

鍛 · The Jordan Training Method

Lesson 27 — Sage Mode conditioning. Not what to train — what to train first. The body as a priority queue.

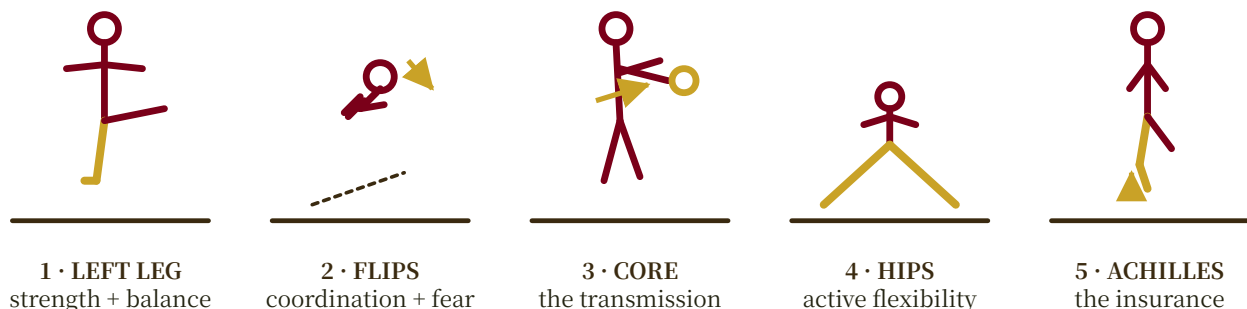
PART I — THE ALGORITHM

Two heaps, one barbell

Jordan's rule — “work on your weakness until it becomes your strength” — is a **priority queue**: pop the weakest skill, train it, **re-heapify**, repeat. But raw weakness isn't the whole story. **Sage Mode** sorts by a different key — **leverage** (the 80/20 fix that returns 400%). The wise athlete runs **both heaps** and trains where they intersect: a weakness that is also a bottleneck.

Train = $\text{argmax}(\text{weakness} \times \text{leverage})$ — not the weakest, not the flashiest: the **costliest gap**

Five fronts popped off that queue. Two you named (left leg, flips); two I flagged as your highest-leverage hidden gaps (core, hips); one is pure insurance (Achilles). Each gets **one 80/20 keystone** — the single move that, done well, drags the whole front up.



The Sage discipline: don't train all five hard, every day. That's the opposite of 80/20 — it's 100/100, and it just makes you tired and hurt. Pick the **keystone** of each front, hit 2–3 quality sessions a week, **re-test monthly**, and let the heap re-order itself. When left leg catches up to right, it leaves the queue and something else surfaces. The program is never finished; it just re-sorts.

PART II — THE FIVE FRONTS

1 · Left Leg — strength & balance

🔑 **Keystone: the Bulgarian split squat** (rear foot elevated, weight in the front/left leg). One move trains unilateral strength and balance and exposes the left/right gap directly. 3×6–8 per leg, **always start with the weak (left) side and match its reps on the right** — MJ's rule made concrete.

Layer	Do this	From the vault
Strength	Bulgarian split squat → progress toward pistol squat	unilateral loading (Chen supplementary strength)
Balance	Single-leg stand, eyes closed , 30–45s; then on a cushion	Tai Chi rooting / single-weighted stance
Power	Single-Leg Tuck Jump — explosive, knee to chest, land soft, repeat	Plyometric_Drills (verbatim drill)

2 · Flips — coordination & fear

🔑 **Keystone: the fear ladder + wedge-assisted rotation.** Fear isn't cured by willpower; it's **discharged by graduated exposure**. Break the flip into sub-skills, master each where you can't fail, then chain.

Rung	Drill
1 · rotation feel	Backward/forward rolls — chin tucked, learn "going over" with zero height
2 · the shape	Standing tuck jumps — the airborne knee-to-chest, no rotation yet
3 · assisted	Down a wedge / incline or with a spotter guiding the ankles through the flip-over (your Gymnastics pdf's exact cue)
4 · solo	Full flip onto a soft mat, then flat ground

The fear science, from Taïdo itself. The Kyohan calls its confidence work a “try-and-error method... to remove fear and agitation and increase confidence.” That's graduated exposure by another name: fear shrinks each time you survive a slightly bigger dose. The wedge lets you take a **dose you're sure to survive** — so the fear has nothing to feed on.

