

捌 · Does a Corpus Have a Slot for What Practice Costs? — Highlights

Status: open hypothesis · corpus THIN, 1 of 8 · the weakest in the ledger · one-page highlights of the 4-page lesson

In one line. A shelf organised around *what to practise* may have no slot for *what practice costs* — injury, overtraining, knowing when to stop. Two THIN results in a row point that way. **Two is a direction, not a result.**

Highlights

- **The measurement.** Overtraining, injury and recovery, across six conditioning collections → **THIN, 1/8.** The one hit is about safely conditioning the knee for jumping — a road *toward* load, not an account of too much of it.
- **The second data point.** The qin-na question came back THIN, 1/8 the same day. Both questions sit on the **cost** side of training rather than its content.
- **The source.** Adam Chan: thirty-five years of kung fu produced overtraining that broke his mind and body, and recovery came from qigong — **not from more training.** A first-person account of exactly what the corpus doesn't cover.
- **But the source is weak.** It's a conversation, not instruction — its top words are *like, because, people* — and the transcriber mangled its central term **twelve times**.
- **The most solid finding here isn't about corpora.** At 21,250 characters it was the **largest** transcript available and the **weakest** usable one. Size selected it, and size was wrong.
- **The proposed mechanism.** The same absence as the error layer in the *Aú Helicóptero* lesson, measured in years instead of reps: **not one bad rep, but too many good ones.**

Next step

No drill — a hypothesis this thin doesn't get to prescribe anything, least of all about injury. Instead, a measurement: **probe the corpus for injury, rest, deload, chronic pain and quitting.** If those come back THIN too, the claim has five data points instead of two.

Limit

- THIN, and the single citation is adjacent, not on-subject.
- Two probes is not a pattern — that's why this is a prediction.
- Machine transcript of a conversation; nothing is quoted as instruction. The source was picked for its size, which is its own bias.

AI-coach's take

Trust the file-size lesson more than the hypothesis: bigger sources aren't better ones. Run the five cheap probes before believing the corpus is silent on cost.

Source video: [Chasing False Power — Adam Chan, Epi 137](#)