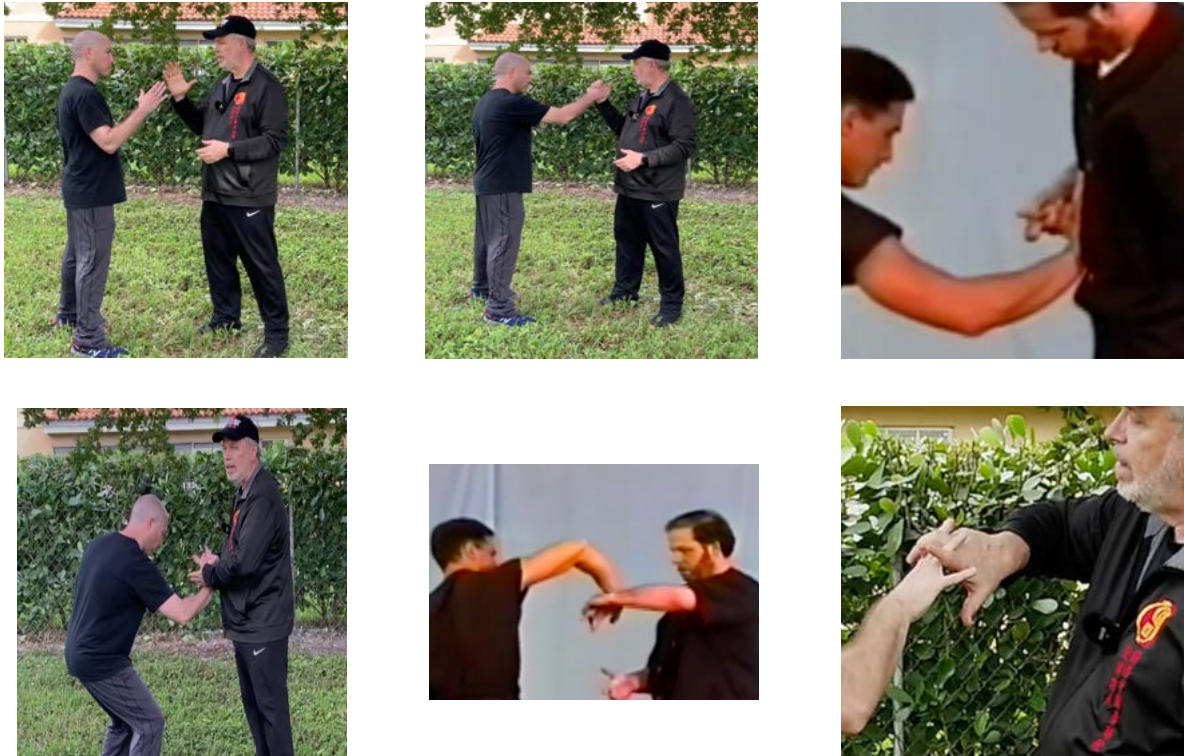
Figure 8 Upward

Smooth Combination using whole body turning right and left. Used to create vspace both defensively and offensively. You can use different rhythms but make sure at first you keep an even timing. This will help you get efficient with the movement.



Chin na

Finger Chin na



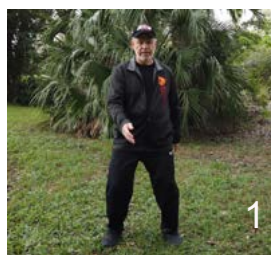
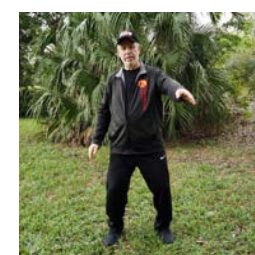
Catching Fingers - Taking Down - Bringing Up - Finger Bars

Self Defense Overview

- See Video Clip

Unitary

Snake Cobra & Swinging Exercise



Swinging Arm Exercise

The purpose of the Unitary Board is to do the simple continuous exercise using your whole body and not just the arms. Stance is squat slightly in your legs in order to protect the knees as you turn your waist (not hips) causing the three movements to happen with as little arm muscle as possible.

