



Coaches/Instructors Program for **Level 2 Phase 3**

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 2 - Phase 3



Overview of Level 2 Phase 3

Hand/Arm - Pendulum Palm

Foot/Leg - Heel Kick/Back Sweep

Defenders/Protections - Man Sao - Inside Gate

Traverser/Footwork - Replacement Step

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Chin na - Snake Under Wrap

Collision/Self Defense - Instincts

Unitary - Pakua Palm

Projection - Twisting Force/Silk Reeling

Conditioning - Stamina - Endurance

Ground Fighting - Top Position on the Ground

Skill Drills - PDF - End Notes PDF

Duels - Crossed Wrist Study

Fighting Theory - Offensive Requirements

Mind Training - Pain

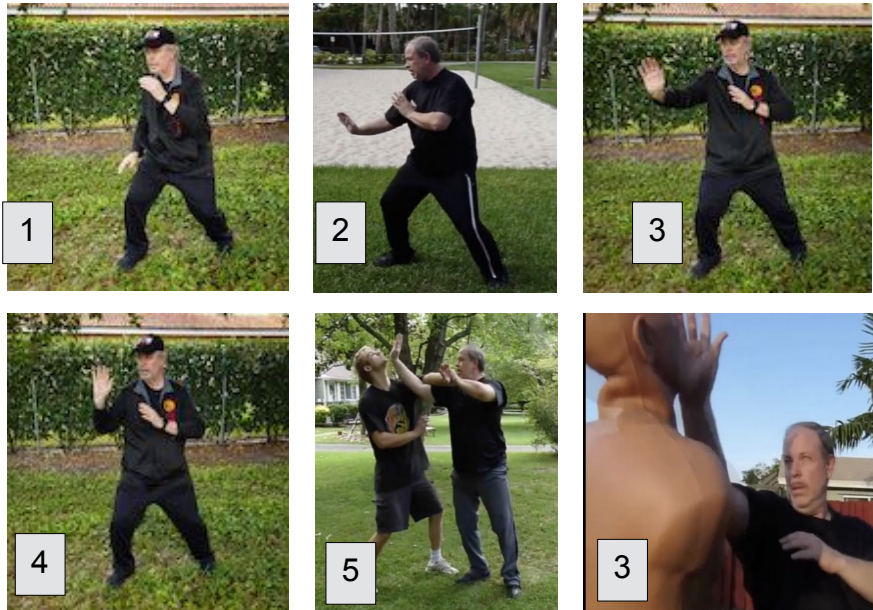
History/Philosophy - History Shaolin

KSCB - Level Two Phase Three

Hand/Arm

Pendulum Palm

Pendulum Palm is unique as it swings from low to high on the same arc as a circle from the bottom. It is useful in that sometimes it will have a path to the chin if an opponent has his hands high protecting the head. Sometimes that leaves an opening from the floor up.



Leg/Foot

Heel Kick - Back Sweep

The main idea of Heel Kick is that the back of the heel just flips toward your rear end bending the knee. This kick can be incorporated at the end of a shuffle B. It can be as simple as flipping the heel up between an opponents legs when he is close right behind you.



Back Sweep

Defenders/ Protections

Man Sao

Man Sao is a complimentary protection with the Chum block learned earlier. Man sao is typically used protecting from the inside gate and chum is used to protect from the outside gate. Both of these blocks are blocks that move forward. Some blocks move sideways and some move backward and these two move forward. Man Sao could be a stop hit if you are comfortable with the hand weapon you are using.

