



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

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 3 - Phase 3



Overview of Level 3 Phase 3

Hand/Arm - Bolo

Foot/Leg - Missile Kick/Groin Scoop

Defenders/Protections - Lap & Pak/Lap

Traverser/Footwork - Pre shuffle A steps

Combinations - Bill Jee In & Out

Chin na - Figure 4 Short Arm Scissor

Collision/Self Defense - 3 Entries/Strategies

Unitary - Tiger

Projection - Pattern

Conditioning - Transitions

Ground Fighting - Bridging/shrimping etc.

Skill Drills - PDF - End Notes PDF

Duels - Push Hands 3 (free)

Fighting Theory - Rooting/Structure

Mind Training - Synthetic A-priori Fist

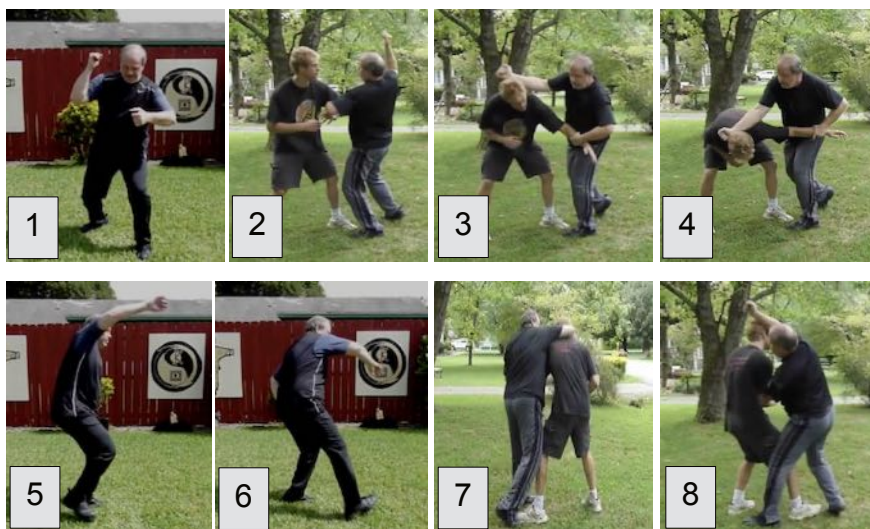
History/Philosophy - History of Hsing-i

KSCB - Level Three Phase Three

Hand/Arm

Bolo

Bolo refers to techniques that come from the top and drop down on the opponent. You have unitary motions that will accomplish this and an interesting tsun kwan motion that will do it as well. It works best with selling a lead technique to distract or clear the way for the Bolo to land.



Bolo drops from above. It can drop like in #1-4 using a hammer-fist side of the arm or it can go over the top and drop using the radial or ridge side of the arm as in #5-7. It also can come over the top from a standing position by using a nerve launch in the upper shoulder blade as in #8.

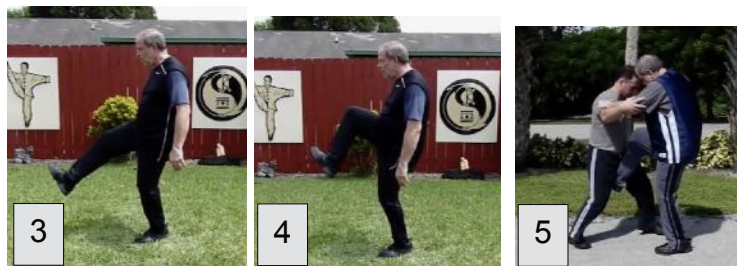
Leg/Foot

Missile Kick & Groin Scoop Kick

Missile Kick is a whipping front kick that allows one to stab the toe of the foot forward when leaning back. It can reach several inches further than a normal front kick. # 1 and 2

Groin Scoop Kick Whips in the other direction moving forward as a pendulum kick and then pulling the knee back to your body to scoop under the persons legs. # 3-5

Missile Kick

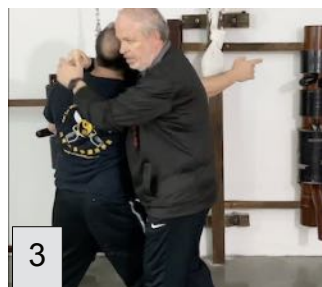
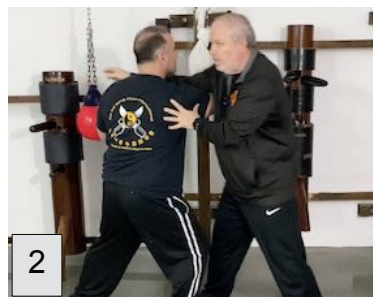


