

CBIA Chinese Boxing Synthesis List

The Skill Drill Board and the Collision Board are both shown Online and are not listed here.

Hand/Arm Board

1

1. Whip Hand
2. Forefist
3. Reverse Punch

2

4. Spade Hand
5. Wing Arm
6. Pendulum Palm

3

7. Elbow and Knee
8. Upper Cut and Lift Punch
9. Bolo

4

10. Forefist Variations
11. Spade Hand B
12. Fist Drop

5

13. Iron Palm
14. Short Range Punch
15. Whip Hand to Capture

6

16. Reverse Punch to Capture
17. Counter Striking in CBE
18. Stop Hit Strikes

7

19. Striking with Fingertips
20. Using Single Knuckle
21. Gripping Penetration

8

22. Fukien Single Knuckles
23. Bird Whip
24. Shoulder Strike

Foot/Leg Board

1. Front Kick Step Down
2. Front Stop Kick
3. Inside Cut and Inside Sweep
4. Shuffle B Kick and Stop Side Kick
5. Torque Kick
6. Heel Kick and Back Sweep
7. Round Kick
8. Shuffle B Shin Kick
9. Missile Kick and Groin Scoop
10. Shuffle A Front Kick
11. Shuffle A Instep Reverse
12. Shuffle A Round
13. Stop Kicks CBE
14. Shuffle A Kicks in CBE
15. Shuffle B Kicks in CBE
16. Self Defense Kicks in CBE
17. Zone Following Kick
18. Stomping
19. Spring Hip
20. Stone Killer Monkey
21. Lunge Front Kick
22. Cutting Shin Kicks
23. Spinning Back Kick (Fukien)
24. Front Stomp Kick

Defenders

1

1. 4 Point Palm Block
2. Chum Block (outside gate)
3. Pak Check

2

4. Triangle Protection
5. Lu-Rollback Ward-Off
6. Man Sao

3

7. Bong Sao
8. Knee/Leg Protections
9. Lap and Pak/Lap

4

10. Kwai Jarn
11. X Taun Sao
12. X Guam Sao

5

13. Separating Palm
14. Huan Sao
15. Poon Sao

6

16. Triangle to Capture
17. Defenders Moving Forward
18. Defenders Moving Sideward

7

19. Defenders Moving Backward
20. Double Arm Blocks CBE
21. Lap to Finish

8

22. Elbow and Shoulder Tip Blocks
23. Bil Jee Hinge
24. Catching Kick

Traversers

1. Shuffle A Centering
2. Scampering
3. JKD Shuffle

4. Shuffle B and Step behind scissor
5. Triangle Step
6. Replacement Step

7. Advance Step
8. Nervous Feet Exercise
9. Additional Pre-Shuffle A

10. Shuffle A - Advance step
11. Nervous feet, Shuffle A, Advance step
12. Monkey Overstepping

13. Offensive Package Focus on Shuffle A
14. Offen. Package - Focus on Pre-Shuffle A
15. Offe. Package Focus on Finish Footwork

