

Fei Kune Do — Lesson 4

截 · The Counter · Don't counter the style — counter Power, Speed, and the Grab

David — The beginner asks "how do I beat BJJ? Muay Thai? boxing?" — an infinite list, a cage with a wall per style. The master asks one question: "**what is this movement made of?**" Strip the name off any attack and only three threats remain: it is too **strong**, too **fast**, or trying to **grab** you. Counter those three physical truths and you have countered every art on Earth — including ones you have never seen. This is the home ground of **Jeet Kune Do** (截拳道, "the Way of the Intercepting Fist"): read the *motion*, not the label.

The diagnostic lens — the anatomy of any attack. Whatever the style, every attack has a **Source** (a kinetic chain, power from the hips), a **Line** (a force vector), a **Commitment Point** (past which momentum $p = mv$ cannot be recalled), and a **Recovery Window** (the dead beat before the next move). Every counter below attacks one of these. **Maximum commitment = maximum vulnerability.**

1) Countering Power

force · momentum · the heavy hitter

The physics: Power is large force/momentum committed down a line. A big mass is *slow to redirect* and, once committed, *locked to its path*. Its strength is its weakness: the more power, the more commitment — and the more catastrophic a miss.

The law: never meet force with force. A 130-pound Bruce Lee never blocked a haymaker. You attack power's *commitment*, not its strength.

Counter	How / From Which Art	Physics
Break the Line	Step off the vector — CAPOEIRA esquiva / JKD side-step. The bigger the power, the worse the whiff.	Force onto empty space = total self-overcommitment
Borrow & Redirect	Add a light perpendicular force to his committed mass — TAI CHI push-hands. Let his power carry him past you.	Vector addition: a heavy mass is easy to steer, hard to stop
Uproot the Base	When he's overcommitted, his base is compromised — sweep / topple. TAI CHI rooting used offensively.	Push his center of mass past its base; gravity finishes it

2) Countering Speed

velocity · timing · the blitz

The physics: Speed is high velocity but usually low committed mass — a fast strike snaps out and back. **You cannot beat speed by reacting** — your reaction is always one beat behind. You beat it with *position and interception*, taking away the time and space it needs.

Counter	How / From Which Art	Physics
Intercept, don't react the Stop-Hit	Occupy the line <i>before</i> he arrives; hit into his launch. JKD interception.	Anticipation beats reaction — you start first
Economy — shortest path	A straight lead on the centerline lands before a faster but longer technique. JKD directness.	Shorter distance wins even at lower speed
Jam time & space	Close the distance or cut the angle so the fast strike has no room to accumulate; break his tempo. CAPOEIRA rhythm / malícia.	Speed needs range and rhythm — deny both

From the source (Bruce Lee's Fighting Method): "A stop-hit must be correctly timed to launch just when the opponent begins his attack — anticipate and intercept the attacker in his path and, at the same time, deliver a blow." Against speed you do not block-then-hit; the counter *is* the attack, in one beat.

3) Countering the Grapple / Grab

clinch · throw · the ground

The physics: A grab is a *connection*. It converts the fight from a striking game (vectors) to a leverage game (torque, base, levers). The grappler wins by taking your **base** and your **mobility**. So a grab trades speed for leverage — and sacrifices its own mobility to get it. **That sacrifice is the opening.**

This is the threat our striking arts ignore — so we answer it with the parts of the canon that *own the ground and the center*: Tai Chi's root, and the acrobatic arts' mobility. **We do not counter grappling by becoming grapplers. We counter it with rooting, rotation, and flight.**

Counter	How / From Which Art	Physics
Deny the grip	Frame and footwork keep you off the clinch in the first place. JKD distance / CAPOEIRA evasion.	No connection, no leverage game
Root & sink	Drop your center, become heavy and hard to lift or throw. TAI CHI rooting.	Lower center of mass = far harder to off-balance
Yield & rotate	Never fight the grip with strength — turn the waist to break its line and "listen" to his force through the contact. TAI CHI Cloud Hands / push-hands.	Rotation breaks a linear grip; the grab makes <i>him</i> readable too
Acrobatic escape	If taken down, the striker is lost — but you are not. Roll, bridge, invert, regain your feet. GYMNASTICS / BREAKING / CAPOEIRA au.	Ground mobility recovers base where a pure striker has none

★ **This is how the canon completes itself.** The grapple was the one threat our six standing/aerial arts could not strike their way out of — a real gap. We did not bolt on BJJ. We discovered the answer was *already inside the bricks we had*: root so you can't be moved, yield so the grip can't hold, and use the acrobat's body to live and move on the ground. The gap is filled from within. That is "no box" proven under the worst pressure.

☯ Why All Three Are the Taiji

Each threat is undone at the instant of its own extreme. **Power** is most beatable at maximum commitment. **Speed** is most beatable the instant it launches. **The grab** is most beatable the moment it commits to leverage and abandons mobility. In every case, the attacker's peak *yang* is his exposed *yin* — at the height of his strength, his speed, his grip, he is most open. **You do not oppose the attack; you complete the flip its own physics began.**

📋 How to Train the Counter

Phase	Time	Content
★ Hip Awakening	8 min	The universal core — interception is explosive; cold hips are slow eyes
Name the Threat	6 min	Partner attacks slowly from any style; you call only "POWER," "SPEED," or "GRAB." Train the diagnosis first.
One Threat, Deep	16 min	Drill the counters to a single threat-type against varied attacks. The counter holds though the style changes — that is the whole point.
Free Counter	8 min	

Partner mixes all three live; you read the physics and answer. No pre-decided move.

Cool — Root 4 min Wuji standing; reset the nervous system

The law of Lesson 4: Never ask "what art is this?" Ask "is it Power, Speed, or a Grab — and where is its commitment?" Answer that and the name of the style is irrelevant. You do not fight a style. You intercept a movement.

See the physics, not the style, David. Next: the Cypher, where it all goes live. — 師父 ☯