

CBIA

Chinese Boxing Curriculum

White - Level 1

KAI SAI CHINESE BOXING BOARDS		
L1 P1	White Level	Level 1 - Phase 1
1	Hand/Arm	Whip Hand
2	Foot/Leg	Font Kick Step Down Offensive
3	Defenders/	4-Point Palm
4	Traversers/Footwork	Shuffle A (Centering)
5	Combination	Figure 8 Upward
6	Chin na	Finger Chin na
7	Collision/Self	
8	Unitary	Snake Cobra and Swinging Arms
9	Projection	Preparation - Turing Exercise for Knee Protection
10	Conditioning	Internal Warm Up
11	Ground Fighting	Around the World
12	Skill Drills	
13	Duels/Touch	Hsieh Sao
14	Fighting Theory	Stance, 4 Fighting Positions, Structure, Recurve, Centeredness
15	Mind Training	Yin/Yang Balance (Focus and Relaxation)
16	History/Philosophy	History of CBII

KAI SAI CHINESE BOXING BOARDS		
L1 P2	White Level	Level 1 - Phase 2
1	Hand/Arm	Forefist
2	Foot/Leg	Front Stop Kick
3	Defenders/Protections	Chum (outside gate)
4	Traversers/Footwork	Scampering
5	Combination	Figure 8 (Downward)
6	Chin na	Wrist Lock #1 - #2 - #3
7	Collision/Self Defense	
8	Unitary	Outer Circles
9	Projection	Project points for Forefist
10	Conditioning	Shuffle Combos
11	Ground Fighting	Takedown Defense
12	Skill Drills	
13	Duels/Touch	Non-Telegraph Whiphand
14	Fighting Theory	Basic Yielding with Centeredness & Structure
15	Mind Training	Opening
16	History/Philosophy	History of Kai Sai

KAI SAI CHINESE BOXING BOARDS		
L1 P3	White Level	Level 1 - Phase 3
1	Hand/Arm	Reverse Punch
2	Foot/Leg	Inside Cut & Inside Sweep
3	Defenders/Protections	Pak/Check
4	Traversers/Footwork	JKD Shuffle
5	Combination	1-2 Punch
6	Chin na	Elbow Lock #1 - #2 - #3
7	Collision/Self Defense	
8	Unitary	Water Exercise
9	Projection	Pattern
10	Conditioning	Spinal Refreshment
11	Ground Fighting	Deep Dive "Around the World"
12	Skill Drills	
13	Duels/Touch	Two Hand Drill to Unbalance
14	Fighting Theory	Chinese Boxing Encounter
15	Mind Training	Learning Mind
16	History/Philosophy	Yin/Yang Philosophy

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Yellow - Level 2

KAI SAI CHINESE BOXING BOARDS		
L2 P1	Yellow Level	Level 2 - Phase 1
1	Hand/Arm	Spade Hand
2	Foot/Leg	Shuffle B Side & Side Stop Kick
3	Defenders/Protections	Triangle Protection
4	Traversers/Footwork	Shuffle B Step Behind
5	Combination	Spade/Lop/Spade
6	Chin na	Lop
7	Collision/Self Defense	
8	Unitary	Sledging
9	Projection	Structure
10	Conditioning	Soft/Hard Changeable
11	Ground Fighting	Traversers - Knee walking to 4 pt Base
12	Skill Drills	
13	Duels/Touch	Single Hand Chi Sao Basics
14	Fighting Theory	Critical Distance
15	Mind Training	Mind Prep for Real Self Defense
16	History/Philosophy	Wu Hsing

KAI SAI CHINESE BOXING BOARDS		
L2 P2	Yellow Level	Level 2 - Phase 2
1	Hand/Arm	Wing Arm
2	Foot/Leg	Torque
3	Defenders/Protections	Rollback - Ward Off - Condor - Jut Sao
4	Traversers/Footwork	Triangle
5	Combination	3-Hand Monkey
6	Chin na	Bracelet (wraps)
7	Collision/Self Defense	
8	Unitary	Condor
9	Projection	Ground Path Leverage
10	Conditioning	Strength/Power
11	Ground Fighting	Knee on Drill
12	Skill Drills	
13	Duels/Touch	Single Hand Process
14	Fighting Theory	Forward Pressure Zone
15	Mind Training	Mind in Combat
16	History/Philosophy	I-Ching

