



Chinese Boxing Boards – Core Synthesis

Hand / Arm

- Whiphand
- Fore Fist
- Spadehand
- Pendulum Palm
- Wing Arm
- Reverse Punch
- Lift Punch
- Bolo
- Monkey Overhead
- Fist Drop
- Palm Methods (4)
- Short Range Punch

Foot / Leg

- Lift
- Side
- Shuffle A Front
- Instep Reverse
- Shuffle A Round
- Side
- Shuffle B Round
- Torque
- Round
- Front Stomp
- Groin Scoop/Missile
- Inside Sweep/Heel

Defenders

- Chum
- Pak
- Lap
- Bong
- Jut
- Condor
- Man
- X Taun Sao
- X Guan Sao
- Triangle
- Knee
- Separating Palm

Traversers

- Shuffle A
- Advance
- Triangle
- Shuffle B
- Scampering
- Nervous Feet
- Drunken Step
- Monkey Overstepping
- JKD Shuffle Series
- Offense
- Yield and Counter
- Stop Hit

Combinations

- Chain Punching
- Bil Jee
- Figure 8 Up/Down
- Whiphand/jabbing
- Lead Hand Rear Hand
- Switchblade
- Forefist-Elbow or Hook
- Spade-Lop-spade
- Three Hand Monkey
- Spade-Pak-Wingarm
- Pak-check-Spade
- Duck/Palm-check-spade

Unitary Exercises

- Snake Cobra
- Outer Circles
- Sledgeing
- Condor
- Pakua Palm
- Water Exercise
- Teacup
- Four Corners
- Circle Within a Circle
- Tiger
- Four/Five Hand Blitz
- Vortexing (3)

Projection

- Pattern
- Structure
- Ground Leverage
- Twisting Force - SR
- Relaxation - Body State
- Speed
- Gravity - Sledging
- Shock vs Thrust Force
- Unitary
- Exercises - Application, Sand training, Mook Jong Ex., EX and IN Hand training

Conditioning

- Soft~Hard= Changeable
- Strength ~ Power
- Stamina ~ Endurance
- Coordination - Agility
- Warmup ~Core~Cool Down
- Air
- Apparatus
- Partners
- Postures
- Internal systems
- External parts

Chin na

- Lop
- Finger
- Wrist (3)
- Elbow (3)
- Bracelet
- Vising methods
- Short Arm Scissors
- Neck
- Ambush
- CE Section 1-2
- CE Section 3-4
- CE Section 5-6

Collision

- Distance
- First Response
- Misc grabs
- Elbow
- Knee
- Vital Points
- Response to Angles
- Three Strategies
- SD against Weapons
- Multiple Attack Strategy
- Using the Environment
- Finishing

Ground Fighting

- Takedown Defense
- Breakfalls(movtoGrDef)
- Takedowns(MovtoGrOff)
- Top Position on Gr
- Bottom Posiiton on Gr
- Ground Movement
- Submission Finishes
- Strike Finishes on Gr
- Kicks/Sweeps on Gr
- Drills
- Duels
- Overall Strategy

Skill Drills

- Hsieh Sao
- Pushes
- Reaction to Push
- Non-telegraphic
- Folding Skills
- Triangle and Adv Step
- Jeet Sao Exercises
- Four Hand Monkey
- Bong Sao/Lop Sao
- Basic Arm/Body Balance
- Single Chi Sao Rotation
- Push Hands Rotations

Duels

- Crossed Wrist
- Standard Chin na Tie up
- Single Hand Process *
- Double Chi Sao *
- Push Hands *
- Pakua Joint Hands *
- Hsing-I Joint Hands *
- Kong Sao
- Additional Duels
- A. Chi Tek, B. Fukien Joint Hands

Fighting Theory

- Ten Principles
- Chinese Boxing Encounter
- Three Entry Requirements
- Mechanical variations:
 - Body placement - legs B. Body Placement-Hands, C. Closed vs Open
- Speed
- Distance and Timing
- Touch
- Mind Hit and Strategy

Mind Training

- Mind in Combat:
 - Mind Hit Execution
 - Mind Hit Defense
 - Distraction
 - Intensity
 - Pain
 - Confidence
- The Learning Mind
 - Opening - Attitude
 - Imaging
 - Method of Judging success failure
- Synthetic Apriori Fist
- Drills

History/Philosophy

- History of CBII
- Yin Yang
- Wu Hsing
- I-Ching
- History of: Shaolin, Taiji Chuan, Pakua Chang, Hsing-I Chuan, and Wing Chun
- Differences in Western and Eastern Thought
- Mind Hit Book by Casey

