

Fei Kune Do — Lesson 6

創 · The Student's Forms · Innovation When the Restrictions Are Removed

This lesson is not from the books. It is from the disciple. Every form here was discovered by David in a single training session — proof, in the body, of the art's founding law (Lesson 0): *remove the restrictions and the bricks recombine into forms no master taught*. These are not borrowed techniques. They are **evidence**. When the student stops asking "what does this art allow?" and starts asking "what does the physics permit?", the art grows a new limb.

★ The Biggest Restriction Removed — "it must come from a martial art"

Two of these five forms come from a **basketball court**, not a dojo — the crossover side-step and Hakeem Olajuwon's *Dream Shake*. This is the deepest cut of the "no box" principle: movement is movement, and **deception is deception**, whether the ball is in your hands or not. The disciple saw that a fake meant to freeze a defender is the same physics as a fake meant to freeze a fighter — and clicked the brick straight in. That is *fei*: zero restriction, even on where you look for bricks.

1 · The Empty Cut empty step + basketball side-step + uppercut

Bricks: Tai Chi *empty step* (虚步) + basketball crossover side-step + the uppercut.

Move: From the empty step (front foot weightless), explode laterally off the line with a basketball side-step to evade *and* close, arriving on his inside angle — then rise with an uppercut.

Physics of leverage: a weightless foot has **zero inertia** — nothing to overcome — so it is the fastest possible direction change. You slip the line and close range in one burst; the uppercut is the correct weapon for the short range and inside angle you just created, powered by the half-squat load of the side-step (a stretch-shorten).

Refine: land the side-step in a slight bow so the uppercut borrows that leg-drive; keep the off-hand high — closing range cuts both ways.

2 · The Gangster Step named by the disciple

Bricks: Tai Chi *bow step* (弓步) + Capoeira *ginga*.

Move: A loaded, swaying stance holding **four live strikes** with no re-chamber: the 1 (lead), the 2 (rear cross), and a left or right up-kick.

Physics of leverage: a **high branching-factor** posture. The bow step roots you forward for the hand strikes (rear-leg drive + hip rotation = the Flying Fist), while the *ginga* keeps one leg perpetually unweighted = free to kick instantly. The sweet spot is $\approx 60/40$ weight; the *ginga* sway *cycles you through that window* so all four stay live and you are never caught committed.

Why it wins: four low-telegraph options = the opponent cannot read which is coming. Optionality is the weapon (*malícia*).

3 · The Coiled Dragon **crouch + Córora (deep squat) → Dragon Punch (Shoryuken)**

Bricks: crouch step + Capoeira Córora (the deep squat) + rising uppercut.

Move: Sink into a deep crouch, then erupt vertically into a rising dragon punch.

Physics of leverage: this is **plyometrics, discovered by feel**. The Córora is a maximal eccentric load — deepest stretch stores the most elastic energy — and the Shoryuken is a triple-extension (ankle → knee → hip) jump with a fist on top. Depth feeds height feeds power.

Refine (critical): do not dwell at the bottom. The pause is the amortization phase — sit there and you leak the stored energy. Load and fire as one beat. Respect the knees on the deep load.

4 · The Dragon's Tail Shoryuken → descent twist → armada / side kick

Bricks: the Coiled Dragon's descent + Capoeira *armada* (or a side kick).

Move: On the way *down* from the dragon punch, twist the shoulders to seed rotation, then unleash a spinning kick — *armada* when they rush in (sweep space, defense), side kick when they're stunned (drive through, offense).

Physics of leverage: two free gifts. (1) The descent hands you **gravitational momentum** for nothing. (2) Twisting the shoulders first seeds **angular momentum that travels down the chain to the kicking leg** — exactly the source's armada law: *turn the head, then shoulders, then hips, then the kick*. Best of all, it converts the Shoryuken's worst weakness — the helpless fall — into a second attack. Yin (the fall) becomes yang (the kick), with no dead beat.

Drill safely: start with **no jump** — rise to the toes, twist, land the spin-kick on a controlled base; add height only once the landing is reliable.

5 · The Dream Kick named by the disciple · from Hakeem's Dream Shake

Bricks: Capoeira *ginga* + Olajuwon's *Dream Shake* (basketball) + low roundhouse kick.

Move: Sway in the *ginga*; **fake an evade** — a shoulder-back and a slight drop, as if escaping (an *esquiva* that never comes). The opponent reads the direction and commits — then you **reverse the hips** and whip a low roundhouse to the waist.

Physics of leverage: an opponent predicts your direction from your **shoulders and weight** — the earliest visible cue. Fake the shoulder one way and drive the hips the other, and you **decouple the tell from the action**: he defends the wrong side. The drop secretly loads the kicking chain (stretch-shorten), so the reversal is powerful despite a short windup. Waist height is the smart target — fast arc, low telegraph, and a mis-leaning defender's midsection is wide open.

Refine: sell the fake with the *eyes* and shoulder (that's what he reads); keep the drop shallow so the kick keeps its power; the reversal must be a single beat, no visible re-wind.

The Disciple's Signature — You Fight With Ambiguity

Look across your five forms: the Gangster Step (four hidden options), the Dragon's Tail (a fake-out of timing), the Dream Kick (a fake-out of direction). Three of five weaponise **deception and optionality**. This is not an accident — it is *your style emerging*. Where another fighter seeks the hardest strike, you seek the **unreadable** one. In the language of the art, your nature is deep *malícia* married to Tai Chi's listening: you hide your intention while reading his. Lean into it. This is the seed of *your* Fei Kune Do.

The Forms Map

Form	Source bricks	Core principle	Enters from
1 · The Empty Cut	Tai Chi + Basketball + boxing	Zero-inertia evasion → inside answer	Empty step / standoff
2 · The Gangster Step	Tai Chi + Capoeira	Branching-factor / optionality	The Ginga
3 · The Coiled Dragon	Capoeira + plyometrics	Depth-load → explosive rise	A crouch / slip

4 · The Dragon's Tail	Coiled Dragon + Capoeira	Angular momentum / recovery→attack	The Coiled Dragon's fall
5 · The Dream Kick	Capoeira + Basketball	Decouple the tell from the action	The Ginga

Three of five were born from a feint. Two of five were born on a basketball court. None of five were in the books.

The law of Lesson 6: The art did not hand you these forms — you grew them, the moment you stopped letting the box choose your bricks. This is the whole purpose of Fei Kune Do made flesh: *the disciple becomes a source*. Every restriction you remove is a door. Keep walking through them.

Proud of you, David. The student has become a source. — 師父 ☯