Groin Scoop Kick

Defenders/Protections

Lap & Pak/Lap

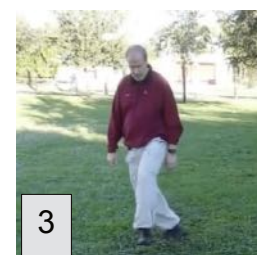
Lap means crossing and that refers to a right on right arm bridge technique. So if the right hand can start far enough to the left, then it can go forward at an angle if a straight punch is coming. It will slide over top and if one is in the Yield and Counter mode, the body will be going forward with the lap quickly so the lap arm can wrap around the opponents head. It is used many ways but that is the main way. Also when the pak precedes it, it give the lap the angle needed to slide in.



Traversers/Footwork

Additional Pre-Shuffle A Steps

Additional pre-shuffle A's include drunken step and variations of the JKD shuffle. The main pre-shuffle A's are the scamper and nervous foot stepping. The others can be used in situations and sometimes the training itself helps the Boxer's body develop a deception and looseness which is helpful on entry.

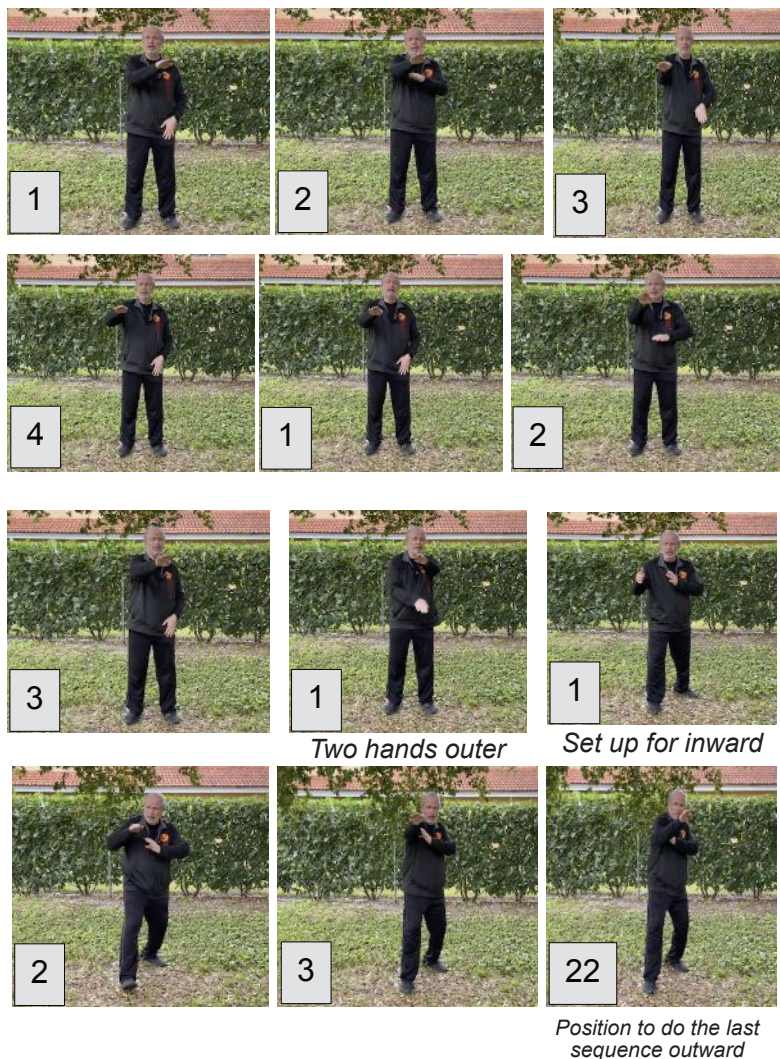


Top row is the basic exercise crossing over once and then falling into stance. The second and third row starts the same way but crosses back over before using the falling movement of the drunken step.

Combinations

Bill Jee In and Out

After learning the movement of Bil Jee in continuous fashion, the technique is compacted so that one circle can act as a block or set up and the Bil Jee reverses to attach after the initial bridge. There is an energy to this yield and counter action and the follow attack or thrust is quite natural. These in and out horizontal circles have many combination patterns accomplishing a multitude of martial actions. Doing them continually in the air builds different muscles than the chain punching sets.



Chin na

Figure 4 Lock & Short Arm Scissor

Figure 4 Lock is a reinforced position with one hand grabbing the other side wrist. With the other hand you pin their arm to your chest. This provides a very powerful position to move or take down. Power is close to the body.



