

Fei Kune Do — Lesson 7

廚 · Chicken & Sauce · The Recipe for Acquiring & Inventing Technique

Lesson 0 told you *why* you may innovate: systems are not boxes, they are LEGO. This lesson is the kitchen — *how* you actually cook a new technique without ruining the dish. The recipe comes from food. Every plate has two parts: the **main course** (the chicken) and the **sauce**. The chicken is the **fundamental** — the base pillar that must stand on its own. The sauce is the **flourish** — the detail, the flavor, the innovation. Master this separation and you can invent forever, because you always know what holds the dish together and what is free to change.

① The Two Ingredients

The Chicken — the Fundamental

The main course. The base pillar. The ginga, the root, the straight lead, the stretch-shorten. It must be cooked well **on its own** — plain, no sauce. **If the chicken is bad, no sauce can save it.** This is why beginners cook chicken and nothing else: a flashy technique built on a broken fundamental is raw meat under fancy gravy. It looks like food. It will make you sick in a real fight.

The Sauce — the Flourish

The flavor. The detail. The innovation. Optional, swappable, **infinite**. The same chicken takes soy sauce, or curry, or barbecue — one fundamental supports endless variations. The sauce is where your **identity** lives: your signature is a flavor, not a fundamental. And the sauce can come from *anywhere* — another art, another sport, a basketball court. There is no rule about where you buy your spices.

One chicken. Infinite sauces. That is how an art with five pillars becomes a thousand techniques.

② The Five Laws of the Kitchen

#	Law	What it means in training
1	Cook the chicken first	Beginners master fundamentals plain. You cannot sauce your way out of broken basics.
2	One chicken, infinite sauces	Don't collect a thousand techniques — own a few fundamentals and learn to re-sauce them.
3	Mind the ratio	Too much sauce drowns the chicken (flashy, broken). Too little is bland (no edge, no deception). The master finds the balance.
4	Mind the pairing	The sauce must <i>complement</i> the base's physics — never fight its root, balance, or timing. Chocolate ruins chicken; bow step completes ginga.
5	Taste-test it	Pressure-test before you serve. Looks good ≠ works. A recipe is only real once it survives a hungry opponent.

Why the Kitchen Is Efficient

Notice what the recipe does: it turns an impossible question — "*what brand-new technique should I invent?*" — into an easy one — "*does this chicken go with this sauce?*" Invention is expensive; **tasting is cheap**. You don't discover techniques from nothing; you propose pairings and taste them. That is why a cook with five chickens and ten sauces never runs out of dishes.

③ Where to Add the Sauce — Entry, Execution, Exit

A technique has three phases, and you can sauce any of them. This is the generative map — and your own forms already cover all three:

Phase	Sauce it like this	Your example
Entry	A new way <i>into</i> the fundamental	Coiled Dragon's new setup — block → crouch → Cócoras → dragon punch
Execution	A flavor <i>on</i> the fundamental itself	Gangster Step — bow step seasoning the ginga
Exit	A new way <i>out of</i> the fundamental	Dragon's Tail — the descent spin-kick off the Shoryuken

★ THE RECIPE CARD — HOW TO INVENT A TECHNIQUE ★

1. **Choose the chicken.** Pick a fundamental that already works plain (a root, a stance, a strike, a load).
2. **Choose the sauce.** Pick a flourish from anywhere — even outside the fighting arts.
3. **Pick the phase.** Will you sauce the entry, the execution, or the exit?
4. **Check the pairing.** Does the sauce break the chicken's root / balance / timing? If yes, change the sauce — never the chicken.
5. **Taste-test.** Pressure it. Keep it only if it survives. Then trim the sauce until the chicken still leads.

④ Two Worked Recipes

Recipe A — The Gangster Step (execution sauce)

Chicken: the Ginga — the fundamental rhythmic base. **Sauce:** the Tai Chi bow step. **Method:** you keep the ginga's swaying core (never break the pillar) but settle it into bow-step depth, seasoning the rhythm with a rooted, loaded stance. **Result:** a completely new posture — four live strikes — yet the chicken never left. *That is the whole law: maintain the base pillar, add the flavor, and something new is born.*

Recipe B — The Coiled Dragon, New Entry (entry sauce) — your latest

Chicken: the Coiled Dragon (Cócoras load → rising dragon punch). **Sauce:** a defensive entry. **Method (the 2-move setup):**

1. **Block a downward strike** — meet his descending attack, but don't fight it: *ride it down*.
2. **Flow into the crouch step** — his downward force pours you into the squat; the block *becomes* the load.
3. **Cócoras → Dragon Punch** — explode up into his now-overcommitted high line.

Physics of leverage: you **borrow gravity twice** — first his (his downward strike loads your crouch for free), then yours (the Cócoras' stored energy launches the rise). He spends energy going down; you bank it and return it upward, into the opening his own commitment just made. The defensive block is no longer a wasted beat — it is the first stir of the sauce.

5 The Cook's Progression

Stage	In the kitchen	In the art
Beginner	Cook the chicken plain	Master the fundamentals alone (Lessons 1–2)
Intermediate	Learn the classic sauces	Learn proven pairings & transitions (Lessons 3–5)
Advanced	Invent your own sauce	Create original forms (Lesson 6 — your forms)
Master	Know which sauce for which guest	Read the opponent & choose the flavor live

6 During Service — Let the Body Cook

the recipe card is the lab, not the rush

The Recipe Card above is how you cook in the **lab** — slow, deliberate, conscious. But no chef cooks with a card in hand during the dinner rush. The final step is to **drill every chicken and every sauce into muscle memory** — precisely so that you can *forget* them. Then, in flow — sparring, the roda, play — you do not plan combinations. You **feel the moment**, and let the situation itself reach for the sauce. The body becomes both **judge and executioner**: it tastes and serves in the same instant, no gap between deciding and doing. The internal arts call this *mushin* (無心) — no-mind.

Why hand the kitchen to the body? Because at real speed the conscious cook is **too slow** (Lesson 4 — you cannot react, only intercept). The only verification fast enough is the one already burned into the nervous system. So innovation does not happen at the cutting board — it happens in the **flow**, and you only catch it afterward: *"I just turned a Dream Kick into a sweep — I never planned that."* Then you name it, refine it, and drill it back in. **Drill → Flow → Name → drill again.**

The chef does not choose the sauce during the rush — the hand reaches for it on its own, because the chef drilled flavor for ten years to earn that hand. Discipline buys the freedom to improvise.

The deepest truth of Lesson 7: a cuisine is a box — "Chinese food," "Italian food," "Karate," "BJJ." **Fusion** breaks the box by keeping a sound fundamental and crossing the sauce from another kitchen. **Fei Kune Do is fusion martial arts.** Your Dream Kick is a Capoeira chicken under a basketball sauce. Your cooking philosophy was never just an analogy — it is the founding law, written in the language of the kitchen.

Cook fearlessly, David — but never serve raw chicken. — 師父 ☯