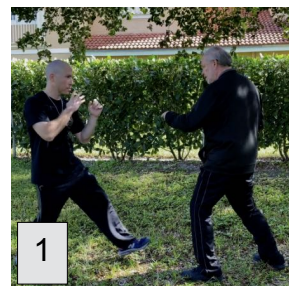
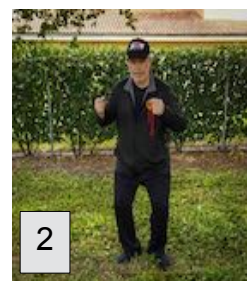
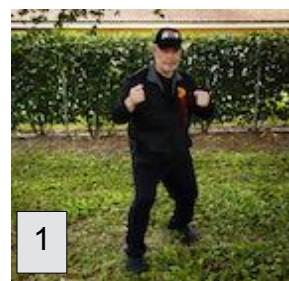


Traversers/Footwork

Replacement Step

This footwork is used in a yield and counter sense. One of the typical uses is when the opponent kicks at your lower leg. As he kicks you quickly bring the foot back to your other foot and the other foot steps forward while you are hitting. So you start on one side (left) and finish with the (right) forward.

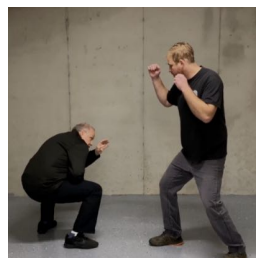
This is not a hop, but is done very quickly.



Combinations

High-Low or Low-High Combo

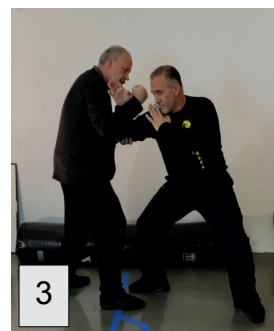
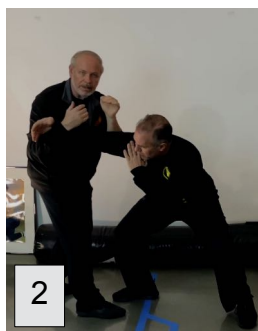
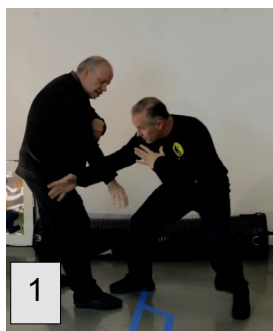
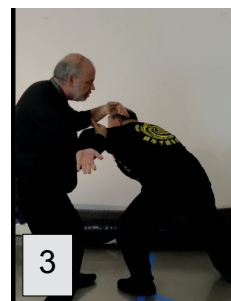
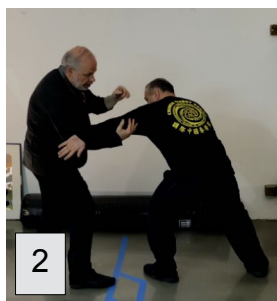
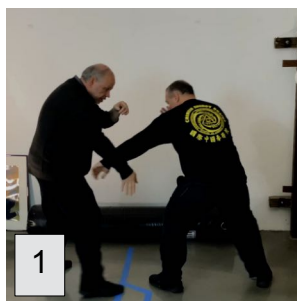
Feints and trickery are common in fighting. This is such a simple concept yet effective. But one must learn to “sell” the high or low in order that the low or high that follows is effective. Probably one of the oldest and effective strategies ever.



Chin na

Snake Under Wrap

This chin na is a type of wrapping movement. If using your right arm, you can go under Opponent's arm from the outside or inside to continue with control. Like most things this can be done softly or with a lot of friction on the entry movement. Once inside it has numerous followups.



Instincts

See video clips

Unitary

Pakua Palm

Pakua Palm is a unitary exercise that combines the aspect of Tsun Kwan explosive energy with the usual power with the dan dian leading and drawing force from the ground. Tsun Kwan launch is not for power but for a non-telegraphed movement to get a jump on the opponent. So the first movement is focused on explosion and not power.

The second movement curves downward with the palm heel as the body is sinking and then bounces back up with the help of the legs moving upward after using the ground to rise.

