

拾 · The Second Stripe

*Pink Belt · 2nd Stripe — the first stripe kept your feet on the floor. This one takes them off it. Eight tests across **six arts**, and half of them happen in the air.*

Chapter 7 was the first stripe — hardware, mechanics, ground transitions, all with at least one foot down. The second stripe changes the question: **can you leave the ground and still own what happens next?** Four of these eight are aerials, drawn from four different traditions — and to keep it honest, the other four are the *counterweight*: the deepest root in the book, the fastest trap, and the invention that welds two things into one. Capoeira, Taekwondo, Chinese wushu, Tai Chi, Jeet Kune Do, and Taido — one camera, one floor. **Pass all eight core movements** — one per test. Two of them carry an **optional harder variant** (marked **3RD STRIPE**) you're free to defer; they're the seed of the next grade, not this one.

A · Ground-to-Air — the Capoeira Inversions

Leave the floor the way capoeira does — first on your hands, then without them.

1 Beija Flor → the Cartwheel Kick *inverted strike · aú batido*

Prove you can invert on your hands and throw a real kick from it — not just hover prettily. "Beija flor" (hummingbird) is the cartwheel kick — aú batido — the same technique Ch. 9 calls Taido's sokuten-geri.

DO 3 per side. Enter the aú, plant both hands, and as you pass inverted **snap the top leg straight down as a kick** (top of the foot) while the other leg extends back to counterbalance — the body makes a sharp "L", then land over the far side.

- The kick is a **real downward snap**, not a passive splay of the legs — a limp float-over is a **fail**.
- The back leg drives straight back to counterweight the kicking leg — that's what holds the L-shape and the balance.
- Eyes on the (imagined) target throughout; land **balanced over the other side**, not collapsed onto your hands.

Ties Ch. 3 (the floreio tier) & Ch. 9 — the cartwheel kick in its capoeira dialect.

2 Meia-Lua de Compasso → the Back Exit *rotational momentum → aerial*

Convert the compasso's spin into a backward exit instead of just resetting — the "compasso to backflip" flow.

DO 3 reps. Throw a clean Meia-Lua de Compasso; as the leg sweeps around, **sit the hips back and drop into a bridge, then walk over out of it (ponte)**.

- The compasso stays a *real* compasso first — tripod, the spot, full arc. Rushing a half-kick just to reach the exit is a **fail**.

- The seam is continuous: the kick's momentum *feeds* the back-bend — no dead stop between the two.
- Controlled bridge and walkover — never crashing weight onto the head/neck.

Optional **3RD STRIPE** — replace the walkover with an **aerial back exit**: feed the compasso's momentum into a **back handspring or back tuck**. Mats and a spotter only — not required to pass here.

Ties Ch. 3 (compasso) · Capoeira 100 #90 (compasso → ponte walkover), #60 (aú sem mão).

B · The Jump Kicks — Three Skies

Three arts, one question: how do you deliver a kick with both feet off the ground? Compare the answers.

3 The Jumping Side Kick *Taekwondo · 뛰어 옆차기*

Airborne linear power without losing the blade-foot structure.

DO 5 per side. Jump off one leg, **tuck the non-kicking knee tight**, and extend the **foot-blade (sword-foot)** at the apex into a chest/head target.

- Strike surface is the **heel / outer foot-blade**, foot turned over — a slapping instep is a **fail**.
- The off-knee tucks tight — it buys height *and* makes you a smaller target.
- Land **re-chambered on a stable foot**, no stumble or hop to catch the landing.

Ties Ch. 9 (the TKD jump-kick note — the flying side kick).

4 二起脚 — the Slap Kick *Chinese wushu · Er Qi Jiao*

The wushu answer: speed plus the audible instep-slap that proves the foot got high enough to matter.

DO 二起脚 (Er Qi Jiao): jump and snap one leg into a high front kick, **slapping the instep with the same-side hand at the peak** — jumped, kicked, and landed on the one leg. 3 reps.

- An **audible hand-to instep slap at the top** — no slap means the foot never got high: **fail**.
- The kick is a crisp **snap** (sharp extension), not a swinging lift.
- Land balanced on the one leg — no stumble-step to catch it.

Optional **3RD STRIPE** — 双飞脚 (Shuang Fei Jiao), the double: *both* feet snap and slap in the air before you land. That's the advanced tier — not required to pass here.

Ties Ch. 9 (the jump-kick family) · the Northern Shaolin / Chen Tai Chi lineage.

5 The Taido Jump Attack *Taido · off-axis flight*

A kick launched off a moved axis, not just a jump straight up — Chapter 9's engine, in the air.

DO 3 clean reps of one: **untai flying kick** (drop-axis flying double kick, *hien nidan-geri*), **manji-geri** (tilt-axis flying kick), or **bakuchū-geri** (backflip kick).

- The **axis actually moves** — spins, tilts, or rolls. A plain vertical jump-kick is a **fail** (that's not Taido, that's just a jump).
- The strike lands **during** the axis movement — Ch. 9's law: never "jump, then kick."
- Land controlled and oriented, ready for the next beat.

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C · The Root & the Trap — the Counterweight

For every foot you put in the air, own a stance that cannot be moved and a hand that owns the line.

6 Snake Creeps Down *Tai Chi · 仆步 pūbù drop stance*

The counterweight to all the flying: can you go low and rooted, and rise with power? (Name check: the low crouch with the extended back leg is **pūbù**, and the Tai Chi posture is 下勢 "Snake Creeps Down." Gai Bu / Cha Bu — 盖步 / 插步 — are cross-steps, a different thing.)

