

Fei Kune Do — Lesson 3

飛拳道 · *The Bridges* · How one art flows into all the others

David — Lesson 2 gave you the *nodes* — each art alone, its four pillars. Lesson 3 gives you the *edges*: the doorways *between* arts. This is where Fei Kune Do stops being a list of styles and becomes one connected system. Pick an art as **home base**, then drill the bridges out of it. Master the edges, not just the nodes — because the art is a **state machine**, and a master is one who owns the transitions.

The big idea — the art is a transition matrix. Each art is a *state*; each bridge is an *edge* with a cost. Lesson 2's flip was inside a strike (soft→hard). Lesson 3's flip is between disciplines (art→art). Same Taiji, zoomed out. The fewer wasted motions on a bridge, the lower its cost — and the freer you fly.

A) Home Base: Jeet Kune Do

directness as the hub

Why it's a great hub: JKD's economy of motion means short, cheap bridges — you are always balanced, always under your own feet, ready to leave in any direction.

Bridge	The Transition	Cue
JKD → Capoeira	After the lead straight punch, let the recovering rear foot keep swinging into the ginga — the punch's recovery is the first swing.	"Don't reset — flow out"
JKD → Gymnastics	A lead side kick that over-commits doesn't fail — ride the momentum down into a cartwheel exit to clear the angle.	"Overreach becomes escape"
JKD → Tai Chi	When pressured, drop the bounce and sink/root ; absorb the incoming force instead of meeting it, then re-issue.	"Hard meets too-hard? Go soft"

B) Home Base: Capoeira

the rhythmic engine

Why it's a great hub: The ginga never stops, so you are perpetually loaded — every bridge launches from a moving, sprung base rather than a dead stand.

Bridge	The Transition	Cue
Capoeira → Gymnastics	The au (cartwheel) is already a gymnastics move — slow its exit into a handstand hold to steal balance and a beat.	"Pause at the top"
Capoeira → JKD	Out of the esquiva lean, the loaded hips spring straight into a Flying Fist — yield becomes strike.	"The dodge drew the bow"
Capoeira → Breaking	Drop the ginga lower and lower until it becomes footwork / 6-step on the floor, then catch a freeze .	"Take the swing to the ground"

C) Home Base: Gymnastics

the structure & spring

Why it's a great hub: Total body tension and an explosive line — gymnastics gives you the cleanest launch and the safest landing, so its bridges are powerful and low-injury.

Bridge	The Transition	Cue
Gymnastics → Capoeira	A cartwheel that doesn't fully plant the second foot whips instead into an armada turning kick — same rotation, weaponised.	"Let the wheel become the kick"
Gymnastics → Breaking	From a handstand , bend and lower into a baby freeze — the inverted line simply folds into the held shape.	"Fold the line into the freeze"
Gymnastics → JKD	A forward roll out of danger ends in a low crouch — stand straight into the on-guard stance , already balanced.	"Roll, rise, guard"

D) Home Base: Tai Chi

the governor & the root

Why it's a great hub: Tai Chi is the Taiji — it doesn't just bridge to the others, it *regulates the speed* of every bridge. From the root, you can erupt in any direction.

Bridge	The Transition	Cue
Tai Chi → Plyometric / JKD	From a deep root , convert stored stillness into an explosive spring + aerial knee — the Rooted Spring. Deepest yin → highest yang.	"Sink to launch"
Tai Chi → JKD	Push-hands sensitivity reads the opponent's force; the instant you feel his commitment, trap and strike (JKD interception).	"Feel it, then intercept"
Tai Chi → Capoeira	Let Cloud Hands ' continuous waist-turning widen and drop into the ginga — both are endless hip oscillation; just change the tempo.	"Same turn, new rhythm"

🧘 How to Train the Bridges

Phase	Time	Content
★ Hip Awakening	8 min	The universal core — never skipped. No bridge survives stiff hips.
Pick a Home	5 min	Warm up that session's home art with its Lesson-2 fundamentals
Drill 1 Bridge	15 min	One edge only. Slow, then smooth, then fast. Hunt for and delete wasted motion between the two arts.
Chain 3 Bridges	10 min	String home → art → art → home into a loop. Feel the state machine close.
Free Flow	5 min	No plan. Travel any edge the moment it opens. This is "fei" — zero restriction.

The mastery test. A beginner pauses *between* arts — you can see the seam where JKD ends and capoeira begins. A master has no seam: the bridge cost approaches zero and the styles blur into one continuous motion. **When the edges vanish, you are no longer doing four arts — you are doing one.** That is the whole point of Fei Kune Do.

Walk the edges, David. Next: the Cypher, where they collide live. — 師父 🧘