肆 · 八極拳 — Highlights

Status: experimental · one-page highlights of the 4-page lesson · a hypothesis, not a finding

In one line. Baji Quan is named once in 77 collections — in a list, in a textbook about a Japanese art — and a lineage documentary supplies a family but almost no technique.

Highlights

- **Three kinds of source, three different products:**

source	gives you	here
a neighbouring art's book	**placement** — where the style sits	*Taido Kyohan* lists it with Taiji, Xingyi, Bagua
a documentary	**lineage** — who carries it	a family, three generations
a practitioner's manual	**instruction** — what to do, what goes wrong	**absent**

- **The documentary is about a person.** A young practitioner who learned the family art from his grandfather and father. It proves the style is alive and transmitted — not what it does.
- **The vocabulary count.** In 1,039 words: *elbow* twice; *shoulder, stomp, strike, short* once each. For a style famous for close-range shoulder and elbow work, that is background noise, not coverage.
- **Second style found in this state**, after 蔡李佛 — independently: different region, different collection, different video, same result.
- **Why.** Authors list neighbours to place their own art. **A documentary sells a person, because a person is what a viewer will follow.** Neither is trying to teach the style, and more of either won't change that.
- **A correction worth keeping.** The video was first logged as Arabic. The *subtitles* were Arabic; the audio was always English.

Drill

None. Building one from "elbow" and "stomp" would be background knowledge wearing