

Fei Kune Do — Lesson 5b

地 · The Ground Game · Breaking enters the Soft Game — intermediate / advanced

David — Lesson 5 (Part A) was the *basic* soft game: Tai Chi's internal engine wired into Capoeira's flowing body, standing and low. Part B is the *advanced* layer — we add **Breaking**, and with it the one thing the soft arts only hint at: **the floor as a playground, and angular momentum as a weapon**. The soft game drops you to the ground on purpose (remember *queda de rins*). Until now you could only recover from there. Breaking teaches you to *spin, float, and explode* off the floor — to make the ground a launchpad, not a landing. The corpus even admits the marriage: the b-boy **turtle** is, in the source's own words, "*basic posing on the ground, inspired by Capoeira*." The bridge was always there.

Two purposes only: ① BUILD the body for Tai Chi/Capoeira, or ② BRIDGE in & out of its moves.

① Four Fresh Breaking Additions

none repeated — the floor toolkit

1 · The Swipe ② BRIDGE ① obliques/hips

What it is: a rotational floor move — from a crab/seated base, kick the legs up and whip them over, the hips rotating the whole body around to land on hands then feet. The source drill: "*do a swipe but stop halfway, reach over and straighten your inner leg — that gets your hips high.*" Condition it with one-handed crab hops.

Why it serves the soft game: the swipe is silk-reeling made explosive — a full-body spiral generated from the waist. It builds the obliques and hip rotation Tai Chi calls "circular, not linear," with breaking intensity.

Bridge: pours straight out of a *meia lua de compasso* or *queda de rins* — the kick's spin keeps going as a swipe and rotates you back to your feet.

2 · The Turtle ① BUILD ② bridge to inversion

What it is: balance the whole torso horizontally, floating on the elbows planted into the abdomen, body parallel to the floor. The source calls it posing "*inspired by Capoeira*."

Why it serves the soft game: it is the **center-over-base** principle made horizontal — pure compression core and hand/elbow balance, the exact strength the *aú* and the handstand demand. Tai Chi's "sink into your center" learned upside-down and floating.

Bridge: from *queda de rins* (already low on the elbow) settle into a turtle float, then spiral out into the Silk Cartwheel.

3 · The Back-Spin ② BRIDGE ① rotational core

What it is: spin on the upper back; per the source, start "*with legs straight and split apart, then slowly bend and bring them in*" to accelerate. (That is conservation of angular momentum — tuck to spin faster.)

Why it serves the soft game: it trains the rotational core and a profound lesson — **gather inward to accelerate**, which is exactly fa-jin: draw the energy to the center, and it speeds up.

Bridge: the Compass & Coil cracks, drops to *queda de rins*, rolls into a back-spin to escape pressure and reposition — then spirals back up.

4 · The Bridge & Kip-Up ① BUILD spine ② bridge UP

What it is: the back bridge (identical to Capoeira's *ponte*) for spinal extension, and the kip-up — the explosive snap from lying on your back to standing on your feet (the b-boy cousin of Capoeira's *macaco*).

Why it serves the soft game: it awakens the spine and central line Tai Chi obsesses over, and builds the posterior chain — while teaching the floor-to-standing explosion the soft arts lack.

Bridge: this is the **loop-closer** — from any floor position (turtle, back-spin, queda de rins) bridge and kip-up explosively back to the standing root, ready to begin again.

2 The Ground Roda

the Soft Roda, now with a floor

Part A's Soft Roda lived standing and low. Now we let it *fall through the floor and erupt back up*. The same wheel — but it dives underground and explodes out:

Beat	Movement	Layer
1	Root — sink to tantien in a low ginga	Tai Chi · yin
2	Coiling Drop — cocorinha under the strike, winding the waist	Fusion (A)
3	Compass & Coil — uncoil into meia lua de compasso, fa-jin crack	Fusion (A) · yang
4	Queda de rins — pour the spin into the low elbow landing	Capoeira
5	Turtle float — settle the center, balanced on the elbows	Breaking · build
6	Back-Spin — tuck in to accelerate, reposition, escape	Breaking · spin
7	Swipe — whip the hips over, spiral back toward your feet	Breaking · bridge
8	Bridge → Kip-Up — explode off the floor to the standing root	Breaking · yang → beat 1

The wheel now has depth. It sinks to the floor (deepest yin) and launches off it (sharpest yang) — and closes back into the root.

☯ Why the Floor Is the Deepest Taiji

The floor is the **lowest yin** — once you are on your back, you cannot fall further. And precisely there sits the **sharpest yang**: the kip-up, the spin, the swipe — the most explosive launches in the whole art come *off the ground*. The back-spin teaches the secret physics in miniature: **draw inward and you accelerate** (angular momentum), the same law as fa-jin. Breaking does not add chaos to the soft game — it completes its circle *downward*, proving the wheel turns in every plane, even underground.

📋 How to Train Lesson 5b

Phase	Time	Content
★ Hip Awakening + wrists	8 min	The universal core, plus wrist/shoulder prep — the floor loads the hands
Build Blocks	12 min	Turtle holds, bridge mobility, back-spin entries against a wall — strength & balance first
Two Bridges	12 min	Drill <i>queda de rins</i> → <i>turtle</i> and <i>floor</i> → <i>bridge</i> → <i>kip-up</i> until the seam vanishes
The Ground Roda	8 min	Run the full 8-beat loop slow, then add the cracks and the spin
Cool — Listen & spine	5 min	Push-hands + gentle bridge holds; reset the central line

The law of Lesson 5b: The ground is not where you fall — it is where you load. Sink through the floor to find the sharpest spring; spin to gather, bridge to launch, and the wheel never breaks.

Make the floor your launchpad, David. — 師父 ☯