



Coaches/Instructors Program for **Level 4 Phase 1**

*Kai Sai*™  
Chinese Boxing



# KSCB

*Kai Sai Comprehensive Combat*

## Instructor Manual

**Level 4 - Phase 1**



### Overview of Level 4 Phase 1

**Hand/Arm - Forefist Variations**

**Foot/Leg - Shuffle A Front Kick**

**Defenders/Protections - Kwai Jarn**

**Traverser/Footwork - Shuffle A - Advance**

**Combinations - Bill Jee Free Style**

**Chin na - Silk Reeling Finger Escapes**

**Collision/Self Defense - Targets/Weapons**

**Unitary - Perigee/Brooming**

**Projection - Thrusting vs. Shock**

**Conditioning - Air-Apparatus-Partners**

**Ground Fighting - Trap, Bridge & Roll**

**Skill Drills - PDF - End Notes PDF**

**Duels - Pakua Joint Hands 1**

**Fighting Theory - Yielding/Structure**

**Mind Training - Mind Hit Execution 1**

**History/Philosophy - History of Wing Chun**

# KSCB - Level Four Phase One

## Hand/Arm

### Forefist Variations

Variations of forefist can refer to the pattern and return action. For example when the feet are lined up on a line with the elbow and fist while punching this is the strongest alignment forefist. Each Forefist has its pros and cons and each works best in certain conditions.



*Forefist to the left drops down after striking.*



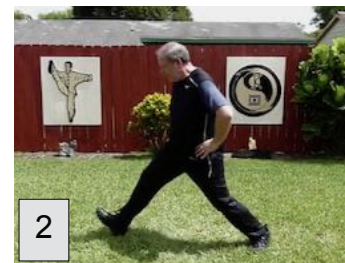
*The second row is the most natural as the forefist moves inward. The last row is an upward pattern after the punch.*



## Leg/Foot

### Shuffle A Front Kick

Shuffle A Front kick is taught with the weight toward the front kicking foot. It is used best with a hard toe shoe and can be delivered to the shin or groin. It is a kick designed to get one closer in order to complete a CB Encounter. The rear leg pushes as the lead toes go directly to the target and the rear leg slides up to keep the distance the same. The weight of the body is meant to be used to deliver a heavy kick even though it is a very fast kick.





## *Defenders/ Protections*

### **Kwai Jarn**

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Kwai Jarn is an elbow movement that circles high counter clockwise with the right arm and then crashes downward in a motion that looks like one is trapping something with the entire arm during the drop. It can be used to deflect, strike or trap.



## *Traversers/Footwork*

### **Shuffle A - Advance**

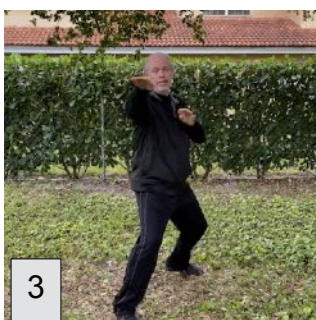
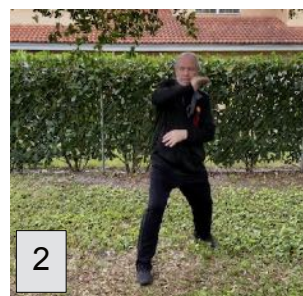
After learning both the shuffle A and the Advance step separately, the combination of the two make up the main components of the CB footwork during attack. As the rear foot pushes off to step with the lead foot, the lead foot toes out slightly and the body continues forward with the rear foot stepping forward with the advance step. The first step gets the jump on the opponent so the rear step is possible to do safely.



## ***Combinations***

### **Bil Jee Free**

The patterns of Bil Jee have been inward horizontal circle, outward horizontal circle. With two hands it has been double inward, double outward. Or it can be one in and one out in an open-close pattern. Bil jee free takes these movements and combines them along with short block and thrust movements. This allows Bil Jee to be alive and change with the situation.



