



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

Kai Sai™
Chinese Boxing



KSCB

Kai Sai Comprehensive Combat

Instructor Manual

Level 3 - Phase 2



Overview of Level 3 Phase 2

Hand/Arm - Upper Cut/Lift Punch

Foot/Leg - Shuffle B Shin Kick

Defenders/Protections - Knee/Leg Protections

Traverser/Footwork - Nervous Feet Exercise

Combinations - Chain Punching Free

Chin na - Ambush Methods

Collision/Self Defense - Stance/Hands Upper Body

Unitary - Four Corners

Projection - Speed

Conditioning - Warm Up - Core Cool Down

Ground Fighting - Ground Movement

Skill Drills - PDF - End Notes PDF

Duels - Push Hands 2

Fighting Theory - Stop Hit Requirements

Mind Training - Effect of Positive Philosophy

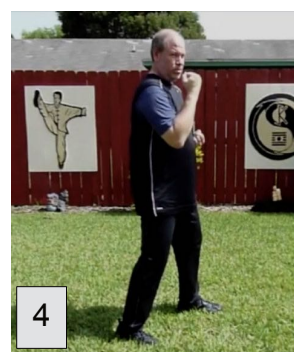
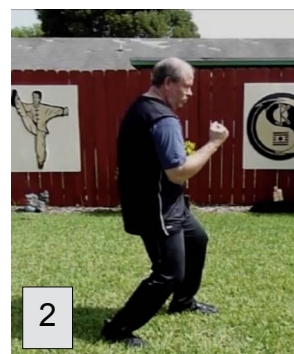
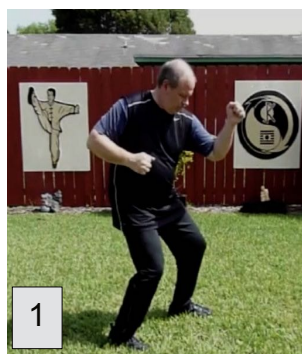
History/Philosophy - History of Pakua Chang

KSCB - Level Three Phase Two

Hand/Arm

Upper Cut/ Lift Punch

Our uppercut movement feels something like our Water Energy Exercise. There is a little more emphasis on the rising punch with a big emphasis on the returning motion back to the body. The Lift punch is a specialty punch coming out of chi sao rotation.

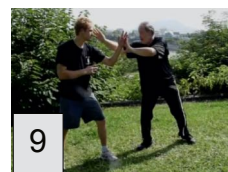
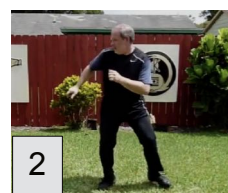


Upper Cut

Leg/Foot

Shuffle B Shin Kick

Shuffle B shin kick is a closed position set up with the stance. It is a kick with the lead leg using the Shuffle B push-off-the-lead-leg energy. The push is not going up but going forward in the closed position. The contact point is the center shin balance and the body leans away from the attacker. The kick's projection is on a horizontal line with the lower leg horizontal on contact to the opponent's center side thigh.



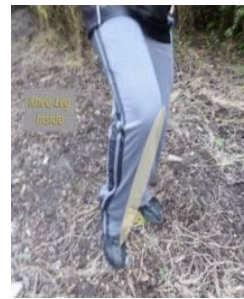
Shuffle B Shin Kick

Defenders/ Protections

Three knee positions for deflecting and protecting

Knee/Leg

Lifting the knee upward so the knee as well as the lower leg can be used to protect one primarily from kicks is the idea. The lower leg can be straight vertical on the lift or can angle in or angle out. This would require excellent reading of what is coming with the angle leg deflections. One must not get crossed with the body during the protection. One should have the CB Recurve in order to not fall backward on contact.

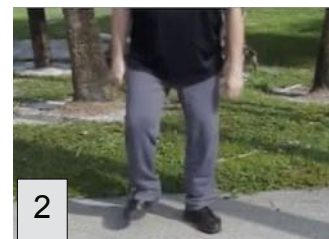


Front View and Side View with Recurve

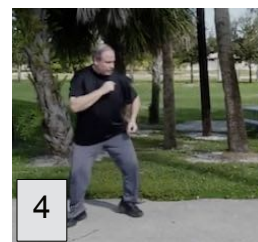
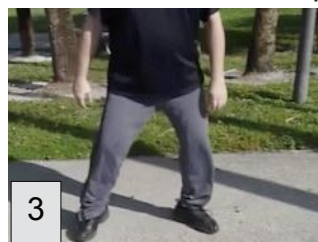
Traversers/Footwork

Nervous Feet Exercise

This is a jittery up and down motion with the feet at a fast alternating pace. It should be practiced so that you can do it longer and faster without your upper body growing tight. After this is done, nervous feet is used with syncopation in order to develop a very deceptive pre-shuffle A energy. This is probably the best deceptive footwork for an offensive attach in Chinese Boxing.



