

Fei Kune Do — The First Lesson

飛拳道 · *The Way of the Flying Fist* · A teaching plan from Master to Disciple

To my disciple, David — Today you do not learn a hundred moves. You learn the *five seeds* that contain the whole art, and the *one attribute* (your hips) that makes all five grow. We train the vital 20%. Master it, and 80% of Fei Kune Do is already yours. Read this once, then we move.

Lesson Objectives

- Find your **center** and learn to stay **loose** under it (Tai Chi + JKD).
- Feel the **stretch-shortening spring** — the real "flying" mechanism (Plyometrics).
- Throw one true **hip-driven Flying Fist** (JKD).
- Learn one **evasion** and one **inversion** (Capoeira + Gymnastics/Breaking).
- Chain them into the **signature combination**.

★ **The One Thing — Hip Mobility.** Every power in this art comes from the hips: the punch, the kick, the spin, the landing. Before anything else, we open the hips. If your hips are stiff, nothing flies. This is the lesson under the lesson.

Session Flow (45 minutes)

Min	Phase	What We Do	Coaching Cue
0–7	★ Hip Awakening	Deep squat rocks, leg swings front/side, hip circles	"Loose and slow — open the engine"
7–14	Root & Relax Tai Chi	Sink the weight; breathe to the center 2" below navel; standing post	"Heavy below, soft above"
14–22	The Spring Plyo	Tuck jumps; land soft and hold 3 sec	"Quick off the floor, quiet on it"
22–31	The Flying Fist JKD	Straight lead from on-guard; pivot the balls of the feet, rotate hips	"The hip throws the fist"
31–38	Dodge & Fly Capoeira Gym	Esquiva lean-back; then one cartwheel each side	"Yield, don't block — then rise"
38–45	The Combination	Ginga → Esquiva → Spring → Flying Fist, slow then live	"One breath, one motion"

The Three Things I Will Correct Most

Fault	Why It Fails	The Fix
You tense up	Rigidity kills speed and the elastic spring (the amortization truth)	Breathe out, drop the shoulders — <i>song</i>
You punch with the arm	A 130-lb master out-hits a giant by using the whole body	Start the strike from the rear foot & hip
You pause before exploding	"The longer you wait, the lower the jump"	Minimise the dip — load and fire as one

Demonstration — The Flying Fist Combination

I will show this slowly three times, then you mirror me.

- **Ginga** — we swing together, finding the shared rhythm. Never frozen.
- **Esquiva** — I throw a slow lead; you lean back from the waist, heels rising, and let it pass. The lean secretly *loads your hips*.
- **Spring** — the instant the strike clears, you drive off the rear leg — the stored energy releases upward and forward.
- **Flying Fist** — as you rise, the hips rotate and the lead hand flies. Defense has become attack in one motion.

"You do not hit by just swinging your arm. Your whole body should be behind it." — the source teaching of the straight lead.

Your Homework Until We Meet Again

★ **Daily (10 min):** Hip mobility — deep squat holds, leg swings, hip circles. This is non-negotiable; it is the root of everything.

Drill	Dose	Standard to Reach
Rooted Ginga	3 min daily	Loose, rhythmic, never a dead stop
Tuck jump → soft hold	3 × 8 reps	Silent landings, quick off the ground
Flying Fist (air/pad)	3 × 10 each side	Heel lifts, hip rotates, body behind it
Cartwheel	5 each side	Straight line, land one foot at a time

The Disciple's Creed

*Root deep. Stay loose. Move to a rhythm.
Drive everything from the hips.
Turn every dodge into a spring, and every spring into a strike.
— That is the Way of the Flying Fist —*

Train well, David. Next lesson: the Phoenix Rise. — 師父