Projection

Turning Squat

Squatting and Turning simultaneously

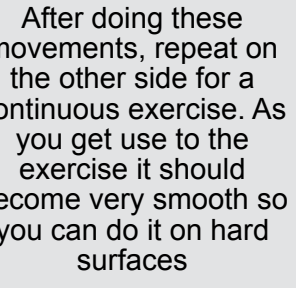
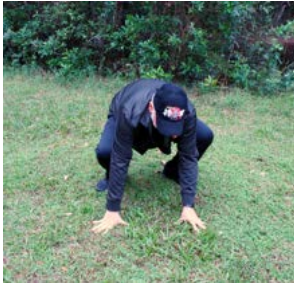
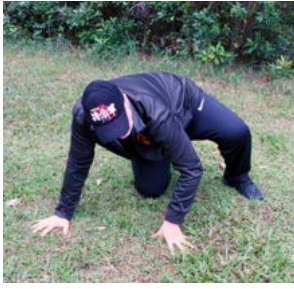
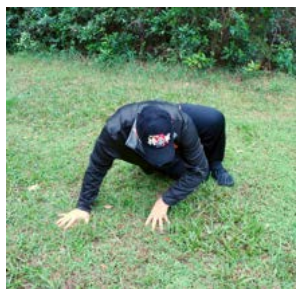
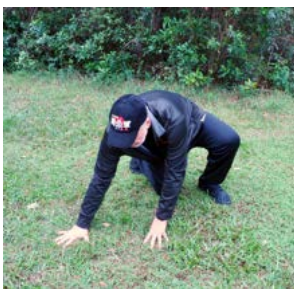
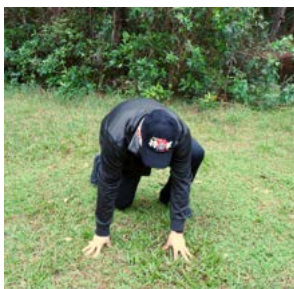
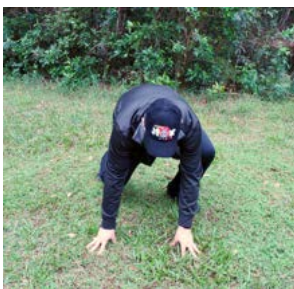
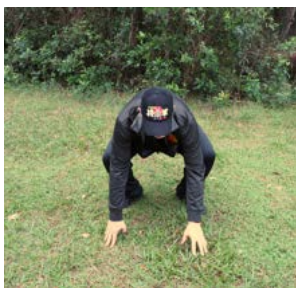


Conditioning

Internal Warm Up – See End Notes & Video

Ground Fighting

Up and Down Exercise



After doing these movements, repeat on the other side for a continuous exercise. As you get use to the exercise it should become very smooth so you can do it on hard surfaces

Hsieh Sao



Hsieh Sao is sensitivity/touch exercise balancing a partners arm with your palm. You must keep your hand inbetween your opponent’s center and yours. You must learn to keep the thumb from getting caught.

Fighting Theory

Stance, 4 Positions, Structure/Recurve



Position #1 Fighting Position #2 Fighting Position #3 Fighting Position #4 Fighting



These 4 photos show some variations of Position #1 There are many for #1 and #2



Keeping Kua Open Vertical Posture Recurve Posture

A good fighting stance must be strong and changeable. It must cover one’s moving center and footwork should come immediate from any centered posture. A posture should be spring-loaded

Mind Board

Yin and Yang

The Balance between Focus and Relaxation – See Video

History/Philosophy

History of CBII

See Video for full details

The Chinese Boxing Institute International (CBII) was founded by Sifu Kai Sai in 1982, shortly before he moved back to the United States from Germany. He felt that Chinese boxing was so different from the vast bulk of Chinese martial art that it deserved special recognition. He believed it would receive this recognition only if it had its own organization to promote it.

In order to devote his full attention to launching the CBII, Kai Sai broke with the Kuoshu Federation, which promotes Chinese martial art in general.

Sifu Kai Sai assigned me the position of chief instructor for the United States, while naming his other student, Manfred Steiner of Hanover, West Germany, as chief instructor for Europe. Master Lo Man Kam accepted therole of chief instructor for Asia.

