



Coaches/Instructors Program for **Level 1 Phase 3**

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 1 - Phase 3



Overview of Level 1 Phase 3

Hand/Arm - Reverse Punch

Foot/Leg - Inside Cut - Inside Sweep

Defenders/Protections - Pak/Check

Traverser/Footwork -JKD Shuffle

Combinations - 1-2 Punch

Chin na - Elbow Locks #1 - #2 - #3

Collision/Self Defense - 3 Entries/Strategies

Unitary - Water Exercise

Projection - Pattern

Conditioning - Spinal Stretch Exercise

Ground Fighting - Defense Against Takedown

Skill Drills - PDF - End Notes PDF

Duels - 2 hand drill with partner to unbalance

Fighting Theory - Chinese Boxing Encounter

Mind Training - Learning Mind

History/Philosophy - Yin/Yang Philosophy

KSCB - Level One Phase Three

Hand/Arm

Reverse Punch

Reverse Punch is the study of Power with the Rear Hand. So Forefist is the lead hand and Reverse Punch with the rear hand. This is usually done on a Yield and Counter strategy. It can be done on the other two but Yield and Counter is the better fit.



Leg/Foot

Inside Cut & Inside Sweep Kick

Inside Cut kick is used in MMA a lot and it is often used when you feint an attack to draw and attack. If it works you are kicking laterally into his extending leg as he steps forward, so it acts as a lateral stop hit to the lower leg. Inside sweep is with the inside of the foot and the issue with both of these kicks is that one's balance must not be crossed.



Inside Cut Kick below! #1 & #2

Inside Sweep Kick above! #3 & #4

Defenders/ Protections

Pak/Check

Pak/Check takes the Pak learned earlier and follows it with a hand check which should be usually done around the central line. In the CB Encounter we would be moving forward rapidly rather than standing still during this check. So this allows your blocking hand to be accessed quickly without having to cover what was just blocked. One can check over the top or underneath the blocking hand.



Traversers/Footwork

JKD Shuffle

This is mostly a training step which pushes off the ground so it is a non-stop action that works the legs. This is an interesting exercise that one can still root yet keep the feet very light for movement. Some traditionalist have argued that one could be slightly airborne at the moment that needs to lever off the ground in some direction. We use this a lot for training and use broken rhythm out of the steady shuffle.

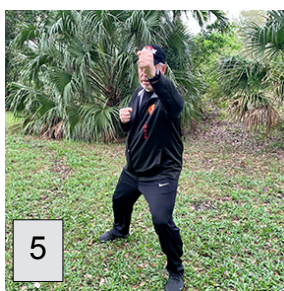
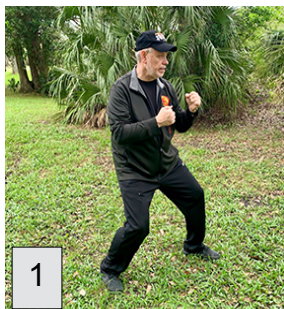


Combinations

1-2 Punch

This is maybe the most popular combination of all time. Usually done with the lead hand high and the rear hand middle but it can be used various ways. One must sell the first punch to get to the stronger punch. We also practice executing the combination with power in both punches rather than using the first punch as a quick light bait.

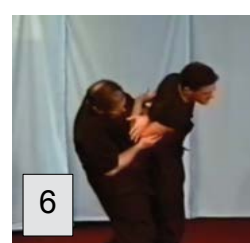
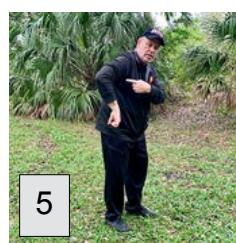
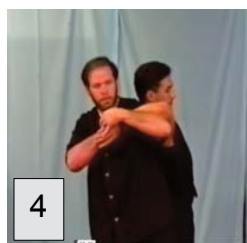
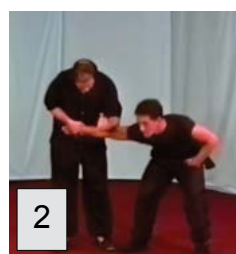
Side View and Front View



Chin na

1 -- #2 and #3 Elbow Locks

3 central Elbow locks -
#1 & #2 - Elbow locked straight to hyper position, #3 & #4 - Elbow cut outward in what we call "4 corners" and then #5 & #6 - Elbow turned inward to the police position for handcuffs.



