



Coaches/Instructors Program for **Level 1 Phase 2**

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 1 - Phase 2



Level 1 Phase 2

Hand/Arm - Forefist

Foot/Leg - Front Stomp Kick

Defenders/Protections - Chum Block outside gate

Traverser/Footwork - Scampering

Combinations - Figure 8 Downward

Chin na - Wrist Locks #1,#2 and #3

Collision/Self Defense - Strategy - Knowing Self

Unitary - Outer Circle

Projection - Projection Points for Forefist

Conditioning - Shuffle A Combos

Ground Fighting - Sideward Roll and Knee Pivot

Skill Drills - PDF - End Notes PDF

Duels - Non-Telegraphic Whip Hand

Fighting Theory - Yielding with Centeredness and Structure

Mind Training - Opening

History/Philosophy - History of Kai Sai - End Notes

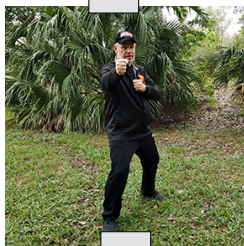
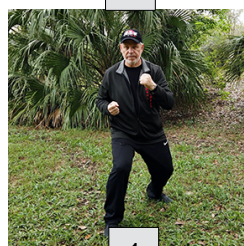
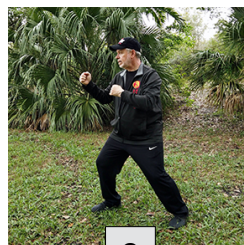
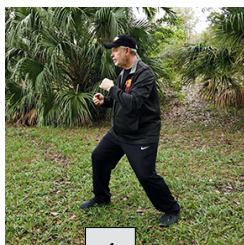
KSCB - Level One Phase Two

Hand/Arm

Forefist

Forefist is developing power with the lead hand. It is not a jab, but is a stronger punch using the whole body.

In the Chinese Boxing Encounter the Forefist can be used well in the Yield and Counter mode and is used in Stop Hit with non-telegraphic beginning



Leg/Foot

Front Stomp Kick

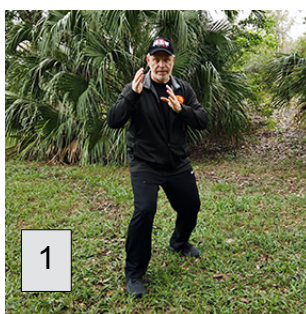
Front Stop Kick is a Stop Hit so it intercepts an incoming force. It is best that telegraph is reduced so the weight should not be placed where it is obvious that one is about to left their leg. In photo 4 one needs to step down toe out in the zone in order to follow up with the CB Encounter.



Defenders/Protections

Chum Block - Outside Gate

Chum Block is in the Stop Hit Timing. When one strikes with a punch straight ahead and you have your hand situated on the outside of your partners striking hand to both deflect and strike the person on the center. Elbow should be hanging down. It is a one beat rhythm catching someone as they are advancing toward you.



Traversers/Footwork

Scampering

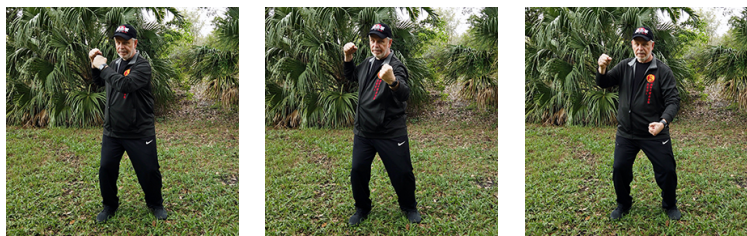
Scampering is the footwork of a shuffle A only shorter or smaller. It is usually done sideways in a closed fighting position rather than forward like we typically use Shuffle A. The steps are small and quick and used to get closer subtly or to move backward. When moving backward of course the back leg moves first. This is an excellent footwork to precede your shuffle A takeoff into advance step



Combinations

Figure 8 - Downward

Downward Figure 8 now reverses what you did in Phase 1. It is important to have a target near the center straight in front of you when doing this combination. One should strive to keep the pattern smooth at first striking with both hands in a steady beat. It can certainly be altered later.