KAI SAI CHINESE BOXING BOARDS		
L2 P3	Yellow Level	Level 2 - Phase 3
1	Hand/Arm	Pendulum Palm
2	Foot/Leg	Heel Kick & Back Sweep
3	Defenders/Protections	Man Sao (inside gate)
4	Traversers/Footwork	Replacement Step
5	Combination	High Low or Low High Attack Combo
6	Chin na	Snake Under Hook Wrap
7	Collision/Self Defense	
8	Unitary	Pakua Palm
9	Projection	Twisting Force (silk reeling)
10	Conditioning	Stamina/Endurance
11	Ground Fighting	Escorts Takedown
12	Skill Drills	
13	Duels/Touch	Crossed Wrist Study
14	Fighting Theory	Offensive Requirements
15	Mind Training	Pain
16	History/Philosophy	History of Shaolin

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Orange - Level 3

KAI SAI CHINESE BOXING BOARDS		
L3 P1	Orange Level	Level 3 - Phase 1
1	Hand/Arm	Elbow and Knee
2	Foot/Leg	Round Kick
3	Defenders/Protections	Bong Sao
4	Traversers/Footwork	Advance Step
5	Combination	Chain Punching
6	Chin na	Vising Methods
7	Collision/Self Defense	
8	Unitary	Teacup
9	Projection	Peng Body State
10	Conditioning	Coordination/Agility
11	Ground Fighting	Standing over Downed Opponent
12	Skill Drills	
13	Duels/Touch	Push Hands Basics 1
14	Fighting Theory	Yield and Counter Requirements
15	Mind Training	Confidence
16	History/Philosophy	History of Taijiquan

KAI SAI CHINESE BOXING BOARDS		
L3 P2	Orange Level	Level 3 - Phase 2
1	Hand/Arm	Upper Cut & Lift Punch
2	Foot/Leg	Shuffle B Shin Kick
3	Defenders/Protections	Knee/Leg Protections
4	Traversers/Footwork	Broken Rhythm & Nervous Feet Exercise
5	Combination	Chain Punching Free
6	Chin na	Ambush Methods
7	Collision/Self Defense	
8	Unitary	4 Corners
9	Projection	Speed
10	Conditioning	Warm Up - Core - Cool Down
11	Ground Fighting	Basic Position - Mount, Guard, Side, Back, scarfhold
12	Skill Drills	
13	Duels/Touch	Push Hands Basics 2
14	Fighting Theory	Stop Hit Requirements
15	Mind Training	Effect of Positive Philosophy
16	History/Philosophy	History of Pakua Chang

KAI SAI CHINESE BOXING BOARDS		
L3 P3	Orange Level	Level 3 - Phase 3
1	Hand/Arm	Bolo
2	Foot/Leg	Missile Kick & Groin Scoop
3	Defenders/Protections	Lap & Pak Lap
4	Traversers/Footwork	Pre Shuffle A Additional Footwork
5	Combination	Bill Jee In and Out
6	Chin na	Figure 4 Short Arm Scissor
7	Collision/Self Defense	
8	Unitary	Tiger
9	Projection	Sledging
10	Conditioning	Transitions
11	Ground Fighting	Bridging, Shrimping, Escaping, blanketing, upa, elbow knee escape
12	Skill Drills	
13	Duels/Touch	Push Hands Basics Free
14	Fighting Theory	Rooting (Structure)
15	Mind Training	Synthetic Apriori Fist
16	History/Philosophy	History of Hsing-I

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Purple - Level 4

KAI SAI CHINESE BOXING BOARDS		
L4 P1	Purple Level	Level 4 - Phase 1
1	Hand/Arm	Forefist Variations
2	Foot/Leg	Shuffle A Front Kick
3	Defenders/Protections	Kwai Jarn
4	Traversers/Footwork	Shuffle A Advanced
5	Combination	Bill Jee Free
6	Chin na	Finger Escapes (Silk Reeling)
7	Collision/Self Defense	
8	Unitary	Perigee/Brooming
9	Projection	Thrusting vs Shock
10	Conditioning	Air/Apparatus/Partners
11	Ground Fighting	Trap Bridge and Roll
12	Skill Drills	
13	Duels/Touch	Pakua Joint Hands 1
14	Fighting Theory	Yielding Structure
15	Mind Training	Mind Hit Execution 1
16	History/Philosophy	History of Wing Chun

