



Coaches/Instructors Program for **Level 4 Phase 3**

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 4 - Phase 3



Overview of Level 4 Phase 3

Hand/Arm - Fist Drop

Foot/Leg - Inside Cut - Shuffle A Round Kick

Defenders/Protections - X Guam Sao

Traverser/Footwork - Monkey Overstepping

Combinations - Forefist/Elbow - Hook

Chin na - Silk Reeling Elbow Escapes

Collision/Self Defense - Self Defense 1

Unitary - Circle Within a Circle

Projection - Sand Training

Conditioning - Internal Systems / External Parts

Ground Fighting - Standing Takedown - Trap, Bridge and Roll

Skill Drills - PDF - End Notes

Duels - Pakua Joint Hands 3

Fighting Theory - Unitary/Silk Reeling

Mind Training - Mind Hit Execution 3

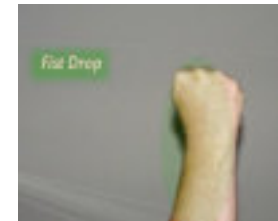
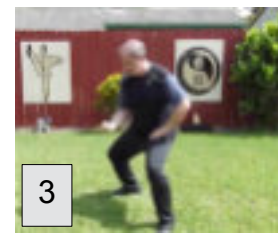
History/Philosophy - Mind Hit Book

KSCB - Level Four Phase Three

Hand/Arm

Fist Drop

Fist drop is a Hand strike moving straight down and leading with the back fist. It uses the mechanics of sledging to deliver. It is a pure major sledge downward. This technique can be also dropped on an opponents bridge for entry.



Leg/Foot

Shuffle A Round Kick

Shuffle A kicks are speed kicks which strike with the lead leg explosively being pushed and launched by the rear leg. This one is often delivered to the back of the knee or inside side of the knee. It is just a moment in the forward attack that should not slow down the footwork. It often turns the opponent just enough to capture from behind.



Defenders/ Protections

X Guam Sao

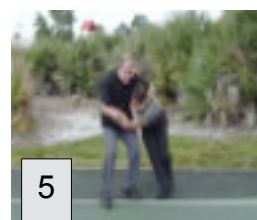
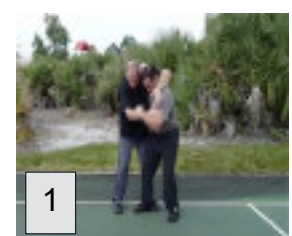
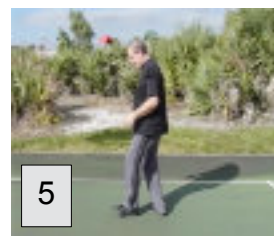
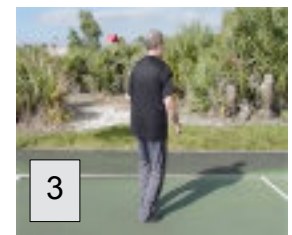
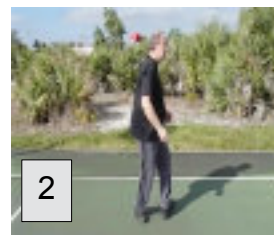
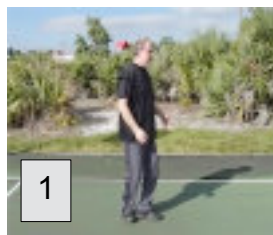
X Guam Sao is sort of the opposite of X Taun Sao. It comes naturally from a right side #1 position fighting. The arms work together moving from right to left to protect a couple feet of vertical space. From the position you can catch kicks or change into another X Guam Sao or a X Taun Sao striking while going forward. Some use this as a power movement to break a leg, but I think it works better to use it within a yield mode to protect.



Traversers/Footwork

Monkey Overstepping

This step is needed when one needs to turn rapidly right or left from a twisted position or even just a normal position twisting out to the left or right. It would be used in finishing especially from the rear. As one deals with the struggle of the opponent, his force may effect you to left or right. One must use this stepping to avoid the force so the opponent will not fall on top of you. You can maintain control for some finishing techniques when this is executed successfully.



Combinations

Forefist/Elbow or Hook

The forefist is thrown straight, but it circles inward down and back out to execute the elbow or the hook. It is often used as an attack with the forefist and then yielding as the counter fighter will be coming in. As they come in you lean appropriately and catch them with the hook or elbow depending on the distance you are from the opponent.



