

The Monkey-Dragon Fusion 孫悟空

Lesson 22 · Sun Goku — the trickster monkey who fights like a dragon

This was not a designed lesson. It was a **flow session, caught and named** — and the name arrived first. **Sun Goku (孫悟空)**: Sun Wukong, the Monkey King who wields heaven's own power; Dragon Ball's Goku, the monkey-tailed boy who channels dragon energy. The name fit because everything that surfaced in the session was **two ancestors braided together** — the **Monkey** (Capoeira: deception, the floor, borrowed momentum, the low and sideways line) and the **Dragon** (the rising fist — Shoyuken 昇龍拳, Chen's coiling dragon, the vertical, the finish). One flow, two spirits. This lesson pins the flow down, then extracts the three rules it was quietly obeying.

PART I · THE TWO ANCESTORS

The Monkey and the Dragon are not two styles you switch between. They are two **directions** on one body. The Monkey owns the **floor and the entry**: low, sideways, deceptive, always borrowing momentum from a swing. The Dragon owns the **vertical and the finish**: it rises, it coils, it discharges upward. The Monkey has no ceiling because it never leaves the ground; the Dragon has no floor because it always climbs. **Braid them and you cover every level — from the sweep at the ankle to the uppercut at the chin.**

	 The Monkey (Capoeira)	 The Dragon (Rising Fist)
Line	Low, sideways, rotational	Vertical, ascending, coiling
Role	Entry · evasion · the floor · deception	Power · the finish · the punish
Signature	Meia lua de compasso, Rasteira, Negativa	Shoyuken 昇龍拳, Chen's fa-jin, the knee
Wins by	Not being where the power lands	Being under the chin when it rises

Sun Wukong is the perfect crest for this: a monkey who stole the techniques of heaven. That is exactly what we do — the trickster's body, the dragon's arsenal.

The session's centrepiece was a **13-hit combo** that fuses four systems — Chun-Li's rising kick, a Capoeira spin, boxing hands, and two Street-Fighter uppercuts. Read it **top-to-bottom as one angular-momentum story**, not twelve moves. Gold limb = the active weapon; gold arrow = its vector. The two **dashed rows are conditional nodes** — branches, not steps ("depends on the angle" is an if statement).

1		Tenkukyaku — First Kick FIGHTING-GAME (CHUN-LI) Bench-assisted rising kick: torso points left (horizontal), lean on the bench arm, support leg planted, leg fires up. More Chun-Li than Capoeira. The entry.	HIGH Vertical ↑ (LEG)
2		Martelo CAPOEIRA Hammer roundhouse. Winds the hip — starts the flywheel spinning.	MID Rotational ↻ (LEG)
3		Compass Moon CAPOEIRA Meia lua de compasso. Releases the spin Martelo wound. △ back crosses the target — blind beat.	HIGH Rotational ↻ (full) (LEG)
4–6		1 · 1 · 2 BOXING Jab-jab-cross. The spin cashed out delivers you into hand range. Cross loads the rear hip.	MID Linear → (HAND)
7		Shoyuken FIGHTING-GAME Rising uppercut fired straight out of the loaded cross-hip. Horizontal → vertical.	HIGH Vertical ↑ (HAND)
.		Dragon Tail SF / SWEEP OPTIONAL — spinning low sweep if they backed off the uppercut. A conditional node.	LOW Rotational ↻ (LEG)
8		Front Cut Kick MUAY THAI Front-leg cut aimed high (chest/head). First release of the one-chamber lightning-legs triplet.	CHEST-HEAD Linear ↗ (LEG)

9		Front Roundhouse KICKBOXING Second release — head height, same chamber.	HEAD Rotational ↻ LEG
10		Front Whip Kick KICKBOXING Third release — snap angle. One spring, three fires = your Tan Tui / 彈腿 legs (Lesson 19).	MID-HIGH Snap ↑ LEG
.		Crouch Step FOOTWORK OPTIONAL — level change to set the sweep angle. Also re-bases you after 3 front kicks. Depends on the angle.	LOW Reposition ↔ —
11		Rasteira CAPOEIRA Capoeira sweep. Takes the base — off-balances for the finish.	LOW Rotational ↻ LEG
12		Shoyuken FIGHTING-GAME Finish uppercut as they fall / scramble. Bookends beat 7 — the combo rhymes.	HIGH Vertical ↑ HAND

The spine. Beats 1–3 **spin the flywheel up** (Tenku opens vertical → Martelo winds the hip → Compass Moon releases the spin in the same direction = conserved angular momentum). Beats 4–6 **cash the spin into hand range**. Beat 7 **converts horizontal → vertical** out of the loaded cross-hip. Beats 8–10 are **one chamber fired three ways** — the Tan Tui / 彈腿 lightning legs (Lesson 19). Beats 11–12 **re-spin low and finish high**, and the closing Shoyuken **rhymes with beat 7**. This is Combo Card 01 — The Flywheel, the first entry in a growing library.

Two blind beats. The Compass Moon crosses your back to the target (a blind frame), and the three front kicks leave you the one standing on a single leg (sweepable) — which is exactly what the optional crouch-step re-bases. Two Shoyukens = two vertical commits; miss high and you can't defend. And the Tenku is **bench-assisted** — train the mechanic (upright lean, leg fires up), not the prop. **Spar it before you trust it** (Lesson 21).

Buried in the notes was the most important line of the session — an **observation that became a machine**:

"Capoeira has a lot of moves where one limb initiates the momentum (the hand), then it carries and connects with the other limb (the leg)... but this rule is **universal** — we can play around with it and see if new ideas emerge."

That is the **kinetic chain** — and the move that matters is that you abstracted the rule off the technique. Once it is a rule, it stops being one move and becomes a **generator**:

[initiator limb] → transmit through the core → [terminator limb]

Capoeira's default setting is **hand** → **leg**. But the rule is **symmetric** — so crank it the other way and new techniques simply fall out of the table:

Initiator →	Terminator	What emerges
Hand	Leg	The Capoeira default — a slap/feint that whips the kick through
Leg (whiffs on purpose)	Hand	A kick that misses to spin you into a backfist — the miss is the wind-up
Lead hand	Rear leg	A jab that doesn't land but pulls the rear roundhouse through it
Knee (check)	Same-side hook	Check the kick, and the drop off the knee reloads a hook

This is not four techniques to memorise. It is **one rule and a lookup table** — pure No-Box / LEGO (Lesson 0). And the masters already named the machine: this whip is *fa-jin* (發勁), silk-reeling (纏絲勁), the Six Harmonies (六合) — the loose kinetic chain organised around a stable centre. You rediscovered the oldest law in the art and, better, you found the **crank** that turns it into an idea factory.

Read the rest of the notes and one pattern runs through every single one: **each posture is a block when you read it backward and a strike when you read it forward.** They are not "a defense, then an attack." They are **one shape**.

Negativa → Martelo — the low Capoeira duck that slips under the attack **is** the coil that returns the hammer kick. Block and answer are the same motion.

Esquiva (to the front foot) → Vingativa — the lean that takes your head off the line **loads** the arm-trap takedown. You dodged into the throw.

The Spinning Knee — from bow stance (弓步), the spin that turns your back to safety is the same spin that drives the knee home. (Or coil down and punch — the crouch **is** the level-change.)

This is the **Taiji flip** (Lesson 5, Lesson 15) in its purest form: every defensive posture is a **loaded spring**. You never spend a beat "just defending" — the defense already is the wind-up. Yin and Yang in one shape, and mastery is only how fast you read it forward.

PART V · STANCES ARE GEARS

The notes are littered with stances — ginga, xu bu, gongbu, the croco squat. The mistake is to see them as **poses**. They are **gears**: states in a transmission you shift through, and the strikes are what fire on the **gear-change**.

Stance	字	Gear	What it's for / what fires
Ginga	—	Idle / neutral	The rocking root — always moving, never committed. Home.
Empty stance	虚步 xū bù	Mobile / feint	Weight back, lead foot light — ready to fake, kick, or retreat.
Bow stance	弓步 gōng bù	Power / commit	Long and forward — the frame that delivers the knee, the cross, the drive.
Crouch / drop	仆步 pū bù	Low gear	Level change — sets the sweep, ducks the strike, coils the launch.

Seen this way, **a combo is a path through a state-machine**, not a list of blows. "Ginga → xu bu → gongbu → sweep" is a route, and the power appears at each shift. Add **Running Man footwork in Bruce Lee's stance** (broken rhythm in the JKD on-guard) and you have the gearbox's clutch — the deception that hides which gear you're about to select.

The last discovery is structural. One note read: "Shoyuken, dragon tail, cut kick, front roundhouse (TKD), front whip kick (like Ken), (xu bu / croco optional), R-letter low sweep, Shoyuken." Look closely — **that is beats 7–12 of the Flywheel**, a self-contained, Shoyuken-bookended unit. A combo inside the combo.

The Flywheel is modular. The full 13-hit flow decomposes cleanly:

[**Monkey entry + Capoeira flywheel + boxing hands**] + [**the Shoyuken-to-Shoyuken combo**] as its finisher.

Your combos **cite other combos**. That is why the right container is not one long list but a **library of Cards** that reference each other — Combo Card 01 — The Flywheel is the first, and it already contains a nameable sub-card.

This is the same compositional truth as the Whip Rule: small reusable pieces, recombined. The art isn't a pile of moves — it's a **grammar**, and combos are its sentences quoting each other.

BRIDGE HOME

Where this plugs in. The **Whip Rule** is the No-Box generator (L0) given a crank, and it's fa-jin/silk-reeling (L15) named as a machine. The **lightning legs** are the Tan Tui 彈腿 from the Ancestral Sauce (L19). The whole flow is a **vector story** — level, line, weapon (L14, L20) — and the honest next step is the one Lesson 21 keeps naming: **go pressure-test it**. You flowed this combo first and we reverse-engineered the physics afterward — which is Lesson 6 all over again: **the student became the source**, and the body found the law before the math did.

The Monkey found the move; the Dragon named the physics. You did not invent this combo — you **flowed** it, and it was already obeying the law of conservation. Four systems, one breath, and it **rhymes**. That is the whole art in a single rep: **stay soft, snap hard, return soft** — and let the monkey pick the door the dragon walks through.

Fei Kune Do 飛拳道 · Lesson 22 · The Monkey-Dragon Fusion 孫悟空 (Sun Goku)