16. Y&C/Bamboo Package through FP
17. Y&C Triangle Package through FP
18. Y&C Complete Footwork Package

19. Defensive Stop Hit Footwork
20. Simultaneous or Early SH Footwork
21. Stop Hit Steps Against Takedown

22. Step Back to Go Forward
23. Pivot-Creeping
24. JKD - Special Triangle

Unitary

1

1. Snake Cobra - Swinging Arms
2. Outer Circles
3. Water Exercise

2

4. Sledging
5. Condor
6. Pakua Palm

3

7. Teacup
8. 4 Corners
9. Tiger

4

10. Perigee/Brooming
11. Apogee
12. Circle Within a Circle

5

13. Metal 1
14. Metal 2
15. Metal 3

6

16. Wood 1
17. Wood 2
18. Wood 3

7

19. Fire
20. Earth
21. Bolo

8

22. Chinese Wrestling Sling
23. Pakua Hook
24. The Bounce

Projection

1. Turning/Squatting Exercise
2. Projection Points for Forefist
3. Pattern

4. Structure
5. Ground Path Leverage
6. Twisting Force (Silk Reeling)

7. Peng Body State
8. Speed
9. Sledging

10. Thrusting vs Shock
11. Unitary
12. Sand Training

13. Mook Jong Ex 1
14. Mook Jong Ex 2
15. Mook Jong Ex 3

16. Mook Jong Ex 4
17. Mook Jong Ex 5
18. IP Slapping

19. IP Stamping
20. IP Cutting
21. IP Throwing

22. Fajin
23. Finger Pressure Thumb
24. Finger Pressure Lung Heng

Conditioning

1

1. Internal Warm Up
2. Shuffle Combos
3. Spinal Refreshment

2

4. Soft/Hard Changeable
5. Strength/Power
6. Stamina/Endurance

3

7. Coordination/Agility
8. Warm Up -Core - Cool Down
9. Transitions

4

10. Air-Apparatus-Partners
11. Postures
12. Internal Systems/External Parts

5

13. Workout 1 Solo
14. Workout 2 Solo
15. Workout 3 Solo

6

16. Workout 1 Apparatus
17. Workout 2 Apparatus
18. Workout 3 Apparatus

7

19. Workout 1 Partner
20. Workout 2 Partner
21. Workout 3 Partner

8

22. Example Workout 1
23. Example Workout 2
24. Example Workout 3

Anti Grappling - Ground

1. Around the World
2. Takedown Defense -
3. Deep Dive Around the World
4. Traversers -knee walking to 4 pt Base
5. Knee on Drill
6. Escorts Takedowns
7. Standing over Downed Opponent
8. Basic Grappling Positions Mount/ Guard/scarfhold and back
9. Bridging, Shrimping, Escaping, blanketing, upa, elbow knee escape
10. Trap, Bridge and Roll
11. Framing/Striking/Punching/ Hammering -360 Aware
12. Framing/Create Space
13. Technical, Stand-up, kick/cover
14. Kicking, Kneeing, Checking
15. Frame On Drill -
16. Monkey Climbs
17. Attack the Layer
18. Sweeping, Vising, Wrapping on ground
19. Attack the Layer +1
20. Joint Breaking/Structural Damage
21. Attack the Layer +2
22. Striking from Defensive and Dominant Positions
23. Horizontal Distortion Mixed Positions
24. Kong Sao - 1 attacker, multiple attacker, weapons

Duels

1

1. Hsieh Sao
2. Non-Telegraph Whip Hand
3. Two Hand Drill to Unbalance

2

4. Single Chi Sao Basics
5. Single Hand Process
6. Crossed Wrist Study

3

7. Push Hands 1
8. Push Hands 2
9. Push Hands 3

4

10. Joint Hands 1
11. Joint Hands 2
12. Joint Hands 3

5

13. Hsing-i Joint Hands 1
14. Hsing-i Joint Hands 2
15. Hsing-i Joint Hands 3

6

16. CBE Kong Sao Overview
17. CBE Kong Sao Easy Strategies
18. CBE Kong Sao Offense

7

19. CBE Kong Sao Bamboo
20. CBE Kong Sao Triangle
21. CBE Kong Sao Late Stop Hit

8

22. CBE Kong Sao Simultaneous Stop Hit
23. CBE Kong Sao Early Stop Hit
24. Kong Sao Mixed Strategies

Fighting Theory Principles

1. Stance Posiitons - Recurve Centeredness
2. Yielding with Structure & 6/9
3. Chinese Boxing Encounter
4. Critical Distance
5. Forward Pressure Zone
6. Offensive Requirements
7. Yield and Counter Requirements
8. Stop Hit Requirements
9. Rooting/Structure
10. Yielding/Structure
11. Body State/Peng
12. Unitary/Silk Reeling
13. Efficiency Line and Angle
14. Centeredness 6/9 Theory
15. Projection
16. Speed
17. Distance/Timing
18. Touch
19. Intensity
20. Mind Hit Theory
21. Overall Strategy
22. Under Aim
23. Aggressiveness vs. Waiting
24. Balancing Touch and Mechanics

Mind Training

1

1. Yin/Yang Focus and Relaxation
2. Opening
3. Learning Mind

2

4. Mind Prep for Self. Defense
5. Mind in Combat
6. Pain

3

7. Confidence
8. Effect of Positive Philosophy
9. Synthetic Apriori Fist

4

10. Mind Hit Execution 1
11. Mind Hit Execution 2
12. Mind Hit Execution 3

5

13. Mind Hit Defense 1
14. Mind Hit Defense 2
15. Mind Hit Defense 3

6

16. Vision Level 1
17. Vision Level 2
18. Vision Level 3

7

19. Mind Hit Theory
20. Mind Hit Energy Fist - Alpha
21. Mind Hit Energy Fist - Beta

8

22. Mind Hit Energy Fist - Gamma
23. Mind Hit Energy Fist - Delta
24. Mind Hit Energy Fist - Omega

History/Philosophy

1. History of CBII
2. History of Kai Sai
3. Yin/Yang Philosophy

4. Wu Hsing
5. I-Ching
6. History/ShaoLin

7. History Taijiquan
8. History of Pakua Chang
9. History of Hsing-i

10. History of Wing Chun
11. Western/Eastern Thought
12. Mind Hit Book

13. One and the Many
14. What is Kai Sai Kung Fu
15. Synthesis vs Pure Style

16. What is Mind Hit Boxing
17. Internal vs External
18. Kai Sai Teachers

19. Kai Sai Definer
20. Kai Sai Energy Fist
21. Lever/Enterface/Archange

22. Accountability Value of Team
23. Levels of Commitment
24. Mind Heart