DO 5 per side. Sink into pūbù — one leg deep-bent carrying ~70% of the weight, the other leg stretched out with a **soft knee**, torso upright — slide forward along the extended leg, then rise into the next posture (a Golden-Rooster knee, or a kick).

- The **supporting knee tracks over the toe** and never caves inward — a collapsing knee is a **fail** (and a knee-wrecker).
- You get low by **opening the hips and splitting the legs** — not by rounding the back or forcing the joint.
- Rise with control on one leg — a wobble or a hand-down to recover is a **fail**.

Ties Ch. 5 (the internal root) & Ch. 9 (axis awareness — the low axis).

7 JKD Pak Sao *Jeet Kune Do · trap-and-hit, one beat*

The trap: clear the line and strike on the same beat — *lin sil die dar*; the interception JKD is named for.

DO 5 per side, on a partner or dummy. **Pak sao da**: your rear hand **slaps the guard/lead arm across the centerline** to clear the path while your lead fires a **straight punch** — **simultaneously**.

- Slap and punch are **one beat** — pak then punch is a **fail** (two moves = you lost the interception).
- The slap **clears across the centerline** (a redirect), you don't grab and pull.
- Your own centerline stays **occupied by the strike** the whole time.

Ties Ch. 8 (Wing Chun Pak Sau — the parent) & Ch. 5 (JKD: 截拳道 → 飛拳道, intercept becomes free).

D · The Invention

The real bar of the second stripe: stop collecting moves. Start welding them.

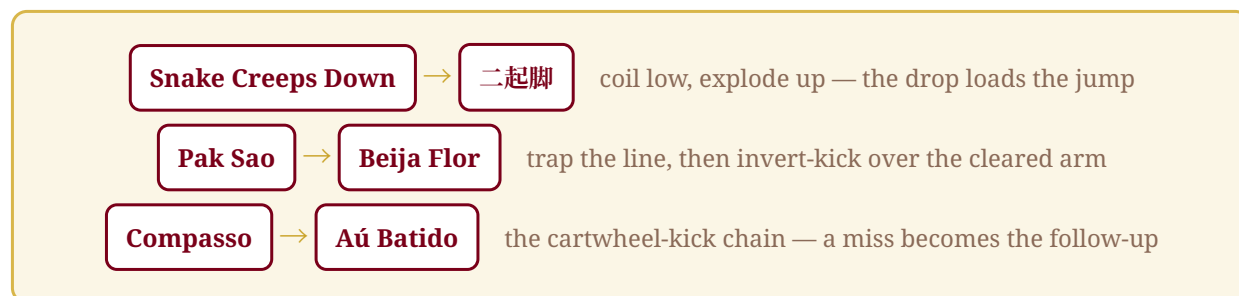
8 Chain Two Moves Into One *form → principle → invention*

A first stripe proves you can perform. The second proves you can compose — take any two moves from this test (or the book) and weld them into a single seamless technique. Then name it.

DO Build and film **one** two-move fusion. It must flow as a single motion — and you must be able to say *why* it works.

- **Invisible seam:** the end-state of move 1 is the start-state of move 2 (a shared *sotai*) — no reset in between. A stitched pause is a **fail**.
- **It solves something:** the chain opens a line, covers a recovery, or changes a level — not two cool moves glued together.
- **You can explain it:** which principle makes the seam legal. That explanation is the invention.

Seed ideas, straight from this test's own moves:



Ties the whole method — "systems are LEGO, not boxes" — & the Shen book's form → principle → invention staircase.

HOW TO RUN THE EXAM

Camera on, record all eight. Then review honestly: **listen for the slap** on 二起脚, **freeze-frame the knee** on Snake Creeps Down (does it cave?), watch the **Pak Sao at quarter-speed** (is it really one beat, or two?), and check every aerial **lands re-chambered**, not caught. No grading on a curve. All eight clean, and the second stripe is yours.

SAID ONCE — WHERE THIS STRIPE CAN HURT YOU

Two real injury risks here. **Snake Creeps Down** punishes a caving knee — build the depth slowly, hips first, never force it. The **back exit** (bridge / handspring / tuck) lands near the neck and spine — drill it onto mats, spotted, and do not chase the back tuck until the walkover is boring. Aerials on a hard floor is how people get hurt looking cool.

⚡ FUEL — CROSS-LINK TO 神拳學

Test 8 is the Shen book's ladder made physical: **form** → **principle** → **invention**. You inherited each of these seven moves as someone else's shape; the eighth asks you to see the *law* under them and birth something new. And notice what this whole test quietly proves — the **cartwheel kick shows up in three arts at once** (aú batido, sokuten-geri, and kin to the wushu slap-kicks). You didn't collect three moves. You found *one law* wearing three coats. That's the whole art.

— David Kwok Ho Chan, with AI Sifu Claude

Sources & honesty notes. Built to David's spec, in the Chapter 7 format. Beija flor confirmed as a name for the *aú batido* cartwheel kick (also *bico de papagaio* / *aú Amazonas*); compasso back-exit grounded in *Capoeira 100* (#90 ponte walkover; #60 *aú sem mão*). The Chinese kicks are 二起脚 / 双飞脚 (single- and double- flying slap kicks, wushu / Chen Tai Chi). The Tai Chi stance is corrected to 仆步 *pūbù* + posture 下势 "Snake Creeps Down" (David's

"Gai Bu / Cha Bu" are the cross-steps 盖步 / 插步). Taido jump attacks and Pak Sao carry over from Ch. 9 and Ch. 8. A **self-administered** personal milestone — not a certification; the honesty is entirely on whoever holds the camera. Aerials and deep stances need mats, spotting, and a real coach that a page cannot replace.