



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

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 2 - Phase 2



Overview of Level 2 Phase 2

Hand/Arm - Wing Arm

Foot/Leg - Torque

Defenders/Protections - Roll Back/Ward Off

Traverser/Footwork - Triangle Step

Combinations - 3-Hand Monkey

Chin na - Bracelet

Collision/Self Defense - Critical Distance

Unitary - Condor

Projection - Ground Path Leverage

Conditioning - Strength - Power

Ground Fighting - Moving to ground offense

Skill Drills - PDF - End Notes PDF

Duels - Single Hand Process

Fighting Theory - Forward Pressure Zone

Mind Training - Mind in Combat

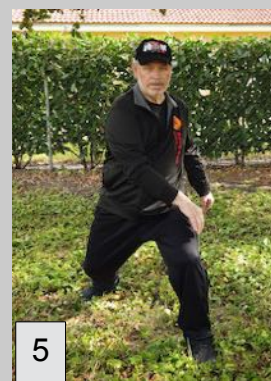
History/Philosophy - I-Ching

KSCB - Level Two Phase Two

Hand/Arm

Wing Arm

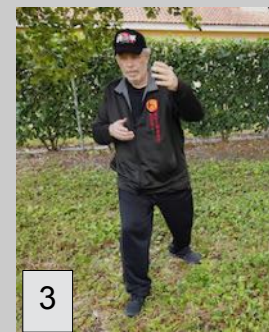
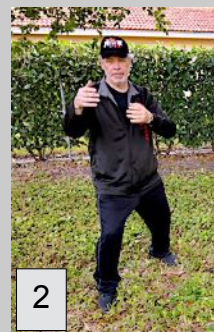
With the Right arm Wing Arm is a swinging from right to left movement. It is ideal to strike a target close range with the center of the radial bone in the forearm area. Learning the proper pattern is crucial to avoid injury. The technique can be very powerful and is used mostly after one has set up the opponent for the hit.



Leg/Foot

Torque

This is an interesting kick that doesn't look like much, but is one of the most powerful kicks in the Boxing when it hits a weighted leg the right way. One must continue in the Forward Pressure Zone after the kick. It is very useful in causing one to turn enough to capture them up close on the back side.



Defenders/ Protections

Roll Back and Ward Off

These are general in and out motions with the arms in order to protect. Tai Chi is where we get the terms. Lu is both a ward off and rollback movement like Pak and Reverse Pak except Lu would be used more at close range grappling and the movement itself has more yielding nuances



Neutral Stance



Ward-Off



Roll-Back

Traverser's/Footwork

Triangle Step

Triangle Step is an important footwork. It can be done well when your stance has a bit of width as it faces your partner with one leg forward. If your feet are on a tightrope then one will have a sluggish first step for triangle. The step is mostly used for sidestepping force. There are many details about what angle to sidestep and how to follow from the sidestep. In the CBE the second step becomes an advance step.

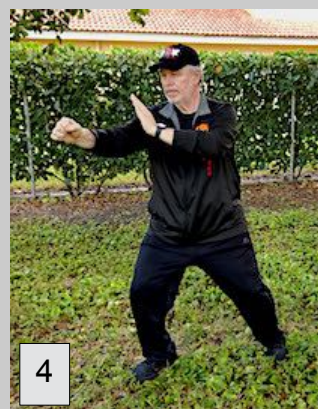


Knee protects during Zig/Zag

Combinations

3-Hand Monkey

We teach this as a rapid 1-2 strike but it has a grab or lop in between the 1-2. It has no time loss with the grab. If the spade hand is intended to hit the partner in the head then the action will continue into something else, but if the partner raises his arm to protect against the spade hand the spade hand turns into a lop with the rear spade coming in fast. The purpose of this combo is just to get an advantage before using the power or capture actions. It is important to use perimeter framing on this action.



Relay with Left Hand

Chin na

Bracelet

Bracelet or wrapping is a common chin na action which often has an out and in action to capture or trap or vice an individuals arm, leg, neck or body in order achieve more control of the individual.