Collision/Self Defense

3 Entries/ Strategies

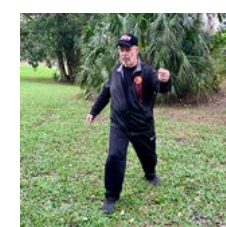
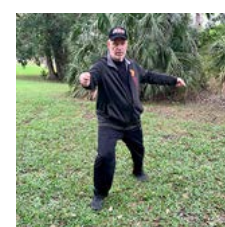
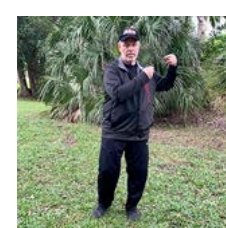
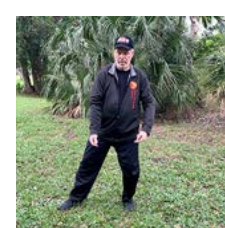
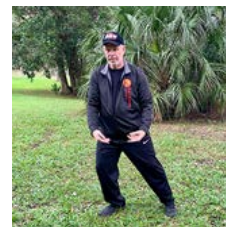
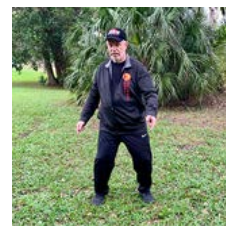
See video clips

Unitary

Water Exercise

One of the best Unitary Exercises for drawing power off the ground and can also be done with the focus downward with sledging.

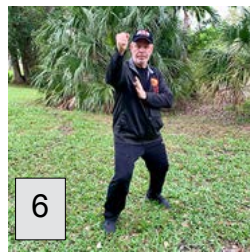
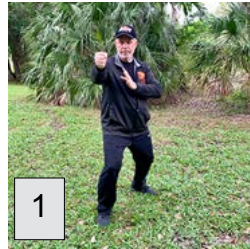
In the beginning just get a Wuji stance and swing both arms up and down and forward and back while the body/waist is turning left and right. Be careful not to cut either knee inward while the feet are planted. Then footwork can be added with a swinging move. The footwork resembles the Triangle Step etc.



Projection

Pattern

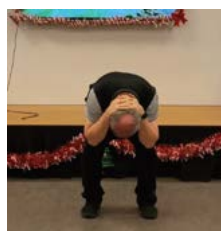
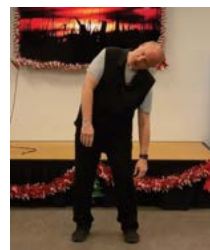
Pattern is studied carefully for power and also for changeability. One can project but then not be changeable, so the proper pattern makes it possible to do both. First there is point of contact for maximum power, then follow through without hyperextension, and then the return of the weapon so that one can change directions. Usually it is a circular motion. Sometimes going from straight line to circle and visa versa.



Conditioning

Spinal Refreshment

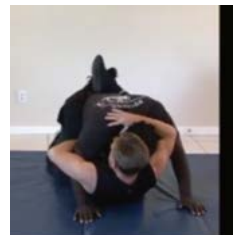
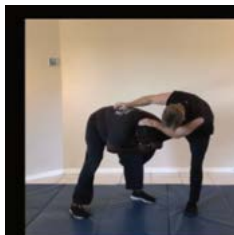
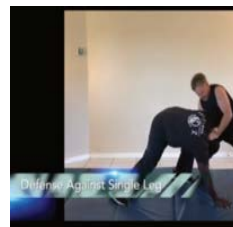
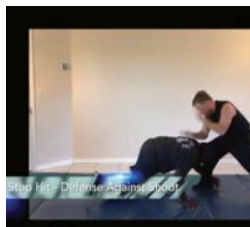
This is a wonderful stretch exercise for the health of the spine. Derived from the Chen family, the spine is stretched in many directions with a common focus. It will help prepare the body for many stronger exercises and help the spine reset. See the video for details.



Ground Board

Takedown Defense

When the grapplers go for a takedown we want to understand the technique so that we can put up a valid defense. In many situations that would be life and death, it would often not be best to go down on the ground where others could take advantage. Stop hit is often overlooked here vs a sprawl. Stop Hit could be a huge impact which you would not want if the opponent is too large. The earlier the interception the better.



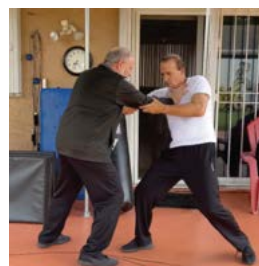
Skill Drills

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

Duels

Two Hand Drill to Unbalance

This is a fun drill where one tries to push or pull the partner off balance. More importantly it is a drill to develop one's defense against Pull and Push. The principles of Yielding, Body State, rooting and 6/9 Changeability are all incorporated in this exercise.



Theory/Principles

Chinese Boxing Encounter

The Chinese Boxing Encounter is the number one thing that the pursuer of this art must understand. I believe it is a well thought out theory so one must understand it in order to even know how to practice many things.

Basically it is a fighting art that develops Entry skills so that at the right timing one commits to go in and capture the opponent for a finish. One must learn how to use critical distance to attack at the right time and distance. This is different from the hit and run policy. So high percentage and efficient techniques are chosen in order to combine with the execution of the principles.

