

Fei Kune Do — Lesson 8

醬 · The First Sauce · A Taekwondo Remix — shopping from the pantry

This is the first time we cook with an ingredient from outside the original six. Lesson 7 said the sauce can come from anywhere — so we walk into the new pantry (the *Sauces* shelf) and pull down a jar: **Taekwondo**, the art of the foot and fist — now genuinely *readable* by the database via *The Complete Guide to Taekwondo* (Şahin, Karademir & Pakyardım, 2025), so every flavor below is grounded in the source itself. The rules are exactly Lesson 7's: keep *our* fundamentals as the **chicken**, borrow only TKD's flavor as the **sauce**, mind the pairing, and taste-test. Watch the method work on a brand-new ingredient.

① Tasting the Jar — Taekwondo's Flavor Profile

Every art has a signature flavor. What does Taekwondo bring that our pillars don't already have in abundance?

TKD Flavor	What it is	What it adds to us
Explosive long-range kicks	Fast, varied kicks thrown from distance	Reach & speed our close, low game lacks
Spinning & jumping kicks	Spinning hook, spinning back, flying side kick	Refined aerial/rotational finishes
The fast chamber & snap	Knee chambers high, foot snaps out & retracts instantly	Pure speed; low-telegraph kicks
Sine-wave knee-spring	Choi's up-then-down body drop into the strike	Gravity-assisted power generation

The Source Confirms Our Thesis — Speed Is King

The Complete Guide states it in plain Newtonian terms: *"Force equals mass × acceleration. If the mass is tripled... power will also triple. However, if the speed is tripled... the power will increase **ninefold**."* This is the entire Flying-Fist pillar, proven by a second, unrelated art: **power scales with speed far faster than with mass**. Taekwondo's flavor is speed precisely because speed is where the force hides — and it also notes the strike gains extra power from the *recoil* of a fast retraction (the snap back).

*Taekwondo is a **Yang sauce** — fire, flight, and speed. It seasons our explosive side; our Yin pillars keep it grounded.*

⚠ Mind the Pairing (Lesson 7, Law #4) — Sauce the Kick, Not the Base

Here is where most fusion goes wrong. TKD fights tall, bouncy, and long-range; our soft game is **rooted, low, and circular**. If you swallow TKD's whole upright stance, you *lose your root* — you've thrown out the chicken and kept only sauce. So borrow **only the kick mechanics** — the chamber, the snap, the spin, the gravity-drop — and bolt them onto *our* base: the ginga, the root, the listening. Keep the chicken. Season the kick.

2 The Physics of Power — Why the Sauce Bites

it all hides in one little ²

Why does a speed-flavored sauce hit so hard? Because the thing that does the damage — the energy a strike dumps into the target — depends on speed *squared*:

$$\text{Damage} \approx \text{Kinetic Energy} = \frac{1}{2} \cdot m \cdot v^2$$

- **Mass is linear** — triple it, triple the energy (3×).
- **Speed is squared** — triple it, and $3^2 = \text{nine times}$ the energy (9×).

That is the whole "ninefold." You cannot easily triple your body mass — and it would slow you down, killing the very speed that matters — but technique *can* multiply limb speed, and speed pays you back **twice**. Like a car crash: 30→60 mph doesn't double the wreck, it *quadruples* it. Same physics, in your fist. This is why every pillar worships speed and looseness over muscle.

Two ways Taekwondo squeezes the v^2 to its maximum:

The Snap-Back — keep v highest at the instant of contact

Pulling the kick back fast seems backwards, but it is pure leverage: a *pushing* strike is already slowing as it lands; a *snapping* strike stays loose and accelerating right up to contact, so v peaks *exactly* on impact. The fast retraction also shortens contact time — and a shorter impact means a higher peak force that **penetrates** (shock) instead of **shoves** (wasted motion). Snap = maximum speed + maximum penetration.

The Closing Counter — add his speed to yours

When you strike *into* an attacker moving toward you, the impact speed is the **sum** of both: $v_{\text{you}} + v_{\text{him}}$. And since damage goes as v^2 , meeting a committed rush is devastating — he runs his face into your kick. A head-on crash (30 + 30) wrecks far worse than hitting a parked car at 30. **This is the scientific proof of the Compass Counter and of Lesson 4: you do not avoid his power, you borrow it.** His commitment is the extra fuel — his peak yang becomes your ammunition.