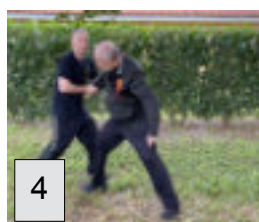
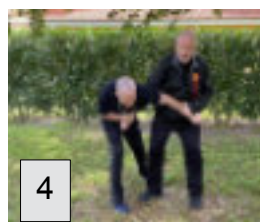
Left - Instead of hook, if opponent is closer you can use an elbow.



Chin na

Escapes from Elbow Lock

Here we want everyone to understand the basic escapes from a regular elbow lock. The escape chosen depends on the pressure being applied by the opponent. When the pressure is high the elbow pops downward. When the pressure is low you go with the force toward a hammerlock. There are several avenues moving out of this circle before you are locked.



3 Entries/ Strategies

See video clips

Unitary

Circle Within a Circle

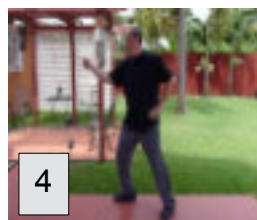
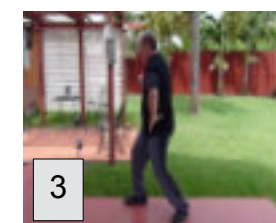
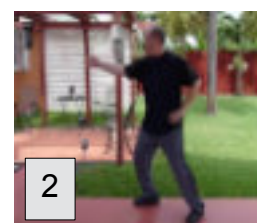
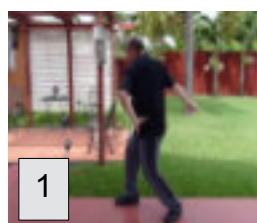
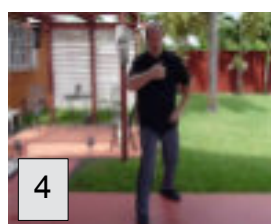
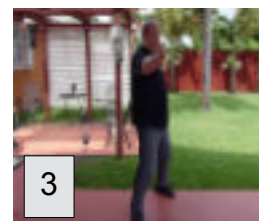
Circle within a circle is a nice one sided exercise.

You can pause just a moment before doing the repetition in a continuous manner. The first

movement of this exercise is a large inward circle with the right palm right to left with the right side forward. The body turns left to launch and then turns right to guide the return back to your chest.

From there you punch straight ahead turning left.

Again with the same mechanics you circle inward except the return is a much smaller circle making the last part faster than the first part. So it is a large circle and punch followed by a small circle and punch.



Projection

Sand Training for fingers

Sand finger training is to discover the strongest position your hand and fingers can form in order to get the most dependable thrust.

Usually we wear latex gloves so the sand will not go up into the finger nails. We use playground sand and we make sure the fingers can go down an inch or two on each thrust. For safety it is good to use a good dit jow before and after the training.

Sand Thrusting



Sand Thrusting (shown to the left) is a way to educate the fingers in alignment on impact. As you thrust your hand rapidly into the sand, you will discover very quickly the alignment that the fingers must have in order to penetrate the sand and keep oneself from injury.

Thrust 30 times with each hand. You may want to wear latex gloves to keep sand from going in your finger nails. Use play ground sand and not the fine beach sand. Above, the steel balls are shown which will also give strength to the fingers while rolling the balls in a circle while squeezing tightly.

