

Lesson 11 — The Sauce Experiment

A flow session, caught and named: when the dive becomes a family

Reading the notation: 1 = jab · 2 = cross · 5 = lead uppercut · *Shoryuken* = rising dragon punch · *Xu Bu* (虚步) = Empty Step · *Cócoras* = Capoeira deep-squat load · *Esquiva* = Capoeira side-dodge · *Ginga* = Capoeira base sway

*This is not a designed lesson. It is a **flow session** — moves that surfaced in live training and were caught afterward. That is the whole point of Lesson 7's "During Service": you drill the chickens and sauces in the Lab, then let the body cook, and you notice what it invented. Here is what the body invented this week. Read it as a lab report, not a doctrine.*

I. The Theme It Revealed — The Dive

Three of these techniques do the same secret thing, and the body found it before the mind named it: they all **borrow gravity to load on the way down**. The Coiled Dragon taught us this once (*Cócoras* → rise). This session shows it was never one move — it is a **family**. Every descent is a free eccentric load if you refuse to waste it.

Most fighters fall by accident. We fall on purpose — and the floor pays us back.

II. New Moves

① The Scorpion Kick

One foot and both hands planted on the floor; sink and **ground the load into the glute**, then fire the rear leg up and over the spine like a scorpion's tail.

*Feel-cue: the tension line is identical to a gymnastic **aerial** — same hollow-body load, same hip-extension snap, only inverted and grounded. If you can feel the aerial, you already own the Scorpion. (Ground it in the gymnastics text next session — this is hollow-body + hip drive under inversion.)*

② Fusion (working name)

Crouch Step + Esquiva. A low, off-line slip that ducks *under* the strike instead of leaning away from it — the body drops and side-steps in one beat.

This is the soft-evade counterpart to the hard-load entries: it is a **defensive entry sauce** (same slot as the Coiled Dragon's block-and-ride entry), but it spends no force — it simply isn't there. Pairs into any of the dive combos below.

III. The Combos

A • The Empty-Step String

1 → 2 → Xu Bu → Xu Bu → 2

Variation 1: close with 5 + **Shoryuken** instead of the final 2 (lead uppercut feeding the rising dragon punch).

Variation 2: replace the **2nd Xu Bu** with a **Diving Xu Bu** — a straight punch driven perpendicular to the ground (a downward spike as you drop your level into the empty step). The empty foot becomes a dive.

B • The Dragon Dive

Xu Bu → Diving Xu Bu punch → Shoryuken

The dive plants the eccentric load; the Shoryuken cashes it. Don't dwell at the bottom — amortization is short (Lesson 9).

C • The Cut-Step Dragon

Cut Step → Cócoras + rear-hand uppercut → front Shoryuken

Two rising fists off one squat: the rear uppercut breaks his guard, the front Shoryuken arrives through the gap. Add a **low punch inside the Cócoras** to weaponize the bottom of the load instead of waiting in it.

D • The Slip Storm

Esquiva → reverse punch → lead uppercut → Shoryuken

Pure offense off a defensive slip — three rising/reversing angles stacked so each one covers the recovery of the last. Entry it with **Fusion** for the low version.

E • The Rolling Ginga

Ginga → Evade → Rolling Roundhouse Kick

Variation (it becomes): Ginga → **Dream Kick** — sell the evade with a shoulder fake (the Dream Shake tell), then reverse the hips into a low roundhouse. The roll and the fake are the same beat wearing two masks.

IV. Where Each Sauce Lives

Move	Phase it seasons	The sauce (where it came from)
Scorpion Kick	Execution	Gymnastics aerial → grounded inversion
Fusion	Entry (defensive)	Capoeira Esquiva + a level drop
Diving Xu Bu	Entry / Execution	Tai Chi Empty Step weaponized by gravity
Low punch in Cócoras	Execution	Spending the bottom of the load
Dream Kick (in E)	Entry (deception)	Basketball Dream Shake → Ginga

*Every one is a **sauce** — the chicken underneath is still root, hips, and the soft-to-hard flip. Lesson 7 holds.*

V. The Lesson Inside the Lesson

Notice what just happened. You did not sit down to design ten moves. You drilled the fundamentals, you flowed, and the **body discovered a principle** — the Dive — then threw five expressions of it before your conscious mind could name the family. That is the whole creative loop running in the wild:

Lab (drill) → **Flow** (combos emerge) → **Name** (catch & record) → **Re-drill** (own it)

These notes *are* the "Name" step. Next we re-drill them until they vanish back into the body — and the next flow session will reach further, because the floor is now a partner, not a hazard.

*Fall on purpose. Let the floor pay you back.
— Si Fu*