KAI SAI CHINESE BOXING BOARDS		
L4 P2	Purple Level	Level 4 - Phase 2
1	Hand/Arm	Spade Hand B
2	Foot/Leg	Shuffle A Instep Reverse
3	Defenders/Protections	X Taun Sao
4	Traversers/Footwork	Nervous Feet Shuffle A Advance
5	Combination	Jab/Jab
6	Chin na	Wrist Escapes (silk reeling)
7	Collision/Self Defense	
8	Unitary	Apogee
9	Projection	Unitary
10	Conditioning	Postures
11	Ground Fighting	Framing/Striking/Punching/Hammering/360 Aware
12	Skill Drills	
13	Duels/Touch	Pakua Joint Hands 2
14	Fighting Theory	Body State (Peng)
15	Mind Training	Mind Hit Execution 2
16	History/Philosophy	Western/Eastern Thought

KAI SAI CHINESE BOXING BOARDS		
L4 P3	Purple Level	Level 4 - Phase 3
1	Hand/Arm	Fist Drop
2	Foot/Leg	Shuffle A Round
3	Defenders/Protections	X Guam Sao
4	Traversers/Footwork	Monkey Overstepping
5	Combination	Forefist/Elbow or Hook
6	Chin na	Escapes from Elbow Lock
7	Collision/Self Defense	
8	Unitary	Circle Within a Circle
9	Projection	Sand Training for Fingers
10	Conditioning	Internal Systems/External Parts
11	Ground Fighting	Standing Takedown/Drill Trap/Bridge & Roll
12	Skill Drills	
13	Duels/Touch	Pakua Joint Hands 3
14	Fighting Theory	Unitary - Silk Reeling
15	Mind Training	Mind Hit Execution 3
16	History/Philosophy	Mind Hit Book

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Blue - Level 5

KAI SAI CHINESE BOXING BOARDS		
L5 P1	Blue Level	Level 5 - Phase 1
1	Hand/Arm	Iron Palm (1)
2	Foot/Leg	Stop Kicks CBE
3	Defenders/Protections	Separating Palm
4	Traversers/Footwork	Offensive Package (Focus on Shuffle A)
5	Combination	Switchblade/Pakua Hook
6	Chin na	Crown Eagle Part 1
7	Collision/Self Defense	
8	Unitary	Metal 1
9	Projection	Mook Jong Exercise 1
10	Conditioning	Workout Solo 1
11	Ground Fighting	Technical Stand up & Kick/Cover
12	Skill Drills	
13	Duels/Touch	Hsing-i Joint Hands 1
14	Fighting Theory	Line and Angle (Efficiency)
15	Mind Training	Mind Hit Defense 1
16	History/Philosophy	One and the Many

KAI SAI CHINESE BOXING BOARDS		
L5 P2	Blue Level	Level 5 - Phase 2
1	Hand/Arm	Short Range Punch
2	Foot/Leg	Shuffle A Kicks in CBE
3	Defenders/Protections	Huan Sao ?
4	Traversers/Footwork	Offensive Package (Focus on pre - Shuffle A)
5	Combination	Spade/Pak/Wingarm
6	Chin na	Crown Eagle Part 1
7	Collision/Self Defense	
8	Unitary	Metal 2
9	Projection	Mook Jong Exercise 2
10	Conditioning	Workout Solo 2
11	Ground Fighting	Kicking - Kneeing - Checking
12	Skill Drills	
13	Duels/Touch	Hsing-i Joint Hands 2
14	Fighting Theory	Centeredness - 6/9 Theory
15	Mind Training	Mind Hit Defense 2
16	History/Philosophy	What is Kai Sai Kung Fu?