Conditioning

Internal Systems External Parts

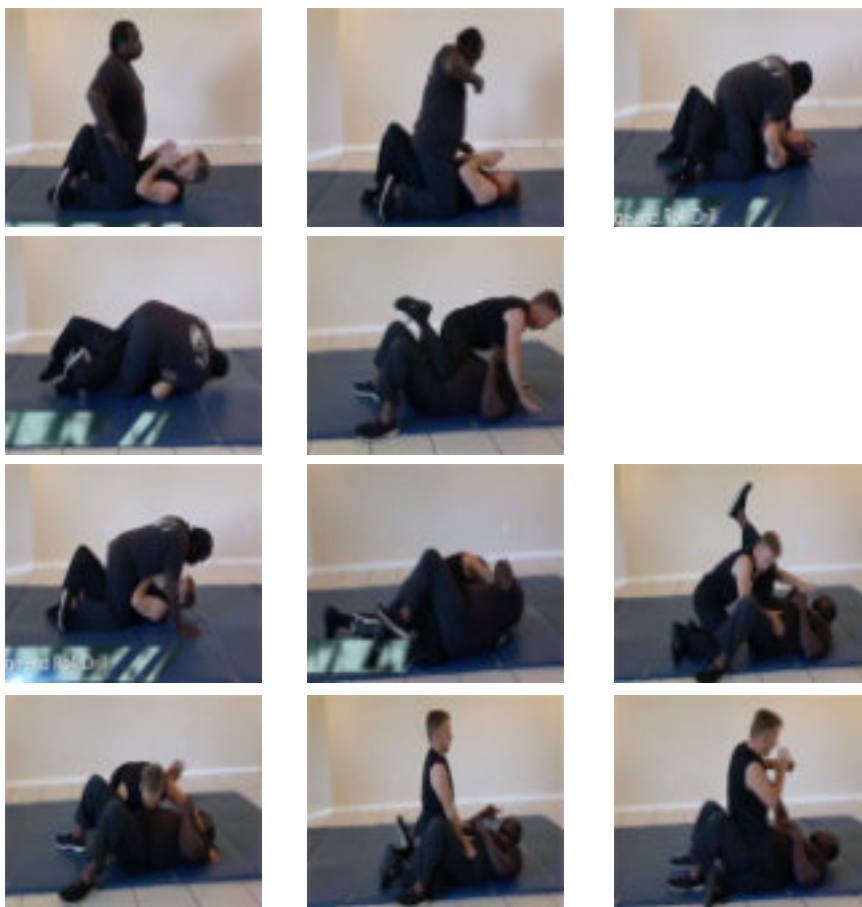
Internal Systems refer to the circulatory system or respiratory system etc. External parts refers to specific areas you want to train such as wrist or biceps etc. So the workout can combine numerous combinations of using the circulatory system which will push the heart using what ever external part you decide to train such as bicep etc.

Of course there is some crossover, but this is the way to use conditioning very precisely to custom a workout.

Ground Board

Standing Takedown/ Drill Trap/Bridge and Roll

This exercise focuses on different ways to take down a person who is standing. Also a common but important exercise and skill drill is shown which is called Trap/Bridge and Roll. This is done repeatedly and it allows the development of precision and adjustment. Some say this is one of the most important ground grappling exercises that should be developed.



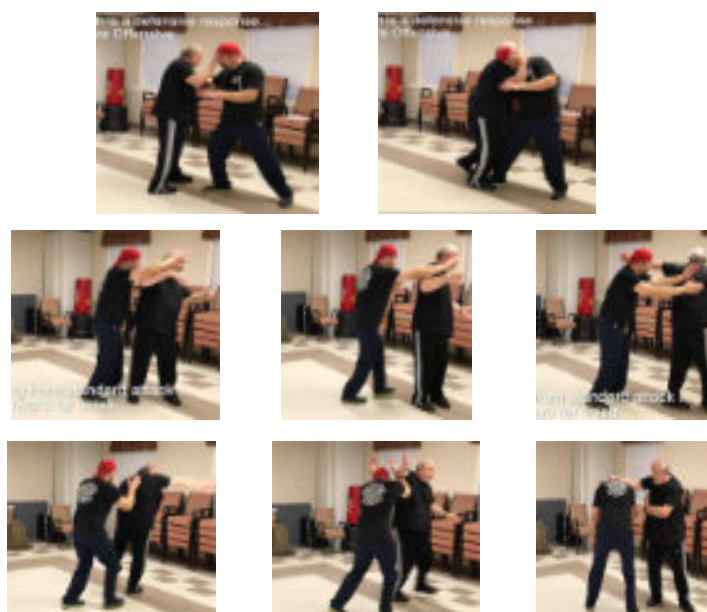
Skill Drills

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

Duels

Pakua Joint Hands 3

This is the third set of the Pakua Dueling exercises. Several ideas are presented such as when to change the zone when you are close to the opponent on the way in, but you get deflected so that a small triangle can be used without losing your forward pressure while adjusting the direction off your zone.



Theory/Principles

Unitary - Silk Reeling

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 increased due to the forward pressure. Forward pressure leads us to the chance to finish the fight.