3 Entries/ Strategies

See video clips online

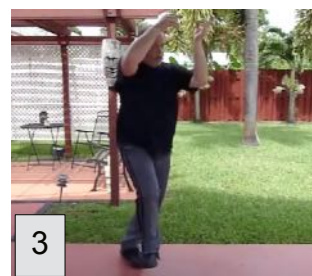
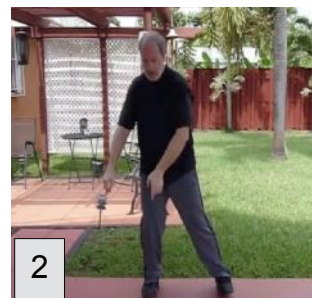
Unitary

Tiger

Tiger is a Walu energy exercise that works similar to the Tai Chi Chasing hands pattern. The arms move high and low in a circle with the hands at the same height and about 8-12 inches apart.

After the circle the arms pull in close to the body in sort of a loading position and then the body turns and throws them outward with one hand protecting middle to low and the other hand striking straight ahead.

It is recommended to do this exercise without footwork to begin with and then add the footwork with the drunken step sledging action. When doing without footwork you are using the ground on the last strike. When using footwork you are sledging on the final strike.



Projection

Sledging

The rhythm of sledging is having the dan dian drop suddenly by releasing moving at the speed of gravity. The technique which can go downward or up as high as level punch is whipped because of the quick 1-2 whipping rhythm. Sledging is not just dropping down. It is the whip rhythm of dropping suddenly with the speed of gravity and the body connected to pull the technique like a whip.



Top row from Left to right. This is a simple Sledge dropping the body 2-4 inches.



Now the second row is the same simple sledge with the drop whipping a back fist downward.



This is the Major Sledging exercise practiced in Walu. The rhythm when synchronized is sending a powerful force downward to the fingertips.

Conditioning

Transitions

A transition is when you are working a conditioning exercise and then you change to either doing the same exercise a different way such as the speed changing or holding a weight. Also changing the exercise is a transition as well. You can also change form doing the exercise more Yin into doing it more yang.

Ground Board

**Bridging,
shrimping,
blanketing, upa,
elbow-knee escape**

Bread and Butter actions
that are important for
good ground
engagement!



Skill Drills

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

Duels

**Push Hands
Basic 3 (Free)**

Push Hands 1 & 2 gave a number of exercises for push hand development. When learning this may feel more like drilling a skill drill. Push Hands 3 just becomes an exercise working on the same things as in push hands 1 & 2 but not pre-programming on what has to be done. Of course when starting out, stopping and working on a bad response is useful.



Theory/Principles

Rooting/Structure

Rooting is primarily the body heaviness of the body which is accomplished by relaxing the upper body and dropping the weight most purely into the quad area. This is very important and one should not let the weight rest on the hips. It is more comfortable and less intense to allow the hips to help.

After one is able to do this and root, it is important to also observe the structure. For example if you are body heavy and your knee is cutting inward then the force of the root is working against you as it falls into the crack or the weakness of an inward cut knee. So proper structure on your skeleton is critical if you are going to increase the weight dropping down your body. Learning to root in a simple stance is not too hard, but making a root stay with you during stepping, shifting and moving fast does take a lot of work.

Internal arts are useful if one learns to root in the basic forms they teach. It will train a body to have this attitude in rooting. The legs will grow very strong and the body will have much more changeability and stability to it. Rooting is not digging into the ground It is relaxing toward the ground with relaxed muscles and letting the weight land on your legs in a good structure.

It is not fun but once the habit is developed and one understands the benefit, one will not feel right when trying to control energy without this great asset.