KAI SAI CHINESE BOXING BOARDS		
L5 P3	Blue Level	Level 5 - Phase 3
1	Hand/Arm	Whip Hand w/ CBE Capture
2	Foot/Leg	Shuffle B Kicks in CBE
3	Defenders/Protections	Poon Sao ?
4	Traversers/Footwork	Offensive Package with Focus on Finish Footwork
5	Combination	Pak/Check/Spade
6	Chin na	Crown Eagle Part 1
7	Collision/Self Defense	
8	Unitary	Metal 3
9	Projection	Mook Jong Exercise 3
10	Conditioning	Workout Solo 3
11	Ground Fighting	Frame On Drill
12	Skill Drills	
13	Duels/Touch	Hsing-i Joint Hands 3
14	Fighting Theory	Projection
15	Mind Training	Mind Hit Defense 3
16	History/Philosophy	Synthesis vs. Pure Style

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Green - Level 6

KAI SAI CHINESE BOXING BOARDS		
L6 P1	Green Level	Level 6 - Phase 1
1	Hand/Arm	Reverse Punch to Capture
2	Foot/Leg	SD Kicks in CBII
3	Defenders/Protections	Triangle to Capture
4	Traversers/Footwork	Yield and Counter Bamboo Package through FP
5	Combination	Duck/Pendulum/Check/Spade
6	Chin na	Crown Eagle Part 2
7	Collision/Self Defense	
8	Unitary	Wood 1
9	Projection	Mook Jong Exercise 4
10	Conditioning	Workout Apparatus 1
11	Ground Fighting	Monkey Climbs
12	Skill Drills	
13	Duels/Touch	CB Encounter Kong Sao Overview
14	Fighting Theory	Speed
15	Mind Training	Vision Level 1
16	History/Philosophy	What is Mind Hit Boxing

KAI SAI CHINESE BOXING BOARDS		
L6 P2	Green Level	Level 6 - Phase 2
1	Hand/Arm	Counter Striking CBE
2	Foot/Leg	Zone Following Kick
3	Defenders/Protections	Defenders Moving Forward
4	Traversers/Footwork	Yield and Counter Triangle Package through FP
5	Combination	Pendulum Slip
6	Chin na	Crown Eagle Part 2
7	Collision/Self Defense	
8	Unitary	Wood 2
9	Projection	Mook Jong Exercise 5
10	Conditioning	Workout Apparatus 2
11	Ground Fighting	Attack the Layer
12	Skill Drills	
13	Duels/Touch	CB Encounter Kong Sao Easy Strategies
14	Fighting Theory	Distance/Timing
15	Mind Training	Vision Level 2
16	History/Philosophy	Internal vs External

KAI SAI CHINESE BOXING BOARDS		
L6 P3	Green Level	Level 6 - Phase 3
1	Hand/Arm	Stop Hit Tools
2	Foot/Leg	Stomping
3	Defenders/Protections	Defenders Moving Sideward
4	Traversers/Footwork	Yield and Counter Package-plus Finish Footwork
5	Combination	Spade/Lop/Punch
6	Chin na	Crown Eagle Part 2
7	Collision/Self Defense	
8	Unitary	Wood 3
9	Projection	IP - Slapping
10	Conditioning	Workout Apparatus 3
11	Ground Fighting	Sweeping, Vising, Wrapping on Ground
12	Skill Drills	
13	Duels/Touch	CB Encounter Kong Sao Offense
14	Fighting Theory	Touch
15	Mind Training	Vision Level 3
16	History/Philosophy	Kai Sai Teachers

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Brown - Level 7

KAI SAI CHINESE BOXING BOARDS		
L7 P1	Brown Level	Level 7 - Phase 1
1	Hand/Arm	Striking with Fingertips
2	Foot/Leg	Spring Hip Kick
3	Defenders/Protections	Defenders Moving Backward
4	Traversers/Footwork	Defensive Stop Hit Footwork
5	Combination	4/5 Hand Blitz
6	Chin na	Set ups for Chin na
7	Collision/Self Defense	
8	Unitary	Fire
9	Projection	IP - Stamping
10	Conditioning	Workout Partner 1
11	Ground Fighting	Attack the layer + 1
12	Skill Drills	
13	Duels/Touch	CB Encounter Kong Sao Bamboo
14	Fighting Theory	Intensity
15	Mind Training	Mind Hit Theory
16	History/Philosophy	Kai Sai Definer

