



Coaches/Instructors Program for **Level 3 Phase 1**

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 3 - Phase 1



Overview of Level 3 Phase 1

Hand/Arm - Elbow

Foot/Leg - Round Kick

Defenders/Protections - Bong Sao

Traverser/Footwork - Advance Step

Combinations - Chain Punching

Chin na - Vising Methods

Collision/Self Defense - Speed/Timing

Unitary - Teacup

Projection - Peng Body State

Conditioning - Coordination - Agility

Ground Fighting - Bottom Position on the Ground

Skill Drills - PDF - End Notes PDF

Duels - Push Hands 1

Fighting Theory - Yield and Counter Requirements

Mind Training - Confidence

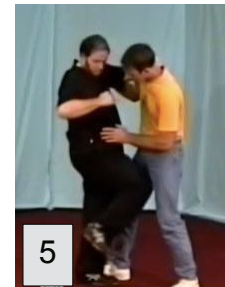
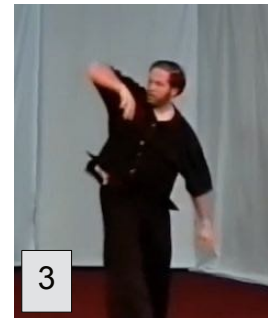
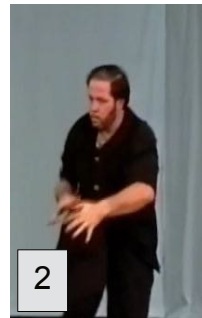
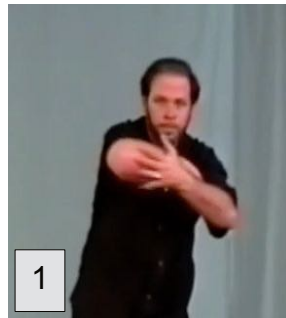
History/Philosophy - History of Taijiquan

KSCB - Level Three Phase One

Hand/Arm

Elbow and Knee

Elbow and Knee are two of your more powerful weapons. The elbow one of the largest and hardest blunt parts of your body that can be used effectively for attacking. The knee is potentially powerful as well. We want to use them well without making the mistake of crossing or over extending. We want to use the knee and get the foot down in a balanced manner.



Round Kick is a useful kick that can be launched from front or rear or from shuffle or stillness.

Leg/Foot

Round Kick

Round Kick is a general term for a kick that comes around at an angle or laterally to hit the opponent not straight ahead, but more off the central line. You can use the top of your foot or the toe of a good shoe. It can be done rear leg or lead leg. After kicking maintain the zone.



Defenders/ Protections

Bong Sao

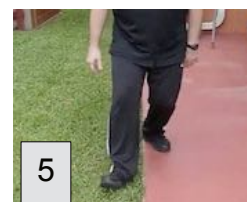
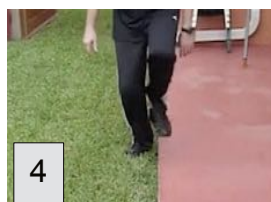
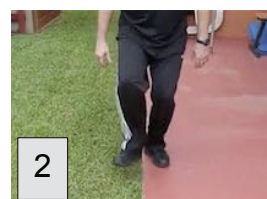
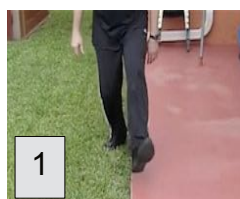
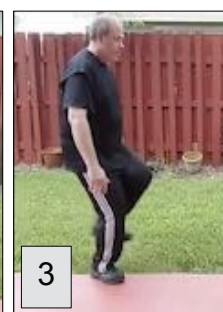
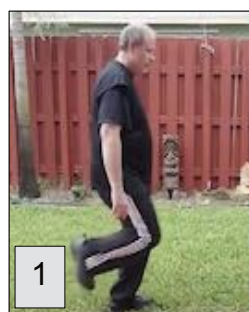
Bong Sao is a unique movement which raises the arm and elbow in order to block a particular punch coming from a specific angle. The reason we would want to use the block is to gain an outside gate position while countering. The rear hand plays a key role in covering and catching the deflected punch to cover and possibly grab the arm. As the blocking arm rolls efficiently to counter.



Traverser's/Footwork

Advance Step

This is the bread and butter step of Chinese Boxing. When moving forward in the forward pressure part of the encounter, one is using the advance step to close and capture the opponent. This step squares one out after entry to be able to change and go in any direction needed.



Combinations

Chain Punching

Chain Punching is from Wing Chun and is one of the fastest ways to throw punches up the center. It is not the most powerful punch but its purpose is speed and to overwhelm the defense quickly. In Chinese Boxing it could be used as a short blitz to get the angle to hit and go in and capture.