Scamper Exercise



Shuffle A takeoff from Scamper

Combinations

Chain Punching Free

This is an exercise to practice a continuous Chain Punching combination with the height and angle of the punches changing direction.

Since the punch is so straight it can miss the target or the opponent can dodge, so one must have the changeability in this set of punches to direct punches in any direction (height or angle) while continuing the combination,



Chain Punching straight and down to left



Upward toward the right and Upward toward the Left



Chin na

Ambush Methods

The idea of ambush in Chin na is that you are cutting off the lines of escape an opponent have on any given lock. Some ambushes leave more exit points than others. Trapping ambushes are some of the best ones.



Thumb Ambush



Finger Ambush



Wrist lock #2 Ambush



Wrist Lock #1 Ambush



Wrist lock #2 Ambush



Finger Ambush to Chest

Collision/Self Defense

Stance/Hands Upper Body

See video clips

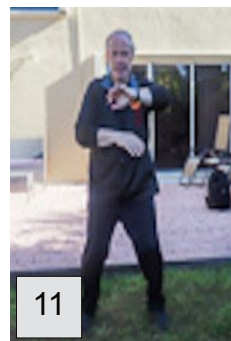
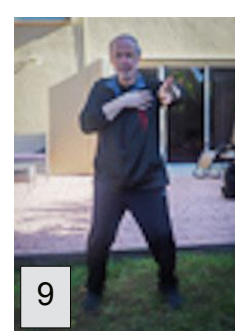
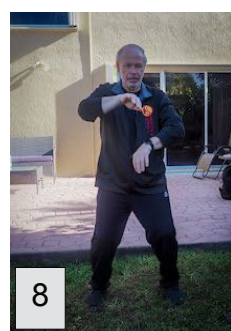
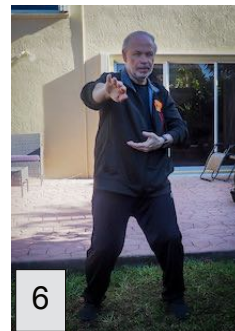
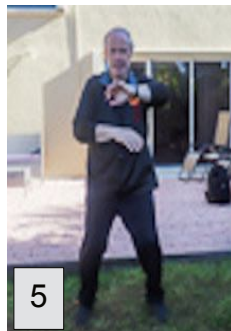
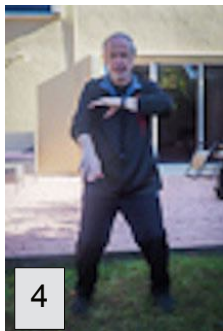
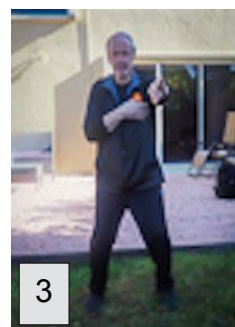
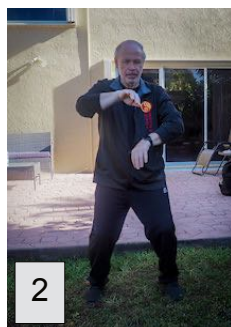
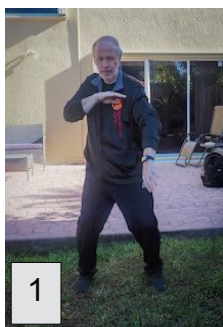
Unitary

4 Corners

This exercise is a little tricky to learn at first. It is using a rolling action with the arms for the first move while the next two moves are a flipping elbow hinge movement. It is alternated smoothly and can actually move pretty fast.

The rolling motion is a potential catching or trapping and the two flipping motions are attacks coming from the perimeter rather than down the center.