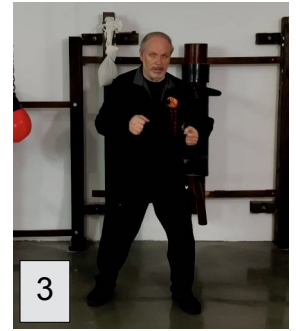
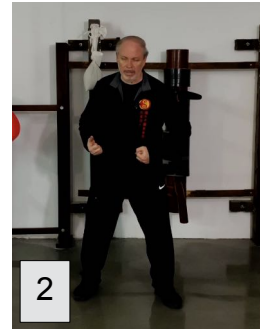
The third move is set up as the hand is coming up and the body is turning to the side loading for a palm strike to the head launched by the ground and turning the waist.



Projection

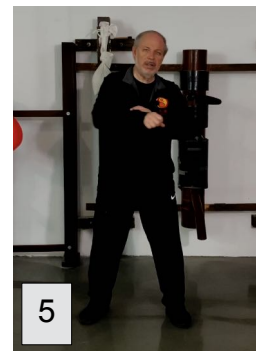
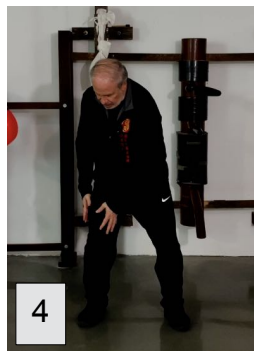
Twisting Force/ Silk Reeling

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.



Draw leverage up from the ground

As the force comes up turn the waist



The legs coil up and down rather than turn in and out

The coiling and turning continue through torso, shoulder, arm and hand

Conditioning

Stamina-Endurance

Endurance would be tested when you are running or continuing in an exercise as long as you can. Stamina could be tested by seeing how fast your recovery time is after an exercise. Off the slow and fast mixed together builds the stamina.

Ground Board

Top Position on Ground

Top Position on the ground is a common grappling position. We see the ground and pound technique and many submissions occur from this position. There is a balance developed and definite decisions that should be made quickly based on the circumstances of the fight.

Many ground fighters do not like the Top Position because they are above the opponent and one must be careful not to give the opponent energy that can be used to turn you over or would allow the opponent to escape if one loses the perfect balance in this position.

Again, in a real fight with many surrounding dangers, it is doubtful we would want to stay on the ground but it would be our goal to be back on our feet as soon as possible.

Skill Drills

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

Duels

Crossed Wrist Study

Crossed wrist means right on right or left on left. We refer to it as the crossed position. At this point we want you to learn three attacks from crossed wrist position. When one gets them down then the duel part is simple as the attacks try and beat the reaction of the opponent to defend.



Pak-Punch



Relay Punch



Lop Punch or Spade

Theory/Principles

Offensive Requirements

To fulfill the Chinese Boxing Encounter theory the offensive requirements are:

1. Must get into critical distance to begin attack.
2. Once in critical the attack must be non telegraphic with both the body and the limb striking.
3. In addition to these explosion skills, you must have deceptiveness in both the body and the limbs.

These are the requirements in order to attack with a timing advantage. We sometimes refer this to “getting a head start”. Offense may be the most difficult entry to get a head start because the skills required are very difficult to execute against a good fighter. Thankfully we have Yield and Counter and Stop Hit as options on entry. Not that it is easy to do any of this against a good fighter, these two entry’s do give one a greater chance of getting a head start during the counter or the stop hit.

Most of the time the #1 requirement above is not met. Understanding the critical distance is very important if one is to get the jump or head start on the opponent during attack.

Mind Training

Pain

In the last point the topic of pain is discussed briefly and its role in mind hit.

My own experience was unique as Mr. Casey was a great master who had a lot of control along with enormous projection. He could pull hair and use grips and press fingers and knuckles with more projection than anyone I’ve ever worked with. I would say that he pulled my hair hundreds of times before my mind was able to ignore the pain of the pull and continue to react appropriately to what was actually happening.