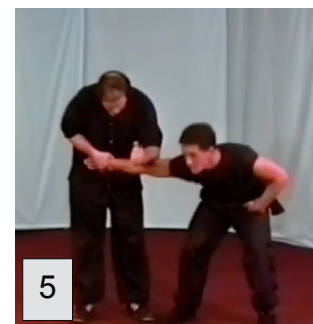
Side View and Front View



Chin na

Vising Methods

Vising usually provides a two way pressure into a couple of joints causing a locking effect. The lock often has a couple of escape routes for the defender, but when an opponent extends the joint and the timing is at the extreme of the reach, then a vise can be very effective. Just for distinction, the ambush takes away some of the escape routes while doing a similar task.



Collision/Self Defense

3 Entries/ Strategies

See video clips

Unitary

Teacup

Teacup is a circular motion in the joints which if done technically a certain way, you would hold a cup of water and it would never turn over while sitting in your palm. This however may take the shoulder and body into a bad position, so that is just a metaphor for the exercises. The movement can be seen in several arts. Wing Chun's Huen Sao is a teacup using the small circle. Our basic one is much bigger. At first you can do the segmented movement, but then it should be practiced with Unitary movement.



Projection

Peng Body State

Peng is the term used in Tai Chi to refer to the tension or state of one's body. How tense or relaxed and in what combination. The special formula in Tai Chi is usually talked about using the two words "stretch and relax". One stretches without becoming tense or hard. One relaxes without becoming limp.

Holding this body state is necessary for internal arts and it is necessary in the fighting arts as well. Can one hold the proper "peng" when under duress? So testing and experience is necessary for this full development.

What is the proper state. I have been around experts who were definitely different in their body state. Some harder and some softer. On a scale from 1-10 you would decide how to label the numbers such as 10 is too rigid and 1 is too relaxed. One should test these things for all aspects of martial arts. For instance, if one strikes with power, at what number can one be relaxed enough to be very fast yet firm enough to hit something very hard? If one uses the energy of the body as a conduit then this peng can be very effective. When in combat what number on the scale would one need to be to absorb and avoid force as it comes into your body.

This study is a lifetime study but experience will teach one the adjustments that need to be made.

Conditioning

Coordination/ Agility

In conditioning we use the words coordination and agility. Coordination has to do with the timing of our own bodies when we are working on movement itself. It refers to the synchronization inside our own body.

Agility refers to this same coordination when our bodies must deal with something outside ourselves. This could be an apparatus or it could refer to dodging a medicine ball or catching and returning a medicine ball and it could also refer to various dueling against an opponent.

Of course both are important throughout our arts and in conditioning as well.

Ground Board

Bottom Position

While our preference in Chinese Boxing is not to go to the ground we do try and do some preparation if that event occurs. Learning the various defenses along with anti-grappling technique is important to be successful. More specifically one must learn many of the features of the guard and bottom position fighting.



Skill Drills

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

Duels

Push Hands 1 Basics

In the first basics of Push Hands we learn what kind of posture to do the exercise. It is surprisingly close to a fighting posture. We learn how to push and where to put the arms for protection through the pushing process. We learn to push and change rather than overextend. We learn about balance and how much to yield and how much to deflect on the defensive side.

So Basically we are learning the overview of this exercise which is cooperative and is best done with a good partner. Both parties should understand the purpose of push hands and how to get the most out of it. Of course at some point it will be necessary to be competitive in order to get better. Like everything else the safety methods should be used to protect as much as possible from injury.



Theory/Principles

Yield and Counter Requirements

In Yield in Counter the requirements are that one should master distance so that when attacked the opponent is not attacking from critical distance with a jump or head start. If one can do this and react well yielding with the body, then one can be in position for counter.

The proper distance is in a fighting posture that can move fast with a centered balance. If an attacker keeps creeping in and you run out of space, then one must attack deceptively as one cannot continue to go back and get pinned against a wall. This delegate balance caused Bruce Lee to mention that Yield and Counter is a great strategy but it is very hard to do.

If one cannot control distance with good footwork then Yield and Counter certainly can fail. Some say Yield and Counter is not fast enough but it is because of the distance. Critical distance is that point the attacker can strike and reach you with an explosion. Even if you block he has the head start and distance to mess up a good Yield and Counter or Stop Hit.

In grappling Yield and Counter has more probability if the body and mind is taught not to resist force and if the body is developed where it has the movement and flexibility to give way to all kinds of situations.