Mind Training

Synthetic Apriori Fist

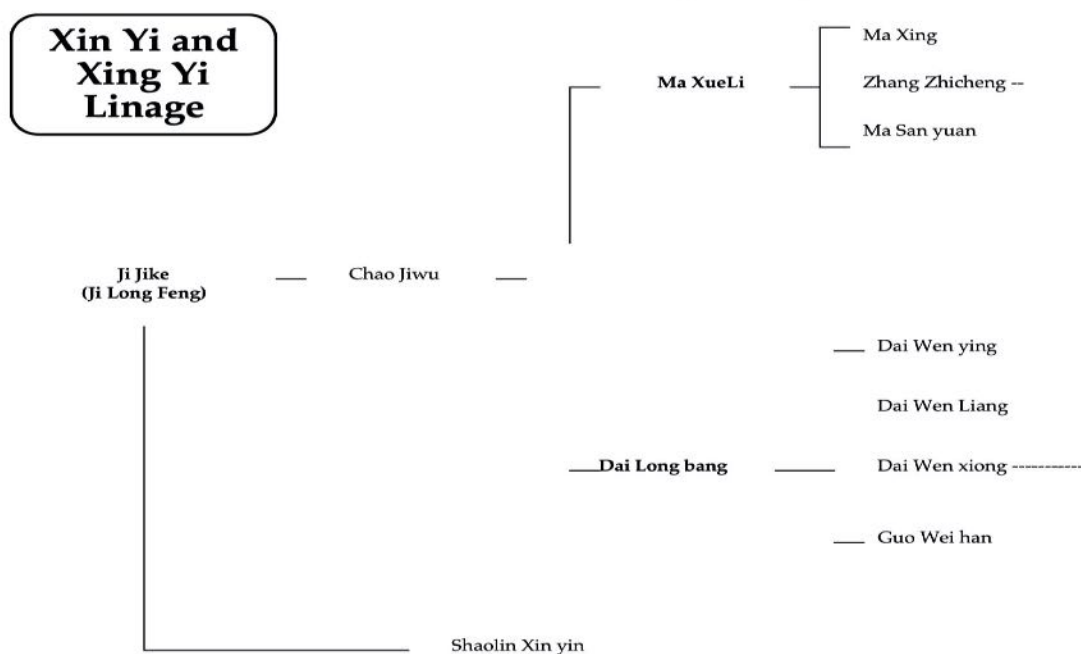
Synthetic refers to a combination of things that come together to make what it is much stronger. So a synthesis is a weave of the best qualities of different materials to make a better product. So in describing our Chinese Boxing Synthesis, we understand that we are drawing from different arts, but what we draw must also form an efficient method hopefully better and stronger than the parts individually.

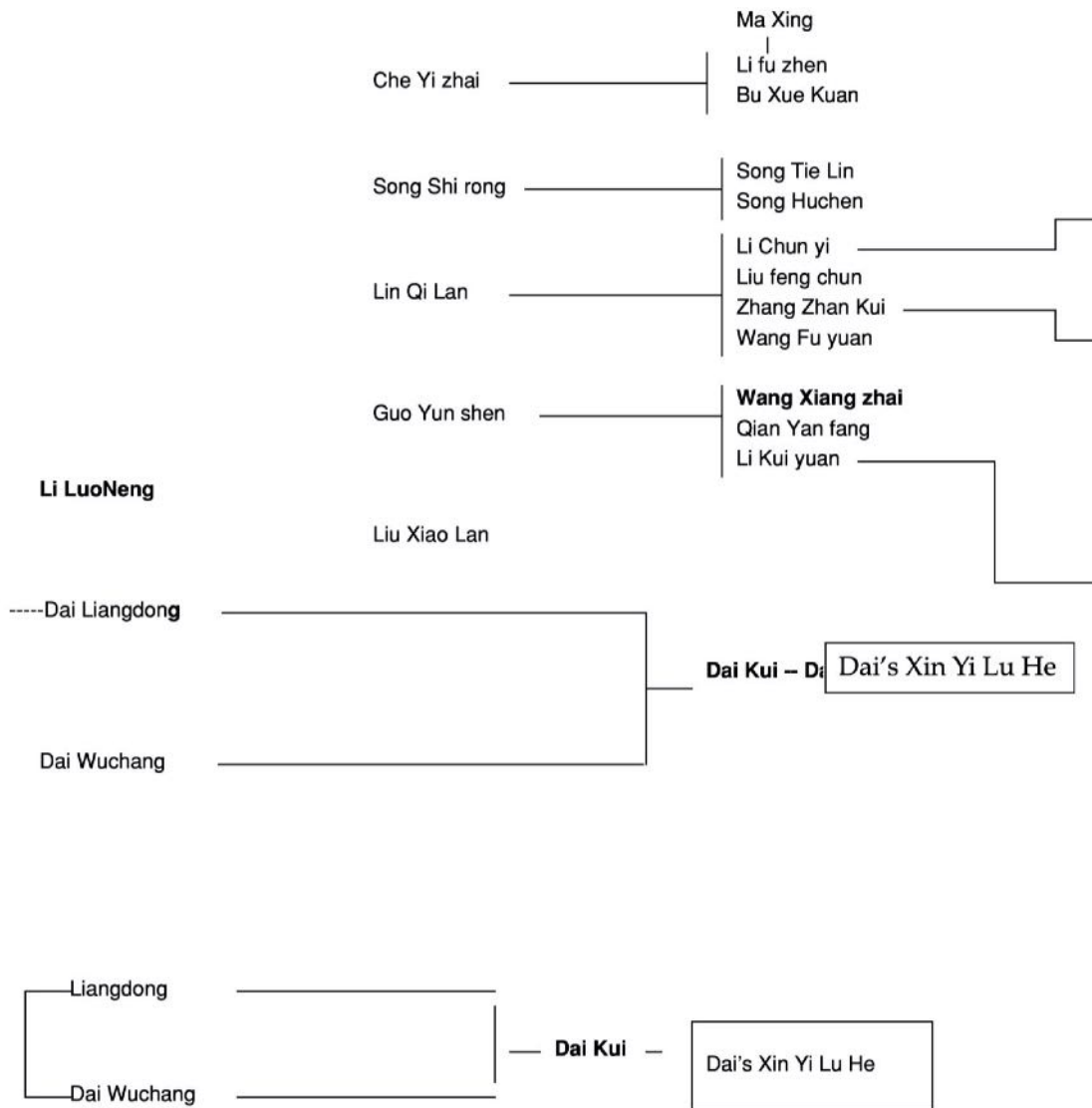
Apriori is a philosophy term and has reference to having something within that must be uncovered. When it is discovered it can be made natural. So the idea is that the mind is trained in instinctive reactions that don't require a thinking process so that in real situations one will just respond and not lose time with the thought process. This combination of a great product (Synthesis) and a natural and trained body response give one the best chance of surviving in combat.

