

化發 · Chapter 15 — Issue & Yield

Fa-jin is the beast firing outward; Ultra Instinct is the same firing inward — 化發, one skill, and how to drill both halves.

The book next door — **Shuen Kuen Hok** — spent two chapters on the *idea*: the beast fires below the rider's latency, on a green light. **Fa-jin (發)** is that firing pointed *out* — issuing power. "**Ultra Instinct**" is the same firing pointed *in* — evading. One skill, two directions, and the old internal name for the pair is 化發: *yield and issue*.

This is the sweat under that idea. Everything here is pulled off the shelf — Chen Taijiquan, the plyometric manuals, Wing Chun, the Tai Chi push-hands material — and split the way the skill itself splits. One warning before you start: **half of this you can drill alone, and half you cannot**. That line is the most important thing in the lesson, and it's at the bottom.

What you are actually training

Not "power." **Timing below thought**. A six-segment kinetic chain fires in about 100 milliseconds; a defensive slip fires inside about 200. Neither has time to route through the conscious *you* — the fast stuff has to be a pre-trained automatic program. So the whole game is two moves: **build the program, then get the conscious mind out of its way** (鬆 *song* + 無念 *no-mind* — the green light). Everything below is either building the program or clearing the mind.

Part A · 發 — The Issue (*mostly solo-buildable*)

A1 · The spring — plyometrics. Fa-jin is the stretch-shortening cycle in a robe. The manual's own cue is the whole secret: "*begin with a slight countermovement*" — **load the spring, then fire** — and don't dwell at the bottom, or the stored energy leaks out (short amortization). - *Lower-body ladder (earn each rung before the next)*: Two-Foot Ankle Hop → Squat Jump → Tuck Jump → Split Squat Jump → Jump-and-Reach → Jump-over-Barrier → **depth jumps** (only once your landings are silent). - *Upper body — the punch's engine*: Chest Pass · Two-Handed Overhead Throw · Side-to-Side Throw · **Power Drop**.

A2 · The whole-body release — 抖桿 (pole-shaking). Chen's tool is the 白蠟桿, the white-wax-wood pole — flexible enough to *transmit* the whip, and to snitch on you when your chain is disconnected. Shake it from the **feet**, not the arms. A dead barbell can't teach this; the pole will not lie.

A3 · The forge. Chen Wangting's raw conditioning — sandbag running, weighted work — so the chain has something to fire. (Your Yang Engine, Lesson 9, and Silk Engine, Chapter 11, already live here.)

The gate for all of Part A: 鬆 (song). Tension is a closed valve — fa-jin dies in a stiff arm. You relax in order to fire. That is the paradox the whole soft-art tradition is built on.

Part B · 化 — The Yield & Listen (*partner-only*)

This is the real "Ultra Instinct": reading and neutralizing the incoming force *before it becomes a strike*.

B1 · 推手 (push-hands) — Tai Chi. From the source: *both partners turn the waist, and the goal is to return the opponent's force back to him — to unbalance rather than to hit*. You are learning to **feel** the pressure and yield it, not block it. Fixed-step first; moving-step once the feel is there.

B2 · 黏手 (chi sao) — Wing Chun — the no-mind drill. The manual says it outright, and it is the most important sentence in this lesson:

"Movement in chi sao is like a flowing stream — never still. It avoids the clinging stage (the mind stopping to abide)... If you set yourself against an opponent, your mind will be caught."

That is 無念 (no-thought — **Shuen Kuen Hok, Ch 6**) turned into a two-person drill. Chi sao trains the *empty mind* Ultra Instinct requires — the arms answer *"like paper-scissors-rock,"* below thought. Roll, stick, flow; the second you grab a plan, you are already late.

B3 · What you are actually reading. The Kumite-tells research (Kobe, *Sensors* 2025, on the shelf) found that whoever reads the **pre-action** wins the exchange. Chi sao and push-hands are how you train to read that pre-action through **contact** — you feel the intent *commit* before it becomes a punch. That is **Shuen Kuen Hok, Ch 4**, trained with a partner's arms resting on yours.

The gate for all of Part B: 無念 (no-mind). Flow, do not cling.

Part C · The Bridge — one tool, both halves

Chen's **two-person pole-sticking**: you *issue* down the staff and *listen* up it at the same time. 發 and 化, on one piece of wood. Your own **Cyclone Hand** (Lesson 14) is the empty-hand version of the same thing — you already named it "*a reading instrument*."

The bright line — and it is the whole lesson

You cannot train the 化 half alone. The Wing Chun manual opens the chi sao section with it flat: "*It is impossible to learn chi sao from a book.*" Same for push-hands, same for the pole. The reactive program only grows against **live speed and real resistance** — the automatic system learns from real input, or it does not learn. This is the bicycle (**SKH Ch 1**) and the contact principle (**SKH Ch 7**): you can build the *engine* (Part A) in an empty park, but **Ultra Instinct needs a body in front of you**. No empty-room shortcut exists — by design.

The 80/20 — if you only drill three things

1. **Depth jumps / plyometrics** — build the spring (發).
2. **Chi sao or push-hands, with a partner, every week** — build the listen (化).
3. 鬆 + 無念 — the gate. No fa-jin through tension; no Ultra Instinct through a grasping mind.

The *why* — the green light, and Ultra Instinct as *mushin* — is in **Shuen Kuen Hok, Chapters 7–8**. This is the sweat. That is the map.