Mind Training

Confidence

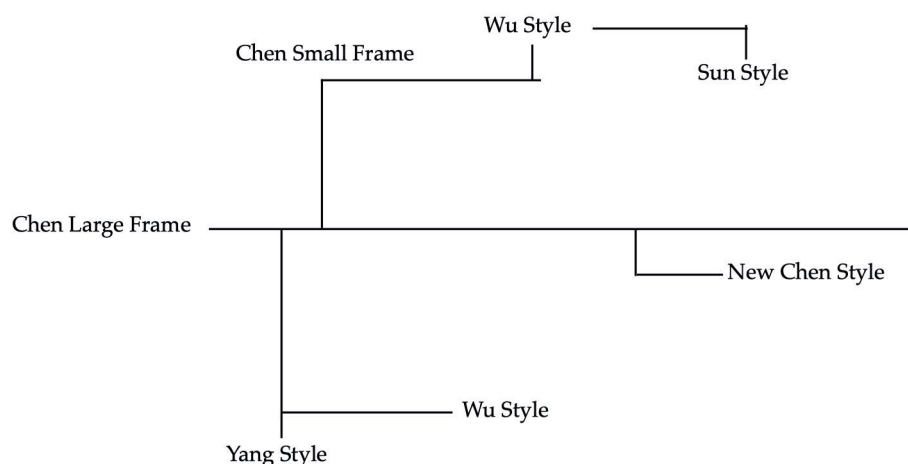
We see in sports competition all the time, the effect of confidence. When one realizes that he can do something and that success is repeated, this builds confidence. Now confidence is built by experience which is successful. Even before that, confidence is built by knowing mentally you are doing the intelligent thing. Repetitions of movement build confidence as the movement or reaction is built deep into the body and finally instinctive. Yes, but focus, centeredness, commitment, is always demanded in an encounter. In early development it is important to build success. Devastating defeat can have long term effects so a building of the confidence is critical. One will have to be tough and deal with setback, but it is best to build the confidence for a period of time. If fear or lack of concentration creeps into the mind, the confidence leaks out.

History of Taijiquan

The history of Tai Chi is taught differently depending on what style and what teacher you have. There are three or four versions that disagree, but all seem to agree that Tai Chi goes through the Chen family about three hundred years ago. Chen Wang Ting was a general in the Chinese army and went into hiding when the Manchu Dynasty began. During these years in Chen village he is said to have created Tai Chi. The postures were drawn from Shaolin as almost every posture is seen in a book called Canon of Boxing by Chi Jiquang who was a colleague and general in the Chinese army. While the postures were the same, the movement from posture to posture was quite different as Chen Wang Ting drew from Tao Yin (Chinese yoga like exercises), Tuna (breathing technique), silk reeling energy, and the basic Chinese medical theory concerning the flow of chi through the meridians of the body in order to create the movement and principle of Tai Chi. This wonderful art flourished in the Chen family and after over a hundred years was learned by a servant in the Chen family named Yang Lu Chuan who then took it to his family and his family took the art to the Chinese people as it became the most widely practiced. The following chart explains the basic way Tai Chi developed in China.

The arguments over where Tai Chi came from are incidental to the fact that the wonderful art exists, and I feel that true Tai Chi people are more interested in that fact than to argue over where it came from.

The CBII has been influenced primarily by Short Yang Style from Chung Man Cheng and Chen style from Gaofei Yan, Chen Quanzhong, Chen Bing and TheChen Xiaowang. The Five famous Tai Chi families that were the main players that develop Tai Chi in the first two centuries.



Skill Drills List - See Video Clips

Elbow and Knee

Using various defenders to move into Elbow work.

Round Kick

Using Round kick to set up zone and continuation to finish

Air/Apparatus/Partner

Bong Sao

Flipping Drill with Partner

Flipping Drill with Large Steel Ball

Using X on the wall for angle work

Bong Sao/Lop Sao Drill

Practicing Soft execution of Bong Sao

Practicing the follow up strike with attention to the elbow position on perimeter

Advance Step

Rolling Feet

Two people push from the side to test leg width

Pushing the weight of a partner without pushing with upper body

Running into mat on wall with area above the knee

Chain Punching

Using apparatus such as wall bag to determine the area of contact on the hand

Hit focus mitt walking forward and backward

With a partner use defensive chain punching followed by straight one.

Vising Methods

10 Movement Mook sequence on Vising

Escaping Vising

Teacup

Reverse Teacup

Whipping Teacup

Power Teacup

Double Teacup and Reverse

Teach in Various stances

Peng Body State

Have partner do Chin na 1 and 2 while working on Peng State

Extend arm and palm with peng state and try to circle wrist fully without losing peng.

Push Hands Basics 1

Practice shifting Bubbling Well to Bubbling Well

Do single rotation with losing coverage or taking too much coverage

Practice Deflecting early and late.

Focus on coverage in all directions.

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Demonstrate a variety of elbow actions and knee actions

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Demonstrate a Round Kick with the follow up

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Demo the Bong Sao with the proper form and follow up

☐

Demo the Advance step with proper technique

☐

Show Vising methods on Partner

☐

Demo Teacup in a variety of ways

☐

Demo Chain Punching - also with forward backward movement with focus mitt

☐

Demo actions from the bottom position on the ground

☐

Demo the basics needed in Push Hands 1

☐

Describe and show how Yield and Counter Strategy works

☐

Explain the 5 famous Styles of Tai Chi Chuan

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Explain how confidence works with an athlete

☐

Explain the distinction between Coordination and Agility

☐

What philosophy governs Tai Chi Chuan?