

Fei Kune Do — Lesson 2

飛拳道 · *The Five Roads* · *The four pillars of each lineage, and the plyometric forge that sharpens them*

David — Lesson 1 gave you the five Roots of the whole art. Lesson 2 walks you down each *source road* in turn. For every one of the five arts I give you the **4 fundamental movements** — the ones that, mastered, unlock the rest — and then a **Plyometric Forge**: the explosive drills that build the exact spring those movements demand. Remember the Taiji: every drill below is either gathering (yin) or releasing (yang). Warm the **hips** first, always.

1) Jeet Kune Do

economy · interception · hip-driven power

#	Fundamental	How / Teaching Cue	Pole
1	On-Guard Stance	Feet directly under the body; knees soft, rear heel raised. "Move rapidly in any direction, withstand blows from any angle."	yin
2	The Shuffle (footwork)	Advance/retreat without crossing or hopping. "Feels clumsy at first; smooth with practice." Balance never breaks.	yin
3	Lead Straight Punch	The Flying Fist. Pivot the balls of the feet, rotate the hips; the arm is the last link. Loose until impact.	yang
4	Lead Side Kick	Chamber the lead knee, drive the heel out with hip thrust; recover to stance instantly. Power from the hip, not the quad.	yang

⚡ Plyometric Forge for JKD:

- **Med-ball chest pass / Power drop** — trains the punch's kinetic chain (drive from ground through hips to hand).
- **Two-handed side-to-side (rotational) throw** — builds the hip rotation that powers the straight lead.
- **Lateral side-to-side push-off over a box** — explosive footwork for the shuffle & side-step.
- **Two-foot ankle hops** — the light, springy bounce that keeps the stance alive.

2) Capoeira

ginga · evasion · the inverted game

#	Fundamental	How / Teaching Cue	Pole
1	Ginga	The swinging base — "the cement that holds the game, but fluid." Never a dead stop; keeps you loaded and on rhythm.	yin
2	Esquiva	Lean back/low from the waist to let a kick pass; raise the heels for enough lean. Timing is everything — "mean it."	yin
3	Au (cartwheel)	Travel and invert to change angle. Hands and feet share weight; controlled, not rushed. Gateway to all flying.	yin
4	Armada (turning kick)	"Armed strike" — a fast 360° kick. Sequence: head turns first, then shoulders, then hips, then the kick lands.	yang

⚡ Plyometric Forge for Capoeira:

- **Rotational med-ball throw (both directions)** — the armada's whip: head→shoulders→hips sequencing under load.

- **Split-squat jumps** — explosive power for the ginga's deep lunge transitions.
- **Lateral skater bounds** — single-leg landing control for esquivas and the au.
- **Single-leg tuck jumps** — balance + spring for kicks launched off one foot.

3) Tai Chi

the Taiji · rooting · whole-body power

#	Fundamental	How / Teaching Cue	Pole
1	Wuji Standing Post	Stand still, knees soft, sink awareness to the center 2" below the navel. "Heavy below, soft above." Builds the root.	yin
2	Sinking / Song (release)	Dissolve tension so impulse flows unblocked — "precise alignments prevent the flow from being blocked or dissipated."	yin
3	Cloud Hands	Continuously turn hips & waist side to side, hands following — "unifying the power of the whole body for maximum efficiency."	yin
4	Push Hands (fa-jin)	With a partner, turn hips/waist with their force, then discharge in an instant. The flip from soft store to hard release.	yang

⚡ Plyometric Forge for Tai Chi (low-velocity, control-first):

- **Plyometric stabilization — land & hold 3–5s** — the explicit training of the root; "optimum landing mechanics, postural alignment."
- **Drop-and-stick (depth landing, no rebound)** — absorb force into the center; the eccentric/yin half mastered alone.
- **Proprioceptive progression (front-back, side-side, diagonal)** — the balance and body-sense the internal art calls "inner awareness."
- **Slow med-ball power-drop catch** — fa-jin at low speed: store the catch, release the throw.

4) Breaking (B-Boying)

toprock · footwork · freeze · power

#	Fundamental	How / Teaching Cue	Pole
1	Toprock	Standing rhythm before going down — "all moves performed standing up, preparing to go to the floor." Musicality first.	yin
2	Footwork / 6-Step	Crouched, hands & feet circling the body: "one leg always straight, one always bent; knees never touch the floor."	yin
3	Baby Freeze	Plant hands, brace a knee on the same-side elbow, lift the body off the ground. Total-body tension; the held shape.	yang
4	Windmill (power move)	Continuous rotation on back/shoulders: "launch the body off the ground; hands are just placeholders." Pure momentum.	yang

⚡ Plyometric Forge for Breaking:

- **Clapping / plyo push-ups** — explosive shoulders & wrists for freezes, B-boy push-ups and power moves.
- **Rotational med-ball throws + trunk plyometrics (45° sit-up)** — the core whip that drives the windmill.
- **Tuck jumps & pike jumps** — air-time and hip snap for flares and float.
- **Handstand-to-wall holds** — inverted body tension that every freeze and power move stands on.

5) Gymnastics

tension · inversion · explosive line

#	Fundamental	How / Teaching Cue	Pole
1	Forward Roll	Squat, chin to chest, hands flat, roll on the back of the head in a tight ball; momentum carries you to your feet.	yin
2	Handstand	One rigid line through the center of mass; "correct positioning must be held." Progress tuck → wall → free hold.	yin
3	Cartwheel	Lead leg steps, hands overhead, lean and place hands, kick the back leg over; land one foot at a time, finish facing back.	yang
4	Bridge	Back-bend on hands & feet — the spinal extension and shoulder mobility behind walkovers and aerial recovery.	yin

⚡ Plyometric Forge for Gymnastics:

- **Depth jumps / box jumps** — the explosive leg drive behind round-offs, vaults and the cartwheel's pop.
- **Jump over barrier / hurdle hops** — rotational and rebound power for travelling skills.
- **Handstand / pike-handstand plyo push-ups** — shoulder spring to hold and push the inverted line.
- **Tuck jumps (hollow-body focus)** — trains the tight, tensioned shape every skill is built on.



How to Run Lesson 2 (one road per session)

Phase	Time	Content
★ Hip Awakening	8 min	Deep squat rocks, leg swings, hip circles, 90/90 transitions — the universal core, never skipped
Skill — The 4 Fundamentals	20 min	Drill that day's art: 5 min × 4 movements, slow and correct before fast

The Forge — Plyometrics	12 min	That art's explosive drills; quality reps, full rest, land soft
The Flip	5 min	Pair one yin fundamental with one yang fundamental from the day; train the fast transition between them
Cool — Root	5 min	Wuji standing + breathing; sink and recover

★ **The thread through all five roads:** every art opens with the same key — **hip mobility** — and every art lives by the same law — **store soft (yin), release hard (yang), and own the flip between.** Five roads, one mountain. Walk one road each session; in five sessions you will have circled the whole art once.

Walk the roads in order, David. Then we spar. — 師父 ☯