## ***Chin na***

### **Finger Escapes (Silk Reeling)**

Finger escapes follow the silk reeling theory. One goes in the direction that the opponent is taking the finger, but uses a small circle to go around and behind the attacking energy to both escape and launch an attack back toward the opponent.





## Collision/Self Defense

### 3 Entries/ Strategies

See video clips

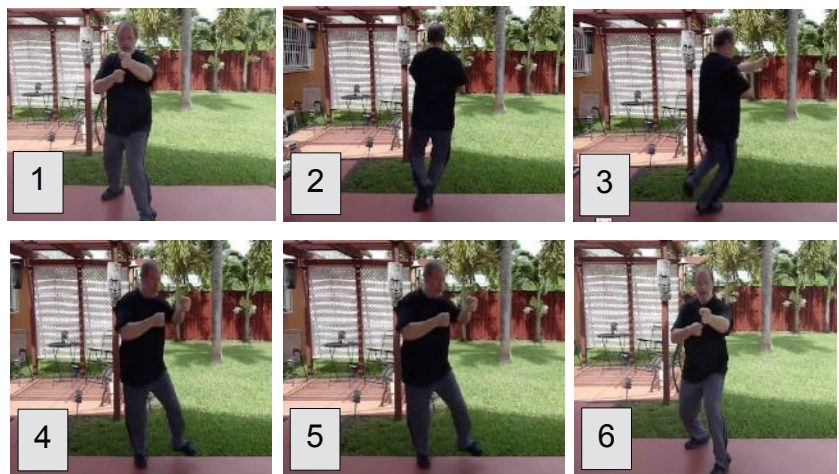
#### Unitary

### Perigee/ Brooming

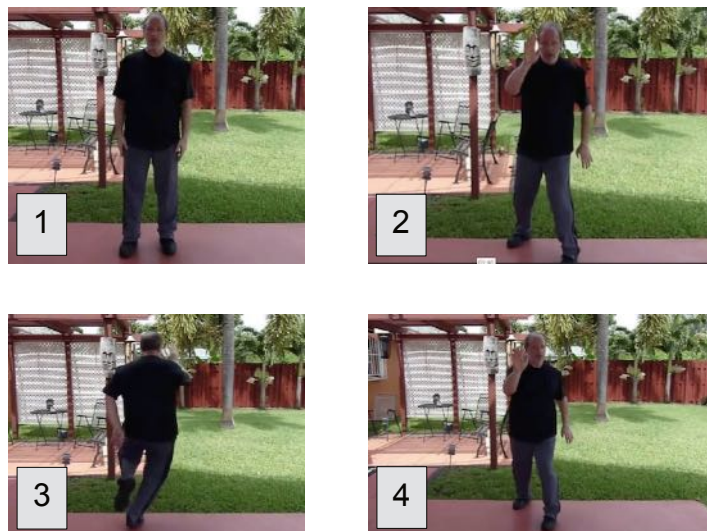
Vortex Perigee is a 360 spin. If one is facing an opponent with the left side forward, one spins on the rear ball of foot spinning clockwise all the way back to the exact position one starts in. One spins with root and energy to go forward upon landing. Many hand actions can be put offering protection and attacking.

Vortex Brooming is similar in the direction of the spin and using the back foot to spin. It starts different by stepping backward with the right foot and then spinning clockwise and around toward the opponent. So Perigee comes from a still position and Brooming happens after stepping back.

*Vortex Perigee*



*Vortex Brooming*



## ***Projection***

# **Thrusting vs Shock**

Thrust force or crushing force is a force that drives into the target primarily in the same way a car hits something when it is in motion. The faster and heavier the car, the greater the impact. On the other hand, shock force hits but also has the capability to pull back or have a reverse force. It requires excellent speed and a type of retraction or sucking force. Both shock and push can destroy. Both follow the same ideas of pattern and other projection points. The energy of each hit often causes different results. Push drives away the target and shock often pulls the target. Shock is often desired because of the speed and its ability to penetrate the humans nervous system. The nervous system overrides the muscular system and shock gives the smaller person a chance to affect the body of a much bigger person. If a small person hits with push, he may have only a so-so effect on a huge person, but if this small person could hit with shock, it might effect the nervous system etc.