Wrist



Elbow



Neck



Ankle



Body

Critical Distance

See video clips

“CRITICAL DISTANCE IS THE RANGE ONE CAN USE A TOOL SUCH AS A WHIP HAND OR FRONT TOE KICK, TO HIT THE OPPONENT WHEN #1. ONE HAS A CLEAR PATH TO THE TARGET WITH THE TOOL & #2. ONE DELIVERS IT WITH NON TELEGRAPHIC EXPLOSION.”

Unitary

Condor

Condor teaches a unitary exercise including a couple of nerve twitches (tsun kwan) which are explosions which must blend into the larger unitary actions coming from the waist. This is an interesting blend and certainly can have a factor for the martial.

There are martial applications in all of this, but the exercise is mostly for the unitary coordination of the body.

It is more likely you would use one or two of the movements together than the entire exercise martially.



Projection

Ground Path Leverage

“THIS IS A TERM THAT REFERS TO HOW POWER IS STARTED AND THE ORDER IT PROCEEDS THROUGH THE BODY TO THE PROJECTION OF FORCE GOING OUT FROM THE BODY. WE HAVE TWO PRIMARY SOURCES FOR PROJECTION. ONE IS LEVERAGE FROM THE GROUND AND THE OTHER IS WHAT WE CALL A MINI-SLEDGE WHICH DROPS OR RELAXES DOWN TO BOUNCE OFF THE EARTH DRIVING FORCE UPWARD. BOTH METHODS DRIVE THE FORCE UPWARD AS AN INITIAL TRIGGER.

THE PATH MUST HAVE THE INITIAL MOMENT FROM THE FOOT AS THE KNEE EXTENDS SLIGHTLY IN AN EFFICIENT PATHWAY UPWARD. TAKING THAT LEVERAGE, THE WAIST COORDINATES TO TURN AND SPIRAL AND SOMETIMES THE WEIGHT SHIFTS AS WELL. THEN THE FORCE CONTINUES WITH THE TURNING TORSO TO SEND THE GROUND FORCE THROUGH THE SHOULDER AND ARMS AND OUT THE FINGERTIPS INTO A TARGET OF OPPORTUNITY.”

Conditioning

Strength/Power

“STRENGTH INVOLVES SLOW MOVEMENT THE ABILITY TO ENDURE LOTS OF PRESSURE ON THE MUSCLES. STAYING DOWN IN THE LEGS AS IN TAI CHI IS AN EXAMPLE, AS IT IS PURE STRENGTH WITH ONE MOVING SLOW AND UNHURRIED. POWER OF COURSE USES STRENGTH BUT COMBINES IT WITH SPEED AND EXPLOSION TO PRODUCE A RESULT SUCH AS IN POWER LIFTING. IN OUR MARTIAL ARTS WE HAVE BOTH TRAININGS”

Ground Board

Moving to Ground Offense

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.

Saying that, in this section we learn the single and double takedown, pull downs as in finishing, trips and reaps, throws, pickups and body slams. Check out the video for all this material

Skill Drills

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

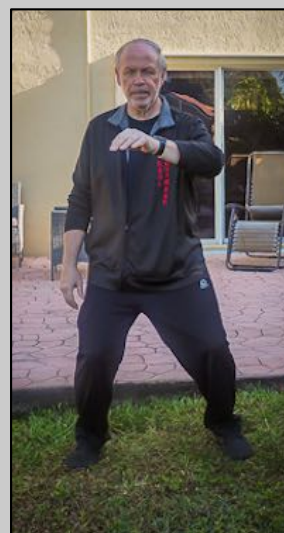
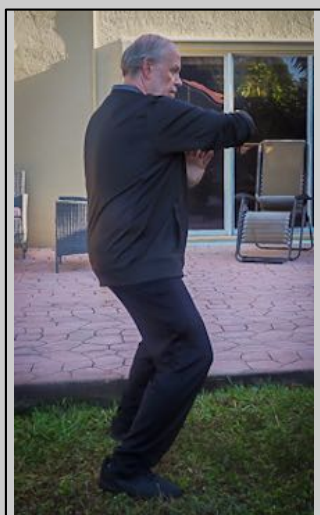
Duels

Single Hand Process

This exercise is to take chi sao and arm touch and test when the factor of forward pressure is added to the equation.