For the board of directors, Kai Sai recruited two of his other Taiwan-based teachers, Master Tao Ping-siang and Master Shen Muo-hui, and one of his fellow American martial artists, Professor Wally Jay. Professor Jay is the founder of the small circle theory of jujitsu, which bears close resemblance to Chinese boxing chin na.

Sifu Kai Sai assumed the role of international chairman of the CBII. He designated me as the institute's director and international president. Sifu Kai Sai passed away in 1985. Manfred passed in 2018. I presently run the CBII.

The CBII is dedicated to fostering the Chinese boxing arts. It seeks to further develop the science of energy boxing and to cultivate a widespread appreciation of the boxing arts. The institute rejects the tradition of secrecy enshrouding Chinese boxing. It sees these arts as a vital part of the cultural heritage of all mankind similar to the music of Beethoven or the philosophy of Aristotle.

Skill Drills List - See Video Clips

Whiphand

Power Whiparm
Peng state while whipping hand
Speed whip (non telegraph)
Whip hand from angle 9 source points
Whip hand on apparatus
Whip hand with shuffle A (simultaneous)

Front Kick Step Down

Front kick step down defensively (toe in)
Front Kick step down offensively (zone)
Front Kick with whip hand – simultaneous

Shuffle A – Centering

Shuffle A Centered
Shuffle A weight stays forward
shuffle A weight stays back
Back to back and forward continuous with partner
Backward shuffle A forward and backward continuously

4-Point Palm

Do in sequence
Do out of sequence
Study Efficient blocking
Partner continuous punching while doing 4 point palm (quadrants)

Upward figure 8

Smooth even pattern and even timing
2x2 erratic timing
Moving forward with figure 8 (stepping)
Moving backward with figure 8 (stepping)
On one knee
On back
From mount on heavy bag laying on floor
Free stepping with figure 8

Finger Chin na

Catching fingers
Catching into number 2 downward and upward
Finger bars exercise (two directions)
Trapping hand arm from a push
Catching a finger from a trap pull off
Catching a finger from a bear hug rear

Snake Cobra

Without arms
Snake Cobra with dead arms
Snake Cobra with full Peng
Combine with 1st Projection exercise
Do on one knee
Do on back
Do Stepping Forward and Backward
Do Turning in a circle C and CC

Hsieh Sao

Right on Right – Left on Left – Left on Right – Right on Left – Double
No pressure for each – forward pressure for each – both defense/offense

KSCB - Test for Level One Phase One



Level 1 Phase 1 Test ✓

Solo (Air)

- ☐ Name and demonstrate the 4 Positions of Fighting
- ☐ Explain the meaning of Yin and Yang
- ☐ Whip Hand with and without Shuffle A
- ☐ 4 Point Palm Block
- ☐ Front Kick and Step down (offense)
- ☐ Upward Figure 8's in smooth pattern.
- ☐ Snake Cobra and Swinging Arms
- ☐ Turn and Squat Exercise
- ☐ Going Down and Coming up Exercise
- ☐ Explain briefly the CBII History
- ☐ Power Whip Arm with both arms
- ☐ Front Kick & Whip Hand simultaneously
- ☐ Shuffle A with Weight back, Weight forward and Centered

- ☐ Demonstrate Figure 8 in different positions
- ☐ Demonstrate Snake Cobra in different positions

Apparatus

- ☐ Whip Hand Focus Mit (no step and shuffle A step)
- ☐ Whip Hand Non-telegraph
- ☐ Whip Hand from 3-4 different Launch points on Focus Mit
- ☐ Front Kick on air bag with offense follow up
- ☐ Upward Figure 8 on soft focus hit

Partner

- ☐ Demonstrate 4 Point Palm Block in order
- ☐ Demonstrate 4 Point Palm Block out of order free style
- ☐ Demonstrate Chin na Catching
- ☐ Demonstrate Catching and taking Down and Up
- ☐ Demonstrate Finger Bars
- ☐ Demonstrate Catching, Trapping a push to shoulder followed by a finger chin na position.
- ☐ Demonstrate Hsieh Sao