

Fei Kune Do — Lesson 5

柔 · The Soft Game · Tai Chi × Capoeira — the internal engine meets the deceptive flow

David — We leave the fundamentals and enter *technique*. The first marriage is the softest one: **Tai Chi and Capoeira**. They look unrelated — one a slow meditation, the other an acrobatic game — but they are secretly the same animal. Both move in **circles, not lines**. Both **never stop**. Both generate everything from the **turning waist**. Both **deceive**. Tai Chi is the *internal engine* — the root, the spiral, the listening. Capoeira is the *external body* — the low line, the sweep, the inverted escape. Bolt the engine into the body and you get a game that looks like play and lands like lightning.

Soft is not weak. The softest art delivers the most sudden hardness.

① Four Fresh Capoeira Techniques

the external vocabulary

Cocorinha — a deep defensive squat that ducks *under* a kick, heels flat, hands raised by the head. The book's note is the key: *"build up the power and springiness in the legs to move in and out with ease and speed."* Not a cower — a loaded spring at floor level.

Rasteira — the "scythe." A lightning-fast low sweep that cuts under a high kick and reaps the supporting leg, delivered with one, two, or no hands on the ground in *"one continuous, low, fast movement."* It punishes a committed kick by stealing its base.

Aú Compasso — a *closed* cartwheel: legs straight, together, aimed downward in front of you, shielding face and torso through the rotation. *"Put the hands straight down so as not to telegraph."* A defensive cartwheel that travels and hides intent.

Meia Lua de Compasso → Queda de Rins — the signature spinning compass kick that, at the point of contact, drops into *queda de rins*: falling onto the elbow at the kidney/waist. A 360° kick that melts into a low, coiled landing instead of resetting upright.

② Four Tai Chi Internal Methods

the engine inside the move

Sink to the Tantien — drop awareness and weight to the point two inches below the navel; become heavy, rooted, hard to move. This is the power source the Capoeira book only hints at ("springiness in the legs") — Tai Chi names and trains it directly.

Circular Neutralization — the text's law: *"all movements are much more circular than linear."* You never block force head-on; you turn the waist and let it spiral past. Defense is rotation, not collision.

Ting — Listening — through any point of contact (push-hands), you "listen" to the opponent's force: where it goes, when it commits. You feel his intention before he completes it. This is *malícia* (capoeira's deception) answered by sensitivity.

The Chen Flip (fa-jin) — verified from the source: Chen style *"alternates slow-motion movements with short, fast, explosive ones."* Gather slow and soft (yin); discharge in a single instant (yang). This is the detonator we wire into every capoeira shape below.

③ The Fusions

new moves — Fei Kune Do originals

Each fusion wires a Tai Chi *internal method* into a Capoeira *external shape*. New names, new movements.

① Sinking Scythe 沉鎌 · Foice Afundada | Sink + Rasteira

Root to the tantien and *listen* through your guard for the instant his weight loads onto his kicking or stepping leg. At that exact beat, release the rasteira as a fa-jin discharge — the sweep is not a leg flick but a whole-body spiral driven from the sunk center. The root makes it **heavy**; the listening makes it **timed**. Soft gather → scythe. *Yin* → *Yang*.

② The Coiling Drop Cocorinha + Circular Neutralization

As the kick comes, drop into cocorinha — but instead of a dead squat, **turn the waist** as you sink so the descent winds you like a spring. You don't just avoid the kick; you coil under its arc and store the energy of your own drop. Uncoil straight up out of the floor into a strike or an aú. A duck becomes a loaded spring.

③ The Silk Cartwheel 纏絲 · Aú Compasso + Spiral/Waist Drive

Drive the closed aú not from the shoulders but as one continuous **spiral from the waist** (silk-reeling), hand to foot. The cartwheel becomes silent, effortless, and — because you are *listening* as you invert — you can stall it at the apex (handstand beat), reverse it, or fire a foot out of it. A defensive cartwheel that can change its mind upside-down.

④ Compass & Coil Meia Lua de Compasso + Chen Flip + Queda de Rins

Wind the compass kick slowly and circularly (Tai Chi gather), then **detonate** the strike with fa-jin — slow, slow, *crack*. Whether it lands or misses, ride the spin down into queda de rins: a coiled, elbow-low landing that is already loaded for the next thing. The kick that doesn't reset — it pours into the ground.

④ The Soft Roda

a continuous chaining flow

Now string them into one unbroken, circular game — never a dead stop, never a straight line. This is the lesson made whole:

Beat	Movement	Internal note
1	Root — sink to the tantien in a low ginga	Yin: gather, become heavy
2	Listen & turn — circular-neutralize his committed force	Spiral, don't collide
3	Coiling Drop — cocorinha under the strike, winding the waist	Store the descent
4	Compass & Coil — uncoil into meia lua de compasso, fa-jin crack	Yang: detonate
5	Queda de rins — pour the spin into the low elbow landing	Reload at floor level
6	Sinking Scythe — rasteira from the ground to reap his base	Heavy, timed sweep
7	Silk Cartwheel — spiral aú back up to the root	Escape, return to beat 1

It closes into a loop. The game has no end and no seam — just a wheel of soft gathers and hard cracks.



Why This Is the Taiji & How to Train It

Two "soft" arts, combined, produce the hardest result. Capoeira hides the intention (malícia); Tai Chi reads the opponent (ting) and powers the strike (fa-jin). The deception and the listening are the same coin — you look like you are only playing, while you already feel exactly where he will be. At the peak of your softness, you are most dangerous. That is the whole secret of the soft game.

Phase	Time	Content
★ Hip Awakening	8 min	The universal core — both arts are pure waist; cold hips, no spiral
Root & Spiral	8 min	Sink to tantien; practice circular waist-turning until linear motion feels wrong
The Four Fusions	16 min	4 min each — slow and soft first; add the fa-jin crack only once the shape is smooth
The Soft Roda	6 min	Chain the loop; hunt for any dead stop or straight line and dissolve it
Cool — Listen	4 min	Push-hands with a partner: eyes closed, just feel and follow

The law of Lesson 5: Move in circles, never stop, generate from the waist, and listen with your whole skin. Play softly enough and the hardness arrives unseen.

Flow soft, strike hard, David. Next technique pairing on your call. — 師父 ☯