Everything good in striking is one fight: maximise v at the moment of contact. The snap keeps your v high; the counter adds his v to yours; the ² makes both pay enormously.

3 Four Remixes — Our Chicken, TKD Sauce

1 • Whip from the Sway execution sauce

Chicken: the Ginga (+ Gangster Step's free leg). **Sauce:** TKD's fast chambered turning kick — *dollyo-chagi*. **Remix:** the ginga always leaves one leg unweighted — so fire a *dollyo-chagi* off it: high knee chamber, snap to the target, instant retraction (the recoil adds power), all hidden inside the sway's rhythm. The root stays; only the kick borrows TKD's snap. A deceptive long-range whip out of a low, playful base.

2 · The Compass Counter exit / counter sauce

Chicken: the Esquiva / Lean (evasion). **Sauce:** TKD's reverse turning kick — *bande dollyo-chagi* — whose power, the book notes, is multiplied by the momentum of the spin. **Remix:** lean off his committed strike; his overreach turns you, and you pour that turn straight into a *bande dollyo-chagi* along his centerline. The evasion *is* the wind-up — and per the source's own physics, a high-speed counter **combines his incoming force with yours**, so meeting his commitment doubles the bill (the Lesson-4 counter, scientifically). Yield (yin) → the heaviest yang TKD owns.

3 · Dragon's Tail, Upgraded exit sauce on a plyometric chicken

Chicken: the Coiled Dragon / the Spring (plyometric launch). **Sauce:** TKD's jumping spinning hook kick. **Remix:** your existing Dragon's Tail threw a basic descent spin — now the plyometric launch *delivers a true TKD aerial spinning hook*, the foot whipping over the top on the rise. Your depth-load becomes the engine for TKD's most spectacular kick. Same chicken (the spring), a fancier sauce.

4 · The Gravity Drop a seasoning sauce (pure mechanics)

Chicken: any rooted strike — the Flying Fist, a stomp, a sweep. **Sauce:** Choi's sine-wave knee-spring. **Remix:** rise slightly on the knees, then *drop your whole body weight* down through the strike as it lands. This isn't a new technique — it's a **flavor of power** you can pour onto *any* downward or rooted move, adding gravity to your fa-jin. (Note: this is a gravity-loaded cousin of plyometrics — a perfect taste of next lesson's Yang.)

④ The Featured Dish — "The Sway Storm"

Now plate the remixes into one flowing combination — our base, TKD's fire:

Beat	Movement	Layer
1	Ginga — sway, rooted, listening	Our chicken (yin)
2	Dream Shake fake — shoulder-back feint, sell the wrong direction	Your form (deception)
3	Whip from the Sway — fast TKD round kick off the free leg	TKD sauce (yang)
4	If blocked → Compass Counter — spin into a TKD back kick	TKD sauce (yang)
5	Root & reset — sink back into the ginga, listen again	Our chicken (yin) → loop

Your rhythm and deception hide TKD's speed; TKD's reach and spin finish what your fakes open. Neither art alone — a third thing.

☯ What Just Happened — The Method Proved Again

Notice we did not "learn Taekwondo." We tasted its jar, identified its flavor (Yang: speed, flight, spin), checked the pairing (keep our root — sauce the kick), and bolted four of its flavors onto fundamentals we already own. One new ingredient, four new techniques, one new dish — and our pillars never moved. **That is Lesson 7 executed on a real, never-before-seen sauce.** The pantry did not change who we are; it gave us new flavor to be ourselves *with*.

The pantry is full, and the kitchen is open. Thirteen more jars wait on the *Sauces* shelf — and two of them answer questions we left open. **Judo** (throws & grips) and **Aikido** (joint redirects)

are the natural sauces for the *grapple* threat from Lesson 4. The *Tao of Jeet Kune Do* is Bruce Lee's own cookbook. We will shop them one jar at a time — always keeping the chicken, always tasting before we serve.

One jar down, thirteen to go, David. — 師父 ☯