3 · Rotational Core — the transmission

🔑 **Keystone: the rotational med-ball throw** (side-to-side throw into a wall). Your whole art is rotation (L23); the core is the shaft that carries hip torque to the fist. Train it **explosively**, not with slow crunches. 3×8–10 per side, throw hard.

Layer	Do this	From the vault
Explosive	Two-Handed Side-to-Side Throw · Power Drop · 45° Sit-Up	Plyometric_Drills (trunk plyometrics, verbatim)
Control	Taiji-ball circling — slow, whole-torso spirals	Chen ("strengthen the torso, increase physical power")
Anti-leak	Anti-rotation hold (Pallof press) — resist the twist to own the axis	coil / silk-reeling stability (L23)

Why this is the #1 leverage pick. One input, N outputs: a stronger transmission makes every strike you own — Shoyuken, coil, sotai, the two-rotation punch — hit harder **at once**, because none of them leak power between hip and hand anymore. This is the closest thing you have to a global multiplier.

4 · Hips — active flexibility

🔑 **Keystone: active leg raises → split progression.** The word is **active** — raise and hold the leg under its own muscle, don't just sag into a passive stretch. Active range is the range you can actually **kick** with. Daily, 5–10 min.

Layer	Do this	From the vault
Active range	Foot on a rail, toe-pulls ; controlled leg raises front/side; then push into the stretch as you lean	Bruce Lee, Fighting Method (verbatim)
End range	Leg splits + hanging leg raises (the "To Splits" tricking prereq)	Bruce Lee + tricking_bible

Unlocks a whole category: high kicks, the Foot of God, the Bênção push-kick, the split-shape in your Au/Gumbi aerals, and deep sotai stances — all gated by one capability. That's why it's a hidden 400%.

5 · Achilles — the insurance premium (5 min)

🔑 **Keystone: bent-knee (soleus) calf raises.** Not a capability-builder — a **system-protector**. You're about to pile on plyo and landings; the Achilles is the part that snaps and takes the whole 400% offline. Cheap premium, catastrophic if skipped.

Straight from your tendon-science pdfs. "Most Achilles tendinopathy involves the portion contiguous with the **soleus** — so the most benefit comes from calf raises with the **knee bent**; the most common mistake is neglecting soleus loading." Protocol: **Phase 1 isometric** — 45–60s holds, 1–5 reps, ~70% effort, daily-ok; then **Phase 2** slow eccentric (3s down / 3s up), every 2nd day. Keep pain $\leq 3/10$.

The rest-trap (from the same pdf): pain fades with rest, but the tendon goes weak — jump straight back to full load and it re-tears. **Load it progressively, don't just rest it.**

A minimal 80/20 week

Day	Keystones (that's it)
A (strength)	Bulgarian split squat · rotational med-ball throw · single-leg balance · calf raises
B (skill)	Fear-ladder flip work (fresh, not fatigued) · active hip flexibility · calf raises
C (optional)	Repeat A or B on your weakest-feeling front · daily 5-min hips + calves

Fei Kune Do reading. This is Sage Mode turned on the forger, not the blade. You don't train everything — you find the **costliest gap**, pour the heat there, and re-check the queue when it cools. Jordan raised his floor one weakness at a time until the heap went flat and they called it greatness. Same algorithm, your body. 鍛 — to forge is just to heat the weakest spot until it's the strongest.

(And the name is half a joke, half a bow: **Jordan** $\approx$ 十段 **Jūdan**, the tenth dan — the highest rank. The man whose name sounds like max rank taught us a priority queue.)

“The blade is sharpened where it is dull, never where it already cuts. Train the leg you favour least, fear the flip until you don't, and spin from a core that does not leak. The Sage does not do more — the Sage does **first** what matters most.”