



FEI KUNE DO

The Way of the Flying Fist · Flying Fist Jitsu

An 80/20 Training Manual · **Second Edition: The Taiji**

Master the vital 20% — and learn that the art is not soft *or* hard, but the flip between them.

飛拳道

Synthesised from six lineages — Jeet Kune Do · Tai Chi · Capoeira · Breaking · Gymnastics · Plyometric Science
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The Taiji — The Heart of the Art

Fei Kune Do is not a style of softness, nor a style of hardness. It is the study of the *flip* between them. The body is one elastic machine, but it does not run at a steady state — it **pulses**: yield → strike, store → release, sink → fly, play → discipline. Yin gathers; Yang releases. Mastery is not choosing a side. It is owning the *transition* — how fast and how cleanly you turn soft into hard.

The old masters already solved this. Tai Chi's **fa-jin (發勁)** — explosive power from the softest art — is the proof: you accumulate in stillness (yin) and discharge in an instant (yang). Modern sports science gives this the name **stretch-shortening cycle**. Same truth, two tongues. Tai Chi is therefore not one of our six arts standing in a row — it is the **taiji**, the principle that governs all the others.

THE DOT IN EACH HALF

The taiji symbol holds a seed of each pole inside the other — and so does every technique in this art:

- **Softness inside the hard:** the Flying Fist stays completely relaxed *until the instant of impact* (Bruce Lee's snap). Tension before contact only slows the strike.
- **Hardness inside the soft:** beneath the relaxation is an iron-rooted structure. The yielding lean of the esquivas is held up by a spine of steel.

The Five Roots — Now as Yin/Yang Couples

The vital 20% of the art. Drill these and you own 80%. But read them now as **three pairs and a governor** — each Yin root is answered by a Yang root, and the skill lives in the arrow between them.

Yin — Gather / Yield / Play	↔ The Flip ↔	Yang — Release / Strike / Discipline
The Rooted Ginga TAI CHI · CAPOEIRA Sink, swing, stay loaded	store → fire	The Flying Fist JKD Hip-driven explosion
The Lean / Esquiva CAPOEIRA Yield, let it pass, load the hips	yield → drive	The Spring PLYOMETRICS Elastic release, the launch
Capoeira's Play (malícia) CAPOEIRA · BREAKING Deception, rhythm, flow	play → commit	JKD Economy + Inversion JKD · GYM Directness, precise structure
THE GOVERNOR — Tai Chi / The Taiji ☯ — rules the speed of every flip above		

★ THE UNIVERSAL CORE — HIP MOBILITY

Beneath Yin and Yang alike sits one attribute: **hip mobility and rotation**. The JKD punch drives from hip rotation; the capoeira kick swings from the hips; the windmill and cartwheel rotate around them. Mobile, fast, relaxed hips are the single highest-leverage investment in the art. **No flip — soft to hard — survives stiff hips**. Train them daily.

The Central Lesson — The Transition

If there is one thing that separates a master of Fei Kune Do from a collector of techniques, it is **the speed of the flip**. Anyone can be soft. Anyone can be hard. The art is the *arrow* between them.

The Transition is the amortization phase

Plyometric science names the exact moment we train: the **amortization phase** — the instant between loading (yin, eccentric) and exploding (yang, concentric). The science is blunt: "*the longer you wait at the bottom, the lower the jump, due to the inability to recover the stored elastic energy.*" Philosophically: **a slow flip leaks power**. The longer you dwell between soft and hard, the more of the stored yin escapes before it becomes yang.

HOW TO TRAIN THE FLIP

- **Sense the store.** In the ginga and the esquiva, feel the hips loading like a drawn bow. That is yin filling.
- **Shorten the dwell.** Drill the turnaround: dodge and instantly spring; sink and instantly strike. Cut the pause to nothing.
- **Stay soft until the last inch.** Hardness arrives only at contact. Premature tension is a slow flip.

ECHO BEYOND THE MAT — THE SAME TAIJI IN MARKETS

This structure is not unique to combat. The same Yin/Yang flip governs other hidden-state systems: **mean-reversion (yin — fade, yield) versus momentum (yang — follow, strike); risk-on versus risk-off; accumulation versus distribution**. "A balance of both" is, in those domains, exactly *regime detection* — and the whole game is learning *when to flip*. The master and the strategist train the same instinct: read the hidden state, and own the transition.

Signature Combinations — The Flip Made Visible

Each combination is a Yin gather resolving into a Yang release. The arrow is the art.

① THE FLYING FIST — YIELD → STRIKE

Ginga → Esquiva → Spring → Straight Lead. Swing in the loaded base; lean out as the opponent commits (yin — the lean secretly draws the bow); spring off the rear leg and deliver the hip-driven lead as you rise (yang). Evasion *becomes* attack in one flip. *Capoeira + JKD + Plyometrics*.

② THE PHOENIX RISE — PLAY → COMMIT

Au (cartwheel) → Baby Freeze → Kick-out. Cartwheel into the blind angle (yin, deceptive play), catch a freeze to gather balance, then explode out with a low kick (yang). *Gymnastics + Breaking + Capoeira.*

③ THE ROOTED SPRING — STORE → RELEASE

Tai Chi root → Tuck Jump → Aerial knee. Sink and root to gather stillness (deep yin), then convert it to a vertical explosion (yang). The deepest root makes the highest flight. *Tai Chi + Plyometrics + JKD.*

The Daily 80/20 Practice (≈30 minutes)

Block	Pole	Time	Content
Open — Mobility	—	6 min	★ Hip openers, leg swings, deep squat rocks. The universal core.
Root — Center	YIN	5 min	Rooted Ginga + standing post; breathe to the center
Spring — Power	YANG	6 min	Tuck jumps, side-to-side push-offs, soft-landing holds
Strike — Skill	YANG	6 min	Flying Fist reps; hip rotation focus
Fly — Inversion	YIN	5 min	Cartwheel / handstand / baby freeze hold
Flow — The Flip	☯	2 min	Chain the three combinations — feel the arrow from soft to hard

The Cross-Discipline Fundamentals

These attributes appear in *every* lineage — the highest-leverage targets in the whole art:

Fundamental	Where It Appears	Pole
★ Hip mobility & rotation	JKD punch · capoeira kick · windmill · cartwheel	Both
Relaxation under load (song)	Tai Chi · Bruce Lee · plyometric amortization	Yin
The rooted center	Tai Chi root · handstand line · stuck landing	Yin
Explosive release (fa-jin)	Straight lead · windmill · depth jump	Yang
Rhythmic oscillation	Ginga · toprock · tai chi form	The flip

The One-Sentence Art: Root deep and stay soft (yin), drive everything from the hips and release like lightning (yang), and live in the *flip* between them — for the master is not the one who is soft, nor the one who is hard, but the one who turns one into the other faster than the eye can follow. **That is the Way of the Flying Fist.**

☯ 師父 · Master of the Flying Fist ☯