Entry is studied from the Offensive, Yield and Counter and Stop Hit strategies. If one can get the advantage on entry then there is opportunity to commit forward toward a finish. The advantage is increase due to the forward pressure. Forward pressure leads us to the chance for finish of the fight.

Based on one's size, speed, timing skills, strength the parts of the Encounter can change as everyone is different. In terms of the actual techniques each person will have some techniques that work for them that may not be good for someone else. Over all we take a default position as we learn that we are the weaker person in a fight so the instincts and techniques we use are workable against the strong opponent.

Mind Training

Learning Mind

The Learning Mind feeds off of the last point on this board called "Opening the Mind". The Learning Mind can take any situation in training and find a way to grow and earn from it. One of the most obvious situations is when one has a partner that is less than helpful or desirable.

The person that has a Learning Mind can find a way to work on something that will help them improve. Seems like a small thing but it is all about the mind and the approach to learning. The lesson is to not let anything stop you from progressing in your study.

Yin/Yang Philosophy

Yin and yang are the two fundamental energies in the universe. They are opposites, but not opposing. They are complementary rather than antagonistic. Each flows into the other harmoniously.

Chinese thought begins with the one creative force. This unitary force manifests itself in the yin and the yang, which are thus the dual expression of the one. Yin refers to the female, soft, weak, black, insubstantial, etc., while yang refers to the male, hard, strong, white, substantial, etc.

The symbol for yin and yang reveals that each contains the seed of the other (depicted as a black dot amidst the greatest concentration of white and a white dot amidst the greatest concentration of black). The symbol illustrates the harmony that emerges when the yin and the yang work together in balance.

In the context of our martial art, a yang projection is best met with yin energy. Meeting yang with yang would result in a clash of energies, which is antithetical to Chinese boxing. To gain a full appreciation of Chinese boxing, one must understand the philosophical ideas that historically influenced the arts. Taoist philosophy predates the boxing arts by centuries. Some believe that Chinese boxing was conceived and developed as a direct, conscious application of Taoist principles to the field of combat.

Undoubtedly, Taoist philosophy inspired greater creativity and analysis, but I am not convinced it played quite so direct a role in the birth of Chinese boxing. In my view, truth in combat was already coming into fruition at that point in China's history. Other forms of kung fu (notably, the Shaolin arts) had been around for centuries and had been subjected to extensive experimentation and innovation.

Fighters of the era, including many with no philosophical background, were already discovering such tactics as yielding, as a matter of battlefield practicality. It was probably at a later stage that the theory of Chinese boxing was integrated with Taoist philosophy on a formal, intellectual level.

Skill Drills List - See Video Clips

Reverse Punch

Rollback/Reverse Punch Drill

Timing - Yield and Counter

Reverse Punch - 3 patterns

Inside Cut Kick

Timing/Distance Exercises

Air/Apparatus/Partner

Toe Out Follow through Exercises

Inside Sweep Kick

Air/Apparatus/Partner

Balance and Proper Projection

Toe Out Follow through Exercises

Shuffle A Inside Sweep

Pak Check

Outside Gate

Inside Gate

Pak/Check with Forward Pressure

Pak/Check/Strike

JKD Shuffle

Centered Focus

Triangle Shuffle

Skill Drills - Continued

1-2 Punch

Light Lead Hand and strong Rear Hand

Power Lead Hand and strong Rear Hand

Elbow Locks

Rock back and forth with Lock #1 (both High and Low)

Practice 4 corners turning cycle - Practice digging 4 corners

Practice Under-spinning to Lock #3

Execute Locks without crossing

Execute Locks without losing coverage

Water Exercise

Do basic exercise in different stances, on knee, on ground

Do basic exercise while moving in a circle and advance step

Do exercise with the triangle movement

Focus the basic exercise on rising power. The in Sledging power

Pattern

Practice the proper pattern for Whip Hand, Forefist and Reverse Punch. Use inward return, upward return and downward return.

Two Hand Drill to Unbalance

Practice Pushing the partners chest shallow, medium and deep. Practice slow to fast.

Practice pushing off center both directions and work on good structure and yield.

Speed rolling with proper arm positions.

Practice Pulling different directions.

KSCB - Test for Level One - Phase Three



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Definition and Demo of Reverse Punch

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Demo the basic uses of Cut Kick and Inside Sweep

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Demo Pak / Check Inside and outside

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Demo JKD Shuffle with centeredness

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Demo the 1-2 Punch in air, on apparatus and on a partner

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Demonstrate 3 Elbow Locks and when each one works best.

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Demo Water Exercise in a Unitary way

☐

Demo the parts of a pattern using Forefist and Reverse Punch

☐

Demo Spinal Stretch

☐

What are some basic methods of takedown to the ground.

☐

Demo Unbalance exercise with Partner

KSCB - Test for Level One - Phase Three

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Explain what it is like to have the Learning Mind

☐

Explain the Yin/Yang Philosophy and how it applies to our art.

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Demo Skill Drills designated by instructor.