This exercise can be practiced with and without unitary movement. Without unitary movement the exercise goes much faster and is a very light speed exercise. With unitary movement each action is very powerful. There are various rhythms you can practice this exercise. It is usually best to keep an even rhythm to start before changing it up.



Projection

Speed

Speed of course plays a major roll in how strong you can project. But without unitary power it does not reach the potential. For example, Chain Punching is one of the fastest ways to deliver punches. I would prefer one solid unitary punch to ten chain punches in hitting someone.

Of course that does not belittle some of the unique qualities of chain punching which can be useful in combat. Of course the study of relaxation is critical in maximizing your mph speed. Speed should be developed with losing all of your “peng” body state.

We also talk about a nervous system take-off speed. Almost like a nerve twitch can be used to enhance the non-telegraphic action desired to surprise the opponent. So there are several aspects of speed we study. For power we want speed to fit into the unitary way of moving.

Conditioning

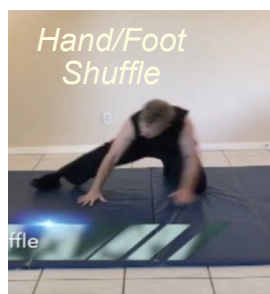
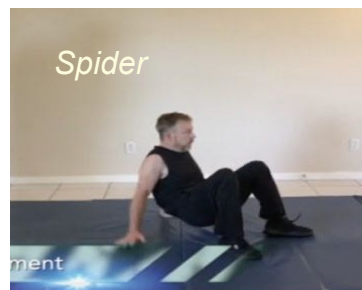
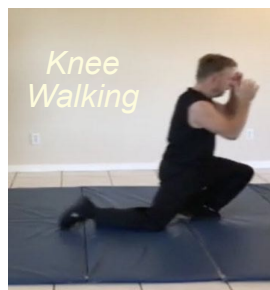
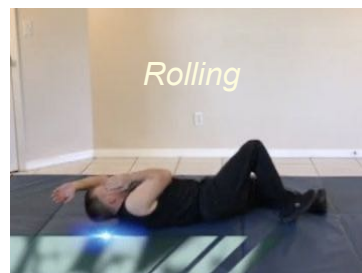
Warm Up / Core / Cool Down

The warm up/cool down plays a vital roll in conditioning. Warm ups and Cool downs are especially useful as one ages and especially useful at all ages to avoid unnecessary injuries. Ray Hager recommends when you have a work out that you have a warm up time, a core training time and then a cool down that is equal to the warm up in time and also in the same things that you did in the warm up. He points out that the race horses that millions of dollars are used to train and to win money back, they always have an extensive warm up and cool down after racing the horse. Check out Ray's video clip on this topic.

Ground Board

Ground Movement

There are a variety of ground movements one should get proficient with in order to be able to compete for every moment in the encounter. Working off the one knee or two knees. Working with the rear end touches the ground and traversing across the floor quickly and efficiently are all part of the necessary tools of a complete fighter.



Skill Drills

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

Duels

Push Hands 2

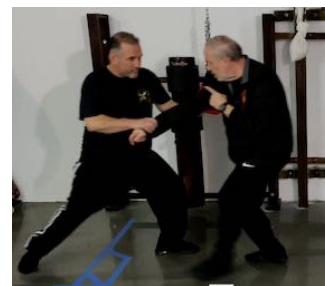
We have three things we want to accomplish in Push Hands 2. Dealing with getting pulled and when to pull. Second we want to really work on Yielding to Force. Third we want to get the hand work down for "off center pushes. Often handwork is inefficient so we will explore the best ways to do this.



Arm Pull



Arm Pull Escape



Escape While Stepping



Yielding to Force



Off Center Push Hand Work

Theory/Principles

Stop Hit Requirements

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.

Basically it is a fighting art that develops Entry skills so that at the right timing one commits to go in and capture the opponent for a finish. One must learn how to use critical distance to attack at the right time and distance. This is different from the hit and run policy. So high percentage and efficient techniques are chosen in order to combine with the execution of the principles.

Entry is studied from the Offensive, Yield and Counter and Stop Hit strategies. If one can get the advantage on entry then there is opportunity to commit forward toward a finish. The advantage is increase due to the forward pressure. Forward pressure leads us to the chance for finish of the fight.

