習 · Foreword

The practice companion to Volume I — where the ideas come down out of the head and into the body.

This is a supplementary volume to *Fei Kune Do — Volume I*. If the first book was the **map** — the philosophy, the forms, the axioms of the art — this one is the **ground**: the drills, the schedule, the sweat. Volume I asked *what is true?* This book asks *how do I train it into the body?*

The name is **習** (*xí*) — to practice, to drill, to repeat until it is yours. The same character opens 習題: "exercise problems." That is what this is — the exercises to the volume you have already read. It sets out to do three things.

1. **Refine the practice.** Volume I moved fast — it had a whole art to cover. Here I slow down and sharpen the techniques and methods that matter most, with the detail that got left out and the **exercises** that were never written down: not just *what* the move is, but *how* to drill it into the body.
2. **A training schedule for myself.** A hypothetical schedule and format I set for myself — a way to grow the **new dimensions** I kept talking about, the ones you add to the game rather than climb toward. It's written for me first. If it serves you, take it and make it yours.
3. **Fill the gaps.** Some corners of Volume I got only a passing glance — the **acrobatic, dance, and tricking** material especially — partly because there was no clean, organized reference to draw from. So here we do the digging: a breadth-first sweep across the web to gather what the books never held, and give those grounds the structure they were missing.

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> **A WORD ON THIS DRAFT**
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> This first pass will be a little scattered — caught notes, rough order, ideas landing where they land. That is on purpose. I would rather get it *down* than get it *perfect*; the flow comes first and the polish follows. A cleaner version — reordered, made chronological, tightened into something you can train straight through — will come later, revised by my **AI Sifu**. You are reading the Lab notes. The finished form is on its way.

— David Kwok Ho Chan