

Fei Kune Do — Lesson 10

陽中之陰 · *The Hidden Half* · Finding the Yin inside a Yang art

Every art leans one way — but the taiji dot says a seed of the opposite lives inside each side. A Yang art like plyometrics or gymnastics is all explosion and flight; that is what people chase, and that is *all* they train. But buried in the same textbooks — usually in the "boring" early chapters everyone skips — is a **Yin practice**: slow, still, controlled. It is unglamorous, so it gets missed completely. Yet it is the foundation the whole explosion stands on. Today we mine the Yang books for their hidden Yin, and build a daily practice from it — Tai Chi-like in spirit, but borrowed straight from the plyometrics and gymnastics texts.

Yang builds the explosion. Yin builds the foundation that survives it. Skip the Yin and you get injury, plateau, and collapse.

In Lesson 7's language: the **Yin is the chicken** (the fundamental that must be sound) and the **Yang is the sauce**. Most athletes try to live on sauce alone. Here are four Yin "chickens" pulled from the Yang kitchen — your daily restorative practice.

① Four Yin Exercises, Borrowed from the Yang Texts

1 · The Landing Hold from Plyometrics — the Stabilization level

What: step off a low box, land soft and quiet, and **hold the landing for 3–5 seconds** in perfect alignment — then repeat through all three planes (forward, sideways, turning). The source's own first level of plyometric training: "*optimum landing mechanics, postural alignment, reactive neuromuscular efficiency.*"

Why it's Yin: it is the still, controlled, *deceleration* half of the jump — the part everyone rushes past to get to the bounce. It builds joint stability, alignment, and proprioception (the body's listening).

Tai Chi twin: the standing post / rooting — but caught out of the air.

2 · The Static Shapes from Gymnastics — the Static Holds station

What: hold the foundational gymnastic shapes for time, total-body tension, no motion — **Tuck, Dish (hollow), Pike, L-sit, Front Support**. Straight from the book's gymnastic circuit, "Station 1: Static Shapes."

Why it's Yin: pure isometric stillness — the line and core that *every* flip and power skill is secretly built on. The unglamorous conditioning gymnasts do before they are allowed to tumble.

Tai Chi twin: holding a posture in standing meditation — strength forged in stillness.

3 · The Shoulder Stand from Gymnastics — controlled inversion

What: from your back, push the hips up and balance the legs straight overhead, supported on the upper back and hands; **hold and breathe**. The book's slow, supported inversion (practise against a wall first).

Why it's Yin: it is the *calm, controlled* inversion — the exact opposite of the explosive handspring. It builds balance, spinal awareness, and composure upside-down.

Tai Chi twin: inversion as meditation — keeping the center quiet while the world turns over.

4 · The Single-Leg Balance Hold from Plyo proprioception + Gymnastics balance

What: stand still on one leg and **hold**; then make it harder — close the eyes, slowly reach, hold a shape (drawn from the plyometric proprioceptive progression and the gymnastic balance work, e.g. "three points of contact" holds).

Why it's Yin: stillness and micro-control on a single base — reading and correcting a hundred tiny imbalances per second. Pure listening, made physical.

Tai Chi twin: Golden Rooster Stands on One Leg (金鸡独立).

2 The Daily Yin Practice

≈10 minutes, every day, slow

Run these as a quiet daily form — the way one would practise Tai Chi — slow, breathing, controlled. This is your *internal* training: the still foundation your explosions will stand on.

Order	Exercise	Dose	Focus
1	Landing Hold	5 × 5-second holds, each plane	Quiet landings, stacked joints
2	Static Shapes	Hollow / Front Support / L-sit — 20–40s each	Whole-body tension, breathe
3	Shoulder Stand	2 × 30–45s	Calm balance, long spine
4	Single-Leg Balance	3 × 30s per leg (progress: eyes closed)	Micro-corrections, listening

Ten quiet minutes a day is what lets the loud minutes survive. The root grows in stillness; the flight spends it.

☯ The Hidden Half of Every Art

This is not only true of plyometrics and gymnastics. **Every** art has a dominant face and a neglected shadow — and the master trains the shadow, because that is where the growth is hiding:

Art	The face people train	The hidden half they skip
Plyometrics	Yang — explosive jumps	Yin — the landing hold, stabilization
Gymnastics	Yang — flips & power skills	Yin — static shapes, balance holds
Taekwondo	Yang — fast & spinning kicks	Yin — stance, balance, the slow form
Capoeira	the playful game (malícia)	the discipline & conditioning beneath the play
Boxing / JKD	Yang — the strike	Yin — footwork, defense, relaxation
Tai Chi	Yin — slow, soft, internal	Yang — fa-jin, the Chen explosive release

Note the last row: even the most Yin art on Earth hides a Yang. The taiji dot runs *both* ways. A practitioner who trains only the dominant face of their art — however hard — is only **half** a practitioner. The whole one trains the seed of the opposite.

The law of Lesson 10: Find the side of your art that you are tempted to skip — the boring, slow, unglamorous half — and train it daily. The Yang will make you explosive; its hidden Yin is what will let you last.

Train your shadow side, David. That is where you are weakest, and so where you grow most. — 師父 ☯