Based on one's size, speed, timing skills, strength the parts of the Encounter can change as everyone is different. In terms of the actual techniques each person will have some techniques that work for them that may not be good for someone else. Over all we take a default position as we learn that we are the weaker person in a fight so the instincts and techniques we use are workable against the strong opponent.

Mind Training

Effect of Positive Philosophy

To summarize this point, it is often a reflection of one's world view belief which can determine the amount of fear one has toward dying. I suppose everyone can have apprehension. If a vicious animal were attacking certainly there is the potential for a rise of the chi.

But the point here is that one who lives with fear of death will not perform to his best potential compared to one who is not afraid of the hereafter and what it brings. Of course this is debatable. In the CBS book I speak of my own experience in this area.

History of Pakua Chang

Pakua's history is one of the more difficult to trace as the mysterious founder or first teacher was Tung Hai Chuan. Legend has it that he taught fifty seven students. Many or most of the students who came to him were experienced in other arts. The amount of time that these individuals studied with Tung Hai Chuan varied greatly with Yin Fu probably his student with the longest tenure.

We know from Yin Fu's teaching that there was a large volume of material to learn from Tung Hai Chuan. The problem is that many of the students taught things so differently from each other, it has been difficult to establish if there is an orthodox Pakua. We can say for sure that the principles of the internal are definitely a part of the art, but technique varies considerably.

In CBII our Pakua comes from Mr. Casey through Wang Shu Shen. Mr. Casey of course was influenced by the synthesis of principles, and from studying about Wang Shu Shen's history it seems he had similar leanings. Wang was known in China more as a great leader of the I Kuan religious movement, a synthesis type of religion.

As he lived in Taiwan for many years and traveled to Japan and other places he built a strong reputation as an excellent Pakua practitioner. Wang Shu Shen obviously taught different students different things.

It makes things difficult when one tries to capture an accurate history of an art; therefore, to come to an idea of synthesis and reliance on the major principles seems to be a logical direction.

Skill Drills List - See Video Clips

Upper Cut / Lift Punch

Do Upper Cut Unitarily in all positions (standing different feet forward, one knee, on ground)

Do Upper Cut with footwork

Shuffle B Shin

Do on Heavy Bag angled correctly

Sometimes move bag at the last moment

Practice set up for kick to work

Practice follow up footwork

Nervous Feet

Nervous Feet from Wuji

Small blitzes of nervous feet from fighting stance

Smaller blitzes with syncopation

Explode a shuffle A-Advance step out of broken rhythm nervous feet

Knee/Leg Protections

Practice specific angled kicks with the angled blocks

Practice speed lifting knee with recurve energy

Practice follow up footwork from each deflection and block

Chain Punching Free

On moving focus mitt

On moving opponent

Skill Drills - Continued

Ambush Methods

Ambush from an opponents pulling motion

Ambush after a Lap block on a jab or back fist attack

4 Corners

Do 4 corners at an even rhythm

Do 4 corners with segmented and unitary movement

Do 4 corners while stepping and also going to one knee and to ground

Ground Movement

To be filled later

Push Hands 2

Practice balance point between being pushed or pulled

Practice Tao changing drill when there is an off center push

Practice the movement deep on shoulder and then crash downward and move around

Practice light free style yielding to everything that comes

Practice yielding to everything plus add simultaneous pressure to strategic angle to the partner

Stepping while being pulled

Stop Hit Requirements

Opponent telegraphs while you move in and intercept

Opponent tries different types of footwork to get an offensive jump and you stop hit at the correct time

Focus on line and angle and protection while stop hitting

KSCB - Test for Level Three - Phase Two

☐

Demo of full upper cut pattern

☐

Shuffle B shin kick on heavy bag

☐

Show the 3 main angles of knee block and explain how this would work and what the requirements are.

☐

Demo the 3 main nervous feet exercises and then show a shuffle A advance step from nervous feet. Explain purpose.

☐

Do Free Chain Punching in air and on a moving focus mitt

☐

Show an ambush position and explain the difference between an ambush and a visaing chin na.

☐

Demo Four Corners in a Unitary way

☐

Demo various movements on the ground

☐

Teach the response to various pulls.

☐

Show how to handle off center push in push hands

☐

Show push hands with yielding

KSCB - Test for Level Three - Phase Two

☐

Explain the requirements to execute a good stop hit

☐

Teach nervous feet

☐

Teach Shuffle B Shin Kick