We often use thrust force in Chinese Boxing since we use forward pressure in closing the encounter. Shock is more easily used when one does not need to have so much forward motion.

Chen Tai Chi has an excellent study of shock force in their “fajing”. Fajing means quick release of force. They believe that tremendous body relaxation allows them to sink faster and bounce very fast off the ground with much force often in a shock mode which is effective for knock out and penetrating the nervous system. Other styles may do similar things to achieve shock.

## ***Conditioning***

# **Air/Apparatus/ Partners**

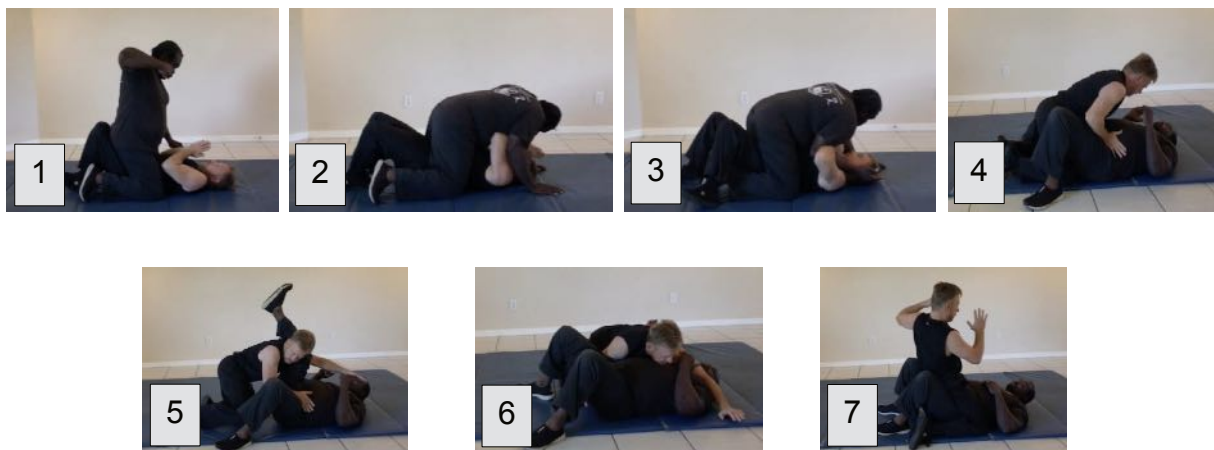
In Chinese Boxing we teach that one should learn any technique in the air, on an apparatus and on a live partner. This gives balance and understanding to the technique and how it should be independently projected.

In conditioning we may use an exercise from Walu done in the air. We will also practice it with some sort of weight or apparatus. Then we will use the motion in a two person drill with a partner. The conditioning changes with each form and gives balance and Yin/Yang understanding to the combative motion.

## Ground Board

### Trap, Bridge & Roll

One of the main ground drills good for defending the ground and pound position and then passing the guard to side position and then the exercise recycles.



## Skill Drills

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

## Duels

### Pakua Joint Hands 1

Pakua Joint Hands is a form of dueling. Drills are necessary to give one the format or method of doing this duel. So in this phase the first five Pakua dueling drills are taught and practiced.

Although the next two phases will have more drills. These first five are the necessary ones in order to be able to do the duel well and get the most out of it.





## *Theory/Principles*

# Yielding with Structure

Yielding with structure is another Yin/Yang combination. When one is close to the opponent and feels the force of the opponent, we try and develop an instinct that does not resist force.

While learning to do that, it is important that we also do it without putting our body in a bad structure. The structure gives us power in the yield and potential power in the counter. Without the structure the counter is often weak. So of course this is a study of many positions and situations that must be practiced a lot in order to have the instinct to do it.

## *Mind Training*

# Mind Hit Execution 1

In this first Mind Hit Execution phase we teach the classical idea of mind hit.