KAI SAI CHINESE BOXING BOARDS		
L7 P2	Brown Level	Level 7 - Phase 2
1	Hand/Arm	Using Single Knuckles
2	Foot/Leg	Stone Killer Monkey #1
3	Defenders/Protections	Double Arm Blocks CBE
4	Traversers/Footwork	Simultaneous or Early Stop Hit Footwork
5	Combination	Low/High Monkey
6	Chin na	Chin na to Set up a Finish
7	Collision/Self Defense	
8	Unitary	Earth
9	Projection	IP - Cutting
10	Conditioning	Workout Partner 2
11	Ground Fighting	Joint Breaking Structural Damage
12	Skill Drills	
13	Duels/Touch	CB Encounter Kong Sao Triangle
14	Fighting Theory	Mind Hit Theory
15	Mind Training	Mind Energy Fist Alpha
16	History/Philosophy	Kai Sai Energy Fist

KAI SAI CHINESE BOXING BOARDS		
L7 P3	Brown Level	Level 7 - Phase 3
1	Hand/Arm	Gripping Penetration
2	Foot/Leg	Lunge Front Kick
3	Defenders/Protections	Lap to Finish
4	Traversers/Footwork	Footwork against Lower Leg Takedown
5	Combination	Walu rhythms
6	Chin na	Chin na Striking to Finish
7	Collision/Self Defense	
8	Unitary	Bolo
9	Projection	IP - Throwing
10	Conditioning	Workout Partner 3
11	Ground Fighting	Attack the Layer + 2
12	Skill Drills	
13	Duels/Touch	CB Encounter Kong Sao - Late Stop Hit
14	Fighting Theory	Overall Strategy
15	Mind Training	Mind Hit Energy Fist - Beta
16	History/Philosophy	Lever/Enterface/Archimage

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Chinese Boxing Curriculum

Black - Level 8

KAI SAI CHINESE BOXING BOARDS		
L8 P1	Black Level	Level 8 - Phase 1
1	Hand/Arm	Gripping Penetration
	Foot/Leg	Cutting Shin Kicks
3	Defenders/Protections	Elbow and Shoulder Tip Blocks
	Traversers/Footwork	Step Back and Go Forward
5	Combination	Wrist Flick Bolo
	Chin na	Crown Eagle Part 3A
7	Collision/Self Defense	
	Unitary	Chinese Wrestling Sling
9	Projection	Fajin
	Conditioning	Example Workout 1
11	Ground Fighting	Striking from Defensive & Dominant Positions
	Skill Drills	
13	Duels/Touch	CBE - Kong Sao Simultaneous Stop Hit
	Fighting Theory	Under Aim
15	Mind Training	MInd Hit Energy Fist - Gamma
	History/Philosophy	Accountability - Value of Team

KAI SAI CHINESE BOXING BOARDS		
L8 P2	Black Level	Level 8 - Phase 2
1	Hand/Arm	Bird Whip
	Foot/Leg	Spinning Back Kick (Fukien)
3	Defenders/Protections	Bil Jee Hinge
	Traversers/Footwork	Pivot - Creeping
5	Combination	Low/High Monkey
	Chin na	Crown Eagle Part 3B
7	Collision/Self Defense	
	Unitary	Pakua Hook
9	Projection	Finger Pressure Thumb
	Conditioning	Example Workout 2
11	Ground Fighting	Horizontal Distortion - Mixed Positions
	Skill Drills	
13	Duels/Touch	CBE - Kong Sao Early Stop Hit
	Fighting Theory	Under Aim
15	Mind Training	MInd Hit Energy Fist - Delta
	History/Philosophy	Levels of Commitment

KAI SAI CHINESE BOXING BOARDS		
L8 P3	Black Level	Level 8 - Phase 3
1	Hand/Arm	Shoulder Strike
	Foot/Leg	Front Stomp Kick
3	Defenders/Protections	Catching Kicks
	Traversers/Footwork	JKD - Special Triangle
5	Combination	High Strike Leg Catch
	Chin na	Crown Eagle Part 4
7	Collision/Self Defense	
	Unitary	The Bounce
9	Projection	Finger Pressure - Lung Heng
	Conditioning	Example Workout 3
11	Ground Fighting	Kong Sao - 1 Attacker, Multiple Attackers, Weapons
	Skill Drills	
13	Duels/Touch	CBE - Kong Sao Mixed Strategies
	Fighting Theory	Aggressiveness vs Waiting
15	Mind Training	MInd Hit Energy Fist - Omega
	History/Philosophy	Mind to Heart to Fusion