Touch must change when this pressure is present because the pressure puts limits on how you can change. This is often neglected in many duels.





In this skill drill/duel it is a process building each skill and testing. First the focus is on the attacker in this drill.

First, understanding when one has a straight line to attack. For success this is important. Second, an attack must not be all or nothing ... it should change well before being overextended. This is taught in chi sao but it takes on a different flavor when forward pressure is added so the above postures are changed to a side fighting stance and the attacker moves forward with the body and the defender has to stay put. Either the initial punch works and the attacker is off to the races or the Helper/Defender protects inward. Then the test of balance occurs with forward pressure.

Theory/Principles

Forward Pressure Zone

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.

If one can get a timing advantage on entry or even at any point in the fight that advantage can be increased with forward pressure. The forward pressure could bring you to the point of a capture to finish position.

As one proceeds forward, there is a zone we want to be in regarding our foot placement which goes to the opponent in a manner so when the opponent cuts and changes to avoid your advantage you are in a better position to keep your advantage by staying in what we call the **Forward Pressure Zone**. There are other factors that help one finish from an advantaged forward pressure, but without the feet in the proper position one will miss certain angles the opponent may escape.

Mind Training

Mind in Combat

The importance of the mind in combat cannot be overstated. Chinese boxing is an art that emphasizes mind over muscle. We thus refer to our art as “mind-hit boxing.”

The boxer must learn to develop coordination between body and mind. Eventually, the mind wills and the body acts all as one. This requires much practice. As one moves toward proficiency, the boxing moves through various stages: technique, instinct, freestyle, etc.

Regardless of one's skills and knowledge, one can be defeated in a confrontation if his mind is weaker than his adversary's.

In the world of sports, it is not uncommon for a generally superior athlete to be defeated by a lesser competitor. A number of factors might contribute to the upset, but often the explanation is to be found largely in the mental states of the athletes on that particular day. The psychological factor also explains why the home team generally has the advantage.

As one learns to control energy, one begins to acquire confidence. Once this first layer of confidence is achieved, the long road of experience helps one to develop a deeper, sounder confidence. However, at this level, certain experiences can destroy confidence. Knowledge of wise boxing is essential to repair the damage. When one sees why something did not work, one may see a potential solution. Otherwise, one may move toward despair.

In Chinese boxing, the mind is looked upon as a major weapon. Consequently, the opponent's mind is regarded as a major target.

A primary objective in combat is to attack the opponent's mind. This will be discussed at length in the section on mind-hit below. Once the mind has been hit, the capacity for self-defense is seriously impaired.

A boxer may attempt to "psych" his opponent with a display of intensity. If the opponent is experienced, however, he will expect this and will not succumb. Moreover, an accomplished fighter will have developed his concentration in such a way that he is not distracted by false energy, but is sensitive to the energy that is the true threat.

As a student persists with proper drill and practice, he learns to read energy with greater and greater accuracy. He gradually reduces the number of factors requiring conscious thought, so that eventually he can rely on "one thought" in conjunction with his carefully cultivated reflex skills.

A fight can erupt without warning. A boxer may need to respond to hostile energy before his conscious mind has even registered the situation. In this case, he must rely solely on the instincts his training has developed.

On the other hand, the boxer may be forewarned that combat is imminent. This prior notice may be only a matter of seconds, but it can make all the difference in the world. He has time to prepare—to set his mind and body properly and to adopt a general strategy (such as offense, counter-offense, or stop-hit). Of course, if one has the option to retreat or escape, this is the moral course under most circumstances. However, if one knows a fight is unavoidable, he should set his mind accordingly. He should then relax and let his training work for him.

The focus of training at the introductory level is on discipline and learning. The student must develop a strong mind and a strong backup system (i.e., a network of skills and a fit body at the mind's disposal). Only when this has been achieved can he learn the specific tactics of mind-hit boxing.

At this stage, therefore, you should strive with a passion to learn theory, strategy, philosophy, and technique. When these tools are in place, you will be able to master the methods of mind-hit.

I-Ching

The Book of Changes or I-Ching is one of the ancient classic books of China. It is looked on and used by many people in different ways. For many it is one of the most ancient philosophical systems in existence today. The origin and tradition go back over 5000 years to the teacher and sage Fu Shi. Special meaning to life was expressed in an energy language of linear hexagrams.

The book itself has three main parts. The first part uses the hexagrams and basic text to show the forces and cycles that govern the natural world and influence the human life. The second part of the book is a text from Confucius which is a commentary on how to exist with the cycles of life explained in the first part. The third part of the book or sixty four hexagrams give a flesh out into specific situation in which the main principles effect daily life.

The basis of the thinking draws on the Yin-Yang concept, the Five Element theory, the stars and constellations, the cycles of heaven and earth etc. The schools that preserved this book were the students of Lao Tzu, Confucius and Mo Tsu. King Wen around 1125 BC did much to reorganize and explain the I-Ching. This came when it is said that the evil of human nature was at very high level. King Wen promoted the book as a basis for government etc.

Some say that today the I-Ching teaches one to understand the most appropriate point about all events and human behavior. We want the student to understand its significance as a Classic book in China and how the ideas in the I-Ching effected the internal martial arts.

The style of Pakua Chang uses the sixty four hexagrams as a basis for the style. Many of the Pakua styles have a movement or animal or change that represents each of the sixty four "kuas." As some believe that the I-Ching can apply to every situation in life, the people who formed the style of Pakua used the idea of developing movement that can apply to any situation in martial combat. Also the form was to illustrate the idea of changeability within principles of unchanging truth.

Skill Drills List - See Video Clips

Wing Arm

Striking a dummy head with 6/9 principle

Fighting application - Lap to Wing Arm

Fighting Application - Groin Kick to Wing Arm

Wing Arm to Headlock

Torque Kick

Air Training followed by zone

Apparatus Training followed by zone

Work Set up Technique and deception for Torque Kick

Lu (Ward Off & Rollback)

Roll back as a Yield & Counter coming from grappling

Rollback and continue the counter going in the same direction

Same with Ward off using the softer aspect

Triangle Step

From grappling to Capture

From Fighting stance experiment responding to various attacking speeds.

Skill Drills - Continued

3-Hand Monkey

Practicing against various levels of resistance from the partners lead arm

Defensive 3 Hand Monkey

Bracelet

Working the balance of arms slipping into bracelet

Condor

4 Positions training

Ground Path Leverage

Practice Pushing partner in Push hands position. Partner has total stiffness

Follow up with a strike using the ground and connecting unitary

Moving to Ground Offense

Practice finish grabbing basketball ad lib and smashing ball to ground on balance

KSCB - Test for Level Two - Phase Two



KSCB - Test for Level Two - Phase Two ✓

☐

Definition and Demo of Wing Arm

☐

Demo the Torque kick in the air and on an apparatus. What is the purpose of a Torque kick>

☐

Demo Ward Off and Rollback (Lu) both in a normal block in fighting and in a softer method in grappling

☐

Demo Triangle step from square and from fighting positions

☐

Demo 3 Hand Monkey in air and on a person or apparatus and teach it to someone

☐

Demonstrate bracelet on an apparatus and person. Show bracelet on different parts of the body.

☐

Demo Condor and teach Condor

☐

Describe and demo Ground Path Leverage

☐

Show Moving to ground using a basketball.

☐

Show some trips and sweeps to ground.

☐

Describe the Forward Pressure Zone

KSCB - Test for Level Two - Phase Two

☐

Demo and teach the Single Hand Process

☐

Explain some things about the Mind in Combat

☐

Explain what the I Ching is and how it relates to Chinese Boxing