Based on one's size, speed, timing skills and 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 that we are the weaker person in a fight, so the instincts and techniques we use are workable against a strong opponent.

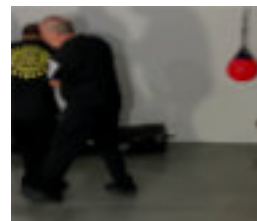
Mind Training

Mind Hit Execution 3

In Mind Hit Execution 3 we discuss the mind hit effect of forward pressure as well as the effect of getting a head start or explosive jump on your opponent. Finally we discuss the mind hit effects of the Stop Hit timing.



*Mind Hit from
Forward Pressure*



*Mind Hit from
Forward Pressure*



*Mind Hit from a
Jump Head Start*



*Mind Hit from a
Stop Hit*

History/Philosophy

Mind Hit Book

We have a collection of three writings by Mr. Casey in the book we call "the boxing" His last writing was called "Mind Hit Boxing" Secrets of Kai Sai Kung Fu". This book was a collection of articles that Mr. Casey wrote through the years.

Chapter 1 goes into what Mind Hit Boxing is and why he assigned that name to Chinese Boxing.

Chapter 2 goes into the energy contrast and comparisons between Shaolin, Wing Chun, Pakua, JKD, Hsing-i, Tai Chi and Kai Sai Kung Fu.

Chapter 3 explains the term Synthesis A priori Fist which speaks of what a martial art synthesis is and how it must be integrated as an instinct in the body.

Chapter 4 answers the question What is Kai Sai Kung Fu which is a little esoteric like much of his writing, but pushes the point about the naturalness of the art which must be discovered within you.

Chapter 5 is Kai Sai Aposiopesis. This is esoteric as well. Aposiopesis means "to pause".

Chapter 6 speaks of the boxing being a "shadow method" This further speaks of the instinctual side of the Boxing.

Chapters 7, 8 and 9 are quite esoteric and difficult to understand as he covers Principles of Transmundanity 1 and 2.

He has a number of photographs and exhibits in this book.

This represents Casey's mind toward the martial arts. Mr. Casey pushed the uniqueness of the art while claiming he invented nothing, but just re-discovered the ideas and concepts.

Skill Drills List - See Video Clips

Fist Drop

Application practicing hitting the lead opponents arm on entry. Try to get the sledging Power when doing this. Sledging is much easier when you are not in motion moving forward

Shuffle A Round Kick

Practice in the air for the right energy. Use an apparatus to develop some power. Do it on a person to develop following up with toe out and zone placement.

X Guam Sao

X Guam sao stepping forward and backward with lead leg and lower bong. Also, stepping Forward and backward with the opposite leg forward. Mook exercise. Catching Kicks.

Monkey Overstepping

From behind grab chest with both arms. Let partner fall different directions and you turn Using the footwork to position for a takedown. Do the same from the front Inside Gate Position.

Forefist Elbow or Hook

Do this with a partner. This develops offense and Stop Hit timing.

Skill Drills - Continued

Escapes from Elbow Lock

Go into elbow lock with the attackers projection and extension. If the pressure is high, drop/pop your elbow downward in order to escape. If the lock is low then go with it upward turning it over And searching for the line that can go back toward the opponent.

Circle Within a Circle

Practice with different stances.

Practice from lying down position and from the knees. Practice it with shuffle A Advanced step.

Standing Takedown - Drill Trap, Bridge and Roll

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.

Pakua Joint Hands 3

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.

Unitary Silk Reeling

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.

Mind Execution 3

Practice forward pressure drill gaining on opponent. Practice getting a jump on offense and

Yield and counter. Practice the timing of Stop Hit.

KSCB - Test for Level Four - Phase Three



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☐

Demo of Fist Drop - and Teach technique

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Demo Shuffle A round kick and use in the Encounter

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Demo X Guam Sao and Encounter use

☐

Demo Monkey Overstepping and teach

☐

Demo Forefist Elbow and Hook

☐

Demo Three escapes from Elbow lock

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Demo Circle Within a Circle and teach

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Explain purpose and how to do the Sand Training for Fingers

☐

Demo Trap Bridge and Roll drill

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Demo Pakua Joint Hands drills

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Explain Unitary Silk Reeling

KSCB - Test for Level Four - Phase Three

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Demo Mind Hit Execution 3

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Explain layout of Mind Hit Book