Showing one right side and
one left side cycle 1-12



Chin na

1 -- #2 and #3 Wrist Lock

3 central directions in
locking the wrist. Palm
toward arm, back of the
hand toward arm and
edge of the hand toward
central line.

#1

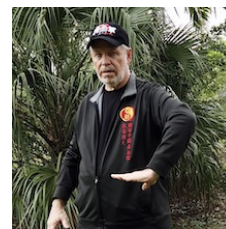


Chin na

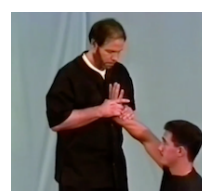
1 -- #2 and #3 Wrist Lock

#2

3 central directions in locking the wrist. Palm toward arm, back of the hand toward arm and edge of the hand toward central line.



#3



Collision/Self Defense

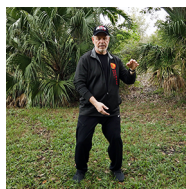
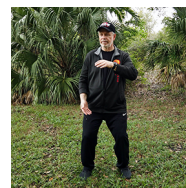
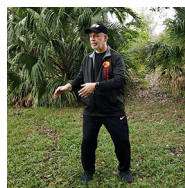
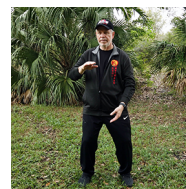
Knowing one's self/strategies

See video clips

Unitary

Outer Circles

Sitting in your root, turn waist left and right rapidly and small to create an ongoing outer circle left and right. At first one should be extra relaxed so that one can feel movement created from the dan dian. Then one will use the Peng state which is firm and relaxed.



7

Projection

Projection Points for Forefist

- 1- Starting position-weight in back leg.
 - 2 - Drive leg from the ground to launch force.
 3. Shift weight from rear leg to front leg.
 4. Point of contact can be in any area the range of photo 3 and 4.
 5. Turn body for follow through.
 6. Arm returns before hyperextension.
- All is synchronized to maximize the force of the whole body. With the return of the arm motion without freezing the body can change to a variety of movements or techniques.



Conditioning

Continuous Shuffle A's

This is a simple exercise that uses footwork to move forward and backward with shuffle A. This continuous motion is strong work for the legs and one must be completely centered so on each shuffle one does not land heavy in the leg but centered. One can mix it up with triangle shuffle as well.

Ground Board

Knee Pivot Side Roll

Starting from a normal stance pivot on the balls of the feet dropping lower and lower. This is good work for *balance* and strengthening legs. It can be used on occasion when you are over someone to drop a knee.



In the photos below, Side Rolling from right to left.



Skill Drills

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

Duels

Non-Telegraphic Whip Hand

This begins with simply doing a Whip Hand so that your fingers move first before anything else. When that is achieved it is tested on a soft target with partner moving the target if there is telegraph. This action does not need to be unitary in the traditional sense.



Theory/Principles

Yielding with Structure and 6/9

A major principle in our CB theory is not to confront force head-on most of the time. But yielding must also have good structure in the body and changeability.



A major principle in our CB theory is not to confront force head-on most of the time. But yielding must also have good structure in the body and changeability. In photo 2,3 and 4 I am leaning back which also contributes to locking up my hips. One can lean forward and as you keep the kua (crease) open you are changeable.

Mind Training

Opening

Opening in general is the idea that one keeps an empty cup. It means the willingness to learn. Opposite of a know it all attitude. Some of the greatest martial artist I have known have a humble spirit and are still open to learning. Chen Quanzhong, Chen Xiaowang, Tao Ping Siang and Chen Bing all have illustrated that to me. With more people in your group who have this attitude the more learning potential is there for everyone.

One of the most disruptive things in a school is when the opposite attitude is prevalent among teachers or students. So we feel it should be shown by example and it should be taught to the student.

History of Kai Sai

The arts of Chinese boxing are generally hidden behind a veil of secrecy. Penetrating this veil is difficult even for native Taiwanese. "Foreign devils" such as Americans face even greater reticence. Taking lessons from an expert is one thing, but receiving instruction beyond the superficial level is something else entirely. Mr. Casey somehow pierced the veil and was accepted into the innermost circles of Chinese boxing.

