

CBII Chi Sao

A - Principles and Overview

1. Understand Chi Sao and the Big Picture of the Encounter
2. Balance - Up, Down, Left and Right
3. Attack with Balance and Changeability and Coverage
4. Defend by Holding Center and not Crossing
5. Simplicity Rules
6. Develop Reactions that correspond to CB Theory related to : Static Touch vs. Forward Pressure Touch
7. Understand Variables such as - Distance, Size of arms, effect of initial speed and non-telegraphic movement
8. Inside/Outside Gate Considerationsgggg@@@&uu+88hn

B - Single Rotation

Chung Chuai (Punch) vs Bong Sao

Fook Sao vs. Taun Sao

Jum Sao vs Yan Cheung (Palm Strike)

1 - Breakdown of Positions - Simultaneous Block and Attack

Taun Sao - Offense/Defense

Fook Sao - Defense/Offense

Jum Sao - Defense triggered Energy

Chung Chuai - Offense/Defense

Bong Sao - Defense/Offense

Palm Strike - Offense/Defense

2 - Actions Taught in the Rotation - Delicate Balance

Bong Sao to Taun Sao
Taun Sao to Palm Strike
Palm Strike to Bong Sao
Chung Chuai to Fook Sao
Look Sao to Jum Sao
Jum Sao to Punch

3 - Offense/Striking - Seeking the Hole - Strike While Protected

Offense for:

Taun Sao - Inside/Outside Gate
Man Sao - Inside/Outside Gate
Fook Sao - Outside Gate
Chung Chuai - Outside/Inside Gate - Relationship to Man Sao

Indirect Striking

Man Sao
Taun Sao
Chung Chuai

Stop Hit Striking

Man Sao
Taun Sao
Fook Sao
Chung Chuai
Bong Sao

4 - Defense - Cover Without Crossing

Taun Sao - Energy Forward - Also Hooking Taun Sao

Fook Sao - Energy Forward but also a Yield and Counter Energy - Friction

Back/Explode Forward - Also, Huan Sao to Bong Sao

Bong Sao - Without Crossing -

Wu Sao - Independent energy and a little off the body

5 - Changes to Off-Center Pressure -

Taun Sao OG Pressure - Huan Sao to Hook Punch or Bill Jee (huan sao)

Taun Sao IG Pressure - Condor or Bill Jee (huan sao)

Taun Sao OG Pressure - Bong Sao

Fook Sao OGP - Huan Sao to Hook or Bil Jee

Fook Sao - Yield and Counter ... Backward Friction/Explode forward

6 - Roll of Wu Sao

7 - Perfect Single Chi Sao Rotation

8 - Chinese Boxing Drills

1. Hsieh Sao
2. 2. Lop Drills
3. 3. Bong Sao Flip Rotation
4. 4. Drilling Line (Inside/Outside Gate)

Single Chi Sao Process (Adding Forward Pressure)

1. Offense Line
2. Punch and Change
3. Deflect Punch with Rollback .. Variations of timing
4. Add Stepping and use Clearing Hand

C - Double Chi Sao

1. Kai Sai Rotation
2. Standard Rotation
3. Understand Difference between the two

- Rotation with a partner should be mastered before moving on.
- Stamina in Arms/Shoulders should be developed before moving on.

Double Chi Sao Ways to Drill and Train

1. First Hit
2. First Hit with Change/Fold
3. First Hit with Yield and Counter
4. First Hit with Yield and Counter and then Counter the Counter
5. Stop Hit
6. Work on Beginning Touch Position
7. Attack with Forward Pressure to Finish
8. Free Double Chi Sao without Forward Pressure