History of Hsing-i

One of the famous internal arts was created by Ji Ji Ke of the Shanzi Province. Some believe that the famous five elements of Hsing-I were developed from the use and movement of the spear. Many also believe that the seeds of Hsing-I and Tai Chi Chuan were born out of the Shaolin Temple. Regardless, we see that Hsing-I follows the internal principles even as Tai Chi and Pakua do. It is often said to be based on the Wu Hsing or five element theory of Chinese culture. Each element is said to create and destroy a corresponding element. In CBII we have benefited from the study of projection in Hsing-I.

Hsing-I has many stories in Chinese history where the combatant in fights and competitions were victorious. Again, depending on the teacher you can get many different teachings about this art. My own experience in Hsing-I has acquainted me with powerful movement across the floor with a unitary projection. Several applications have helped me in understanding how to direct my projection to the vulnerable areas of an opponent. Deep study into Hsing-I reveals that it has much in common with the "silk reeling."





Skill Drills List - See Video Clips

Bolo

Lead technique selling the Bolo

Bolo thrown off a lead Whip Hand using the same hand for the Bolo

Reverse Bolo off pressure from back side

Missile Kick

Timing/Distance Exercises - Yield and Counter

Air/Apparatus/Partner

Toe Out Follow through Exercises

Groin Scoop

Air/Apparatus/Partner

Kick with focus on the knee

Toe Out Follow through Exercises

Kick with focus on turning to a takedown or optional finishes

Lap and Pak/Lap

Outside Gate against different attacks

Inside Gate working on cover

Additional Pre-Shuffle A footworks

Free Style drunken step

Transposing the step and mixing the qualities of this step in pre-shuffle A footwork

Skill Drills - Continued

Bill Jee in and out

Yield and Counter training using this action

Developing continuation follow ups

Figure 4

On the ground

Standing basic 3 angles

Go into from side to side swinging

Short Arm Scissors

Work on the small circle and power of the radial bone

Tiger

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

Do Tiger while doing advance step

Do exercise with the triangle movement

Use the footwork exercise to work on Heeling and Sledging

Sledging

Pick all the techniques that you would think you could practically use in combat.

Sledge 2,3,4 times in a row with techniques without reloading.

KSCB - Test for Level Three - Phase Three



KSCB - Test for Level One - Phase Three ✓

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Definition and Demo of Bolo

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Demo the basic uses of Missile Kick and Groin Scoop Kick

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Demo Lap and Pak/Lap

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Demo some additional pre-shuffle A Footworks (drunken step)

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Demo and show application of Bil Jee In and Out Combo

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Demonstrate Figure 4 Lock and Short Armed Scissors

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Demo Tiger in a Unitary way

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Demo and explain how the Sledging Projection occurs.

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Demo Bridging, Shrimping and upa

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What is the main purpose of Push Hands?

☐

What does Structure have to do with Rooting?

KSCB - Test for Level Three - Phase Three

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Synthetic Apriori Fist is a way of describing Chinese Boxing.
Explain.

☐

Teach pak/lap - Teach Missile Kick

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Demo Skill Drills designated by instructor.