How did he accomplish such a feat? He had wealth and political connections. He had a keen intellect and enormous talent. But most importantly, he impressed the masters with his passion for learning and his fierce dedication to the arts. Mr. Casey's first teacher in Taiwan was Wang Shu-chin, one of the greatest legends in the art of Pa-Kua Chang. Wang taught Casey Hsing-i Chuan in addition to Pakua, but focused on the latter. Casey studied with Wang until the master's death, but eventually branched out to learn other arts from other teachers.

Casey's primary Tai Chi teacher was Master Tao Ping-siang, although he also studied Tai Chi under several other instructors. Tao was for more than 30 years a student of the famed Cheng Man-ching, founder of the Yang short form. Master Shen Muo-hui became Casey's primary Hsing-I teacher and secondary Pa-Kua and Tai Chi teacher. Shen, a fellow eclectic, also taught Casey Black Shantung Tiger, Lohan, Grand Chaining, Shuai Chaio, and Ching Bao Gong Ka.

The Pa-Kua short form found in our Chinese Boxing Synthesis curriculum comes from Master Wang. Wang's long Pa-Kua form, known as the Celestial Circling Dragon, is taught in our Pa-Kua Chang curriculum. Shen's PaKua is offered as supplementary training for advanced students of that curriculum.

The Tai Chi short form found in our integrated curriculum is basically Cheng Man-ching's short form with a few modifications introduced by Mr. Casey. In particular, Casey incorporated certain speed and power characteristics of Chen style Tai Chi. We thus refer to the form as the Kai Sai (or Casey) Chen-Yang Synthesis Tai Chi short form. This form is also the focal point of our Tai Chi Chuan curriculum, although advanced Tai Chi students are taught the long Yang form (which Casey learned from Master Shen).

Mr. Casey learned Wing Chun from Master Lo Man Kam. Lo is the nephew of the famed Yip Man, with whom he lived and studied while growing up on mainland China prior to the communist revolution. Master Lo is the only teacher I know of who presents Wing Chun as energy boxing. In fact, Lo calls his art "Yim Wing Chun" to accent its softness and distinguish it from the much more common hard style. The soft style of Wing Chun was taught by Yip Man to Lo and other disciples in China's Kwangtung province. Following the revolution, Yip immigrated to Hong Kong. He taught hard style Wing Chun on a commercial basis to at least the majority of his students there.

Mr. Casey studied the Stone Killer Monkey boxing style under its founder, China's legendary "monkey king," the great Liao Wu-chang. Masters S.Y. Chen and P.C. Hsieh taught Casey Fukien White Crane. In the course of his studies under all these teachers, Casey acquired a comprehensive knowledge of chin na, the science of seizing and holding an adversary. Chin na is not a style of boxing, but is embedded in most major styles. This truly became one of his specialties. In fact, Mr. Casey formulated an entire curriculum exclusively for chin na, although chin na is also taught within each of our other curriculums.

Of course, as discussed in part one of this book, Mr. Casey did much more than master an assortment of individual arts. With his gifts of insight and analysis, he formulated a comprehensive theory that clearly defined the basic pillars of Chinese boxing. In recognition of his achievements, Taiwan's boxing masters gave Mr. Casey the name Kai Sai, which means "victorious in every encounter."

Kai Sai was the only Caucasian to be granted full membership in the Hong Mein Huey Society, the secret historical society heavily responsible for the preservation of Chinese boxing into the 20th century. Additionally, Kai Sai served for over ten years as the United States chief liaison officer of the Kuoshu Federation of the Republic of China, the branch of Taiwanese government responsible for the promotion of the Chinese martial arts. He was given free rein to promote the Chinese martial arts in the U.S. in any way he saw fit. (During the last three of these years, his responsibilities were extended to Europe.)

As head of the U.S. Kuoshu Mission, Mr. Casey marketed films of many of Taiwan's masters demonstrating their arts. Eventually, the Kuoshu Mission began offering correspondence courses in the general Shaolin arts. Camps were later orchestrated to bring together those who seriously aspired to learn the Chinese martial arts.