We then take examples using the vital point elbow attacks from the SAS-G curriculum.



## **History of Wing Chun**

Wing Chun in the Chinese Boxing Institute International comes from Mr. Casey through Lo Man Kam in Taiwan through Yip Man. There seem to be indications that Wing Chun comes from Fukien White Crane.

The legendary story of Wing Chun is that Ng Mui, a Buddhist nun was a master who escaped from the burning Shaolin temple and went to set her home in another temple. A young girl named Yim Wing Chun from a nearby village was harassed by a local bully who wanted to marry her. Ng Mui supposedly met Yim Wing Chun one day at the market and then took her to the mountain to teach her the martial art that she had developed. The story is that although she was a Shaolin master she could not compete with the bigger stronger men so she developed an efficient art that did not want to fight the force of a stronger opponent.

The story goes on that Yim Wing Chun returned to the village and beat up the bully and married her true love she had left years before, back in her home village. The story has been the motivation for many movies in Hong Kong and China.

Ng Mui supposedly witnessed a fight between a fox and a wild crane. The fox ran around in circles trying to attack the crane. The crane stayed in the center and would deflect with its wings and simultaneously launch a counter with its beak. This was supposed to be the motivation for the new art.

Nevertheless, we have great respect for the efficient method of fighting that comes from this art.

# **Skill Drills List - See Video Clips**

## **Forefist Variations**

Develop situations for each Forefist variation to work

## **Shuffle A Front Kick**

On apparatus

On apparatus with toe out continuation

On person with padding on Shin to develop in movement.

## **Kwai Jarn**

From Chi Sao exercise coming over the top and down..

On apparatus for the dropping elbow strike

Grappling situation creating a trap that drops opponent to the floor.

Developing a Kwai Jarn that reduces chances of crossing.

## **Shuffle A Advance**

Working on the correct takeoff continuing with a vertical body.

Working on the second/third step not losing time.

## **Bil Jee Free**

Working offensively for a confusing attack.

Working defensively in a Yield and Counter mode.

Working the reversing Bil jee (starting in or out and reversing)

Working Bil Jee attack to finish.



## **Skill Drills - Continued**

### **Finger Escapes**

Application against downward finger lock.

Application against upward finger lock.

Application against inward or outward finger lock.

### **Perigee/Brooming**

Work Spin defensively off an oncoming punch.

Work Spin when attacking with a punch as a counter offensive move. (Opponent is countering)

Work Brooming off of various retreating steps.

### **Thrusting vs Shock**

Practice short range punch alternating between thrust and shock.

Hit an apparatus with partner holding it and trying to create both a thrust and shock hit.

Use a Reverse punch with thrust while going to the finish.

Use a Reverse punch in place with shock after stopping after initial entry.

### **Trap Bridge and Roll**

Cycle this exercise

### **Pakua Joint Hands 1**

Attack out of the circle with an explosive straight line.

Attack out of the circle and partner provides a straight forward resistance. Work on power of turn.

Attack out of circle and relay when opponent deflects powerfully.

### **Yielding With Structure** - training with partner

**Mind Hid Execution 1** - practice some of the vital point elbow attacks.

## KSCB - Test for Level Four - Phase One



### KSCB - Test for Level One - Phase Three ✓

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Definition and Demo of Forefist Variations

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Demo and teach the Shuffle A Front Kick

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Demo Kwai Jarn

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Demo Show Finger Escapes with Silk Reeling

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Demo Bil Jee Free

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Demonstrate Perigee and Brooming

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Demo Thrusting vs Shock

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Demo Air / Apparatus / Partners using one of the unitary exercises.

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Demo the Trap, Bridge and Roll drill.

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Pakua Joint Hands 1 Basic exercises

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Demo Yielding - Structure with partner.

## KSCB - Test for Level Four - Phase One

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Teach a vital point elbow attack in Mind Execution 1

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History of Wing Chun - general things which influenced the art

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Demo Skill Drills designated by instructor.