status: derived
system: conditioning
member: does a corpus organised around practice have any slot for what practice costs
drafted: 2026-09-01
passages: 1
verdict: THIN

> ## ⚗️ *Is the following true?*
>
> ***Still waiting for our head researcher to verify.***
>
> ***STATUS:*** `derived`***, corpus THIN — 1 of 8.*** *The gate permits a weak draft, and this is the weakest*
> *in the ledger. The corpus side is one adjacent passage; the source side is a conversational podcast*
> *whose central term the transcriber mangled twelve times.* ***Most of what follows is inference.***
> *It is published because the shape of the gap looks worth testing, not because it is established.*
>
> ***Probe provenance.*** *Chasing False Power — Adam Chan (*`aCAsR3g2pYI`*), 21,250 characters,*
> *machine transcript,* `trust: auto`*.*

What this teaches

You will have a testable prediction about where a technique-organised corpus goes silent — and a
worked example of why a large file is not the same as a rich one.

Claim (weak, by design)

Hypothesis: a corpus organised around *what to practise* has no structural slot for *what practice costs* — injury, overtraining, the decision to stop — and so goes quiet on all of it. Two

probes came back THIN in a row on exactly that axis. That is a pattern of two, which is not a pattern.

Evidence

The measurement. `kega-ask` on overtraining, injury from excessive practice and recovery, scoped
to the six `conditioning` collections, returns **THIN, 1/8**. The one passage naming the subject is
`mass_general_jump_and_plyometric_training` [1], on safely conditioning the knee for jumping and
landing — a progression *toward* load, not an account of too much of it.

The second probe. Qin-na returned THIN, 1/8 on the same day. Both questions are about the cost
side of training rather than its content. Two is a coincidence with a direction, not a result.

The source. The video opens with the claim that thirty-five years of kung fu produced
overtraining that broke the speaker's mind and body, and that recovery came from qigong rather than
from more training. That is a first-person account of the exact thing the corpus does not cover.

What the source is not. Its most frequent content words are *like* · *because* · *people* · *martial* ·
form · *power*. It is a conversation, not instruction, and the transcriber rendered the central term
as "chiong" twelve times. **At 21,250 characters it was the largest transcript available and the
weakest usable one** — size selected it, and size was wrong.

Mechanism

The proposed reason is the one already recorded in the Aú Helicóptero lesson, applied to a different
axis. A reference organised by technique has a slot for *what correct looks like* and none for *what
the fourth attempt looks like* — that was the error layer. Overtraining is the same absence

measured
in years instead of repetitions: not one bad rep, but too many good ones.

If that holds, the silence is structural rather than accidental, and no quantity of additional training books would fill it — the same conclusion the error-layer lesson reached, arrived at from
the opposite end.

Drill

No drill. A hypothesis this thin does not get to prescribe anything, least of all about injury.
The actionable step is a measurement, not a practice: probe the corpus for **injury, rest, deload,**
chronic pain, quitting. If those return THIN as well, the claim has five data points instead of
two and becomes worth taking seriously.

Limit

- **THIN, 1/8, and the one citation is adjacent** rather than on-subject.
- **Two probes is not a pattern.** The claim is stated as a prediction precisely because it is not yet
  supported.
- **The source is a machine transcript of a conversation**, and nothing here is quoted as instruction.
- **Publication bias in my own selection:** I chose this source because it was the largest, then
  discovered size did not indicate substance. The finding about file size is more solid than the
  finding about corpora.

open	what would settle it
Is the cost axis systematically absent?	probe injury · rest · deload · chronic pain · quitting
Would one sports-medicine text close it?	acquire a periodisation/load-management source, re-run
Does any tradition teach stopping?	scan for retirement, tapering, training through injury

Source: `mass_general_jump_and_plyometric_training` *[1]. Gate: THIN, 1/8. Probe:* `aCAsR3g2pYI`*, machine transcript.*