When I did develop this ability it taught me a valuable lesson about pain. Although you may experience a different kind of pain that may surprise your mind, the fact that your mind has endured more and more and more does transfer to aid in keeping the mind focused on the real energy happening rather than the pain and the distraction it can potentially create.

One of my good friends taught me many years ago the interesting effects of the mind and pain. He told me to lie on my back with the feet together. He put a hardwood Kali stick in both of his hands and put the stick across both of my shins. He asked me to try and sit up and he would prevent it by pressing down with the stick on my shins. I started to rise and as he proceeded to grind the stick into my shins, I laid back down.

He told me with the proper energy I could sit up easily. I learned what he said, however common sense told me that it was going to hurt badly whether I sat up or not and there was nothing preventing me from sitting up, so why not sit up. Pain has an amazing effect upon people's minds.

On the other hand if one's art depends on pain it can come up short as well. In the heat of battle many things just do not hurt, that would if you were just standing around relaxed or sitting down.

Adrenalin or being "psyched up" tends to coat the nerves and pain is not as prominent. Leverage is leverage and timing is timing, so when people ask what you should do against a drug crazed attacker that feels no pain. You must execute perfect timing using the opponent's momentum. Yes, that takes skill, but no one said this was going to be easy. The fact is that you should not depend on an opponent's response to pain even though we know its effect in many situations is effective.

In Chinese Boxing we learn offensively to create painful actions, but not to depend on the pain helping you. In other words, if the opponent does not respond to the pain it should not change your ultimate technique you are executing.

Defensively we must learn how to prevent pain from affecting our mind. This training is very difficult. When one has a task that needs done efficiently without interruption then pain cannot interfere or get in the way of your technique.

History/Philosophy

History Shaolin

In discussing the history of the Shaolin martial arts, we are faced with some difficulty in the use of the term "Shaolin."

Literally translated, Shaolin means "young forest." It was the name of a Buddhist temple in Honan province in northern China. In one sense, a Shaolin style is any style with historical roots in the Shaolin Temple. However, the term is also used in several other senses, and to understand these, we must first lay some groundwork. Let us begin with the distinction between "internal" and "external" martial arts. These terms are open to various interpretations, but probably the most prevalent is that internal styles primarily emphasize the development of intrinsic energy, or "chi," whereas external styles lay primary emphasis on the development of the muscular system. The three classical internal styles are Tai Chi Chuan, Pa-Kua Chang, and Hsing-I Chuan. These are collectively referred to as "Wu Tang" styles.

Some persons use the term Shaolin simply to refer to all Chinese martial art other than these Wu Tang styles. Alternatively, Shaolin is taken to mean all external Chinese martial art. These two interpretations are not equivalent, as some Chinese styles other than Tai Chi, Pa-Kua, and Hsing-I have been taught with an emphasis on internal principles. For example, White Crane, generally classified as a Shaolin art, can have the softness, pliability, changeableness, and chi development characteristic of the Wu Tang styles.

Because of these complexities, and because the terms “internal” and “external” are themselves subject to multiple interpretation (to be discussed more fully in another writing), the historical sense of the term “Shaolin martial art” will be adopted here.

The original Shaolin Temple was built possibly fifteen hundred years ago. I say “possibly” because, from the critical standpoint of historical scholarship, there is not enough hard evidence to pin down the date with precision. In fact, many of the beliefs about the Shaolin Temple lie in the domain of legend rather than substantiated fact. However, there is usually some truth to legend, and the traditions of history will be duly noted.

According to some sources, the Shaolin monks eventually established a second temple in Fukien province in southern China. It is said that both temples were burned by the Manchu emperor Yng Cheng and were later rebuilt. Other Shaolin temples may also have existed.

One of the most famous figures associated with Chinese martial art is Ta Mo, the patriarch of Ch’an Buddhism. Buddhism originated in India (where it has since been absorbed to large extent into its mother religion, Hinduism) and spread to China, where it developed, under Ta Mo’s influence, into Ch’an. Ch’an then spread to Japan, where it developed into Zen.