Later in his career, Kai Sai mastered the obscure style of Wa Lu. A private family art, Wa Lu is completely unknown to the world at large. Kai Sai told us he learned it from a man in Macao named Pa Ka, and that is all we know about the style's background except that it has a close complementation to shuai chaio (Chinese wrestling). We feel Wa Lu should be judged on its own merits, not dismissed for apparent lack of lineage.

In the United States, Kai Sai studied Jun Fan Gung Fu, the eclectic fighting system devised by Bruce Lee. (Jun Fan is commonly referred to as Jeet Kune Do. However, this term actually denotes a set of principles manifested in the system, rather than the system itself.) He was the senior student of Taky Kimura, who was in turn the senior student of Bruce Lee. In 1981, Mr. Casey authored the book *In Pursuit Of Jeet Kune Do: A Source Book On Jan Fan Gung Fu*. This book was presented to the Kuoshu Federation on behalf of the Jun Fan Gung Fu Institute on the occasion of the induction of Jun Fan Gung Fu into the Kuoshu Federation's pantheon of Chinese martial arts.

Mr. Casey also authored two other books, which were published on a limited basis—*Kuoshu: Chinese Ultimate Mind And Body Discipline*, and *Mind-Hit Boxing: Secrets Of Kai Sai Kung Fu*.

Tragically, Mr. Casey passed away in 1986. He was surely one of the greatest martial artists, and he has left us a rich legacy.

Skill Drills List - See Video Clips

Forefist

Pak/Forefist - Yield and Counter

Forefist Stop Hit

Forefist - 3 patterns

Front Stop Kick

Timing/Distance Exercises

Toe Out Follow through Exercises

Toe In Exercises

Accuracy Placement of Kick

Hands Positioning

Chum Block

Accuracy of Elbow and Forearm

Practice from Chi Sao Position

Partner throws fakes - This is to test whether Chum crosses too much or stays online.

Scampering

Forward Scamper with partner

Backward Scamper with partner

Forward/Backward with Centeredness and Sync

Forward/Backward with irregular action but one partner while the other follows.

Downward Figure 8

Practicing with various footworks and rhythms

Practicing off Yield and Counter action

Downward Figure 8

Practicing with various footworks and rhythms

Practicing off Yield and Counter action

Wrist Locks

Practice Wrist lock Chaining

Practice Wrist locks with focus on Protection.

Practice Wrist locks with focus on not crossing.

Focus on Wrist locks keeping power close to the body.

Outer Circles

Do the exercise with various Footwork and positions. One leg Forward, on Knee, on ground, moving left in a circle, moving right In a circle, Doing advance step all while doing outer circles.

Knee Pivot

Practice on heavy bag on ground. Hold leg strength and don't fall Into bag.

Side Rolling

On the ground with partner. Getting away and up from ground Without getting caught.

Speed rolling with proper arm positions.

Non Telegraph Process at L1 P2

Moving fingers before any body movement. Moving Whip Hand with Shuffle A

Yielding with Structure and Changeability

Pushes on side shoulders, side hips, Centerline, Push with increasing Force and speed.

KSCB - Test for Level One - Phase Two



KSCB - Test for Level One - Phase Two ✓

☐

Definition and Demonstration of Forefist

☐

Demonstrate Front Stop Kick following with Offense and Defense

☐

Demonstrate Chum Block

☐

Demonstrate Offensive and Defensive Scampering

☐

Demonstrate Downward Figure Eight

☐

Demonstrate 3 Wrist Locks

☐

Demo Outer Circles in a Unitary way

☐

Show the Points of Projection in a power Forefist

☐

Demonstrate Knee Pivot and Side Rolling & getting up.

☐

Demonstrate and Explain Non-telegraphic whip hand process

☐

Demonstrate Reaction for good structure/changeability
against push.

KSCB - Test for Level One - Phase Two

☐

What does Opening refer to in the Mind Board

☐

Give a brief summary of Mr. Casey's history.