

The Sho-to-Sho

Lesson 22b · **Patch Notes** — the Monkey-Dragon combo, honed one version forward

[*Flywheel v1.0.0* → *v1.0.1*]

Lesson 22 caught a flow session raw and named it. This is **not a new lesson** — it is a **changelog**. Lesson 22 stands untouched as the original field notes; a few more reps sharpened five things, and rather than overwrite the record we **version it like software**. The combo earns a new name here because the honest structure finally showed itself: it opens and closes on a **Shoyuken**, so it is **The Sho-to-Sho**. Same flywheel physics, patched.

PART I · THE CHANGELOG

① **Renamed** THE FLYWHEEL → THE SHO-TO-SHO

The name follows the shape. The combo is **bookended by two Shoyukens** (beats 7 and 12), and beats 7–12 are a self-contained, Shoyuken-to-Shoyuken sub-combo — the "combo inside the combo" from Lesson 22 Part VI. Naming it after its own signature makes the card cite itself honestly. Flywheel survives as the physics; Sho-to-Sho is the technique.

② **Tenkukyaku — spin into it** + LIVE PHOTO REF

The entry is no longer a static bench push. You **spin INTO it like a Compasso** — a TKD roundhouse braided with a meia-lua, torso pointing horizontally left, posted on the bench arm, support leg planted, the far leg firing straight up. It reads more **Chun-Li than Capoeira**, so the card now carries a live photo reference of exactly that silhouette beside the stick figure. The drawing was right; the **entry dynamic** gained a spin.

③ **The three kicks are TKD, not Muay Thai** RE-CLASSIFIED

Cut kick, roundhouse, whip — all the **Taekwondo** versions: chambered, snapping, the **foot** as the point of contact. Not the Muay-Thai whole-shin swing with no chamber. This isn't cosmetic — a chambered snap is **faster to retract, harder to catch, and re-fires quicker**, which is the whole reason the triplet works at speed. Cut and roundhouse also sit higher now (chest / head), per the reps.

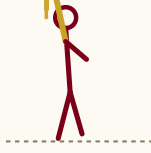
④ **Alternate the kicking legs** PROVISIONAL

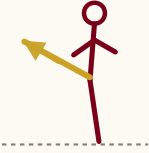
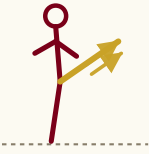
Firing all three kicks off one leg wastes half the engine and telegraphs a rhythm. The patch: **alternate** — let both hips carry the load, no single-leg burnout, and the switched cadence hides the timing. **Deliberately left loose**: the exact leg-order isn't honed yet, so the card just says alternate and the roundhouse figure only shows that a switch happens, not a fixed side. Expect a **v1.0.2** here once the reps decide the sequence.

⑤ **The 1·1·2 is a socket, not a fixture** MODULARITY

The boxing beat is flagged **SOCKET**. The jab-jab-cross is one filling; the **slot** is the fixture. Any hand combo that ends by **loading the rear hip** (2·3·2, 1·6·3, a check-hook to cross) drops straight in. This is the No-Box / LEGO law (Lesson 0) applied one level up — **not just moves are interchangeable, ingredients inside a combo are too**. The Sho-to-Sho is the first card with a labelled socket; it won't be the last.

Read top-to-bottom as one **angular-momentum story**, not twelve moves. Gold limb = active weapon; gold arrow = its vector. Dashed rows are **conditional nodes** (branches, not steps). Green socket = a swappable ingredient. The Tenkukyaku row now carries its live photo reference.

1	  LIVE REF — CHUN-LI TENKUKYAKU	Tenkukyaku — First Kick FIGHTING-GAME (CHUN-LI) Torso points left (horizontal), post on the bench arm, support leg planted, leg fires up. Spin INTO it like a Compasso — a TKD roundhouse × meia-lua entry, not a static push. More Chun-Li than Capoeira — see photo ref. The entry.	HIGH Spin → 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 · SOCKET Jab-jab-cross. The spin cashed out delivers you into hand range; the cross loads the rear hip. SOCKET — this is an ingredient, not a fixture: sub in any boxing combo (2·3·2, 1·6·3...) that ends loading the 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 TKD 태권도 TKD cut kick (chambered snap, foot as the point — not the Muay-Thai shin- whip). Aimed high, chest/head. Opens the triplet.	CHEST-HEAD Linear ↗ LEG · ALT
9		Front Roundhouse TKD 태권도 TKD roundhouse to the head. Core idea: don't fire all three off one leg — alternate . The exact leg-order isn't locked yet (still honing), but switching hips reloads the engine and hides the rhythm. Figure just shows a switch, not a fixed side.	HEAD Rotational ↻ LEG · ALT
10		Front Whip Kick TKD 태권도 TKD whip/hook snap. Across the triplet alternate legs so both hips work — no single-leg fatigue. Sequence TBD, likely to update.	MID-HIGH Snap ↑ LEG · ALT
.		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

Unchanged spine. Beats 1–3 still **spin the flywheel up** (Tenku opens vertical → Martelo winds the hip → Compass Moon releases the spin, same direction = conserved 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 the TKD triplet, now **alternating legs**. Beats 11–12 **re-spin low and finish high**, and the closing Shoyuken **rhymes with beat 7**. The physics didn't move — only the technique got sharper.

Still-true cautions. The Compass Moon crosses your back to the target (a blind frame); two Shoyukens are two vertical commits (miss high, you can't defend); and the Tenku is **bench-assisted** — train the mechanic, not the prop. And the leg-alternation is **provisional** — don't over-drill a sequence that's likely to change. **Spar it before you trust it** (Lesson 21).

BRIDGE HOME

What this patch teaches beyond the combo. Versioning a flow the way you'd version code is itself the Fei Kune Do method — **the art is a living repo, not a stone tablet**. The **socket** is the No-Box generator (L0) reaching down inside a combo; the **TKD snap** is a level/line/weapon refinement (L14, L20); and leaving the alternation **deliberately unfinished** is Lesson 21's honesty — mark what you haven't pressure-tested instead of pretending it's solved. Lesson 22 was the **discovery**; 22b is the **engineering discipline** that keeps a discovery honest.

A form is never finished — it's only at a version. Lesson 22 caught the monkey mid-flow; 22b is the first time we came back, watched the replay, and **tightened the bolts without pretending we'd tightened the ones we hadn't**. Name it, number it, and leave the loose parts loudly loose. **The Sho-to-Sho, v1.0.1 — patched, not finished.**

Fei Kune Do 飛拳道 · Lesson 22b · The Sho-to-Sho (Patch Notes) · Flywheel v1.0.1