Colorful stories about Ta Mo abound, most of which are not believable. I will restrict this discussion to those aspects of the Ta Mo legend which are most generally agreed upon and most plausible.

According to legend, Ta Mo was an Indian monk (known as Bodhidharma in his native country) who travelled to China to help promote the Buddhist religion. He settled in the Shaolin Temple, where he found his fellow Buddhist monks in poor physical condition due to an unbalanced regimen of meditation. To promote their health and fitness, he introduced a series of exercises (probably influenced by Indian yoga). He is said to have left two manuscripts, one called the I Chin Ching (Muscle Change Classic).

This was the start of the Shaolin order's emphasis on physical prowess and unification of body and mind, a tradition which evolved along martial lines as the monks absorbed and/or developed various combative systems to serve their self-defense needs.

Ta Mo is sometimes credited as the founder of Chinese martial art, but this is probably not the case. China had likely developed various combative systems prior to Ta Mo's time. The Shaolin monks may even have dabbled in martial art prior to Ta Mo. But Ta Mo set the Shaolin on the path of rigorous physical (in addition to mental) cultivation, which led them to an intense interest in martial art.

Since the time of Ta Mo, numerous martial styles have evolved both within and outside the Shaolin system, often cross-fertilizing. Shaolin boxing is said to have originally comprised 18 movements, later expanded to 32 and then 72.

Over the centuries, the Shaolin system grew into a vast network of styles, subdivided both into northern and southern and into long and short. The boxing of the south evolved into five major styles, corresponding to the tiger, leopard, snake, crane and dragon. (All of this, however, is subject to debate. The experts are not in agreement and the historical evidence is not conclusive, so all we can do is try to follow the general outline.)

Skill Drills List - See Video Clips

Pendulum Palm

Pendulum Trap from various blocks

Pendulum Attack with continued encounter steps

Pendulum to take down (leg or waist)

Heel Kick

Escape with entire body while heel kicking someone to the rear

Drills to shuffle B into Heel Kick position behind Opponents Leg

Heel Kick and difficult turn to continue attack with step to zone

Back sweep

Drill sweep with adjusting footwork

Drill with sweep to knee/ankle/groin

Connecting sweep to various hand maneuvers

Pak Check

Outside Gate

Inside Gate

Pak/Check with Forward Pressure

Pak/Check/Strike

Replacement Step

Practice for timing and angle against someone forward stepping or Kicking

Use hands to protect capture and begin attack.

Skill Drills - Continued

High-low or Low-high

Drills for selling the first part

Combine with encounter footwork

Snake Under Wrap

Huen sao wrapping up and down the arm.

Wrap to Elbow lock - add back sweep or takedown by turning

Wrap from crossed position to cover and move forward in zone to capture

Pakua Palm

Do from normal, 1 leg forward, knee position, laying down position, advance step

Pakua Palm as attack with same side forward

Pakua Palm with encounter offensive footwork

Silk Reeling Projection

Exercise to spiral legs

Different ratios of turning in silk reeling

Crossed Wrist Study

Practicing the 3 Attacks as a skill drill

Testing the 3 Attacks by partner trying to prevent beating the bridge

Crossed Wrist Study - See Video Archives

KSCB - Test for Level Two - Phase Three

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Definition and Demo of Pendulum Palm

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Demo the basic uses of Heel Kick & Back Sweep

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Demo Man Sao and Compare with Chum

☐

Demo Replacement Step

☐

Demo High Low or Low High Attack Combo

☐

Demo with partner Snake Under Hook Wrap

☐

Demo and teach Pakua Palm

☐

Demo Top Position on Ground Skill Drills

☐

Demo Cross Wrist Attacks against Partner - Offense

☐

What are the Offensive Requirements in CB Theoery

☐

Demo Cross Wrist Attacks with Partner defending

KSCB - Test for Level Two - Phase Three

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How does pain work in Mind Hit Offensively and Defensively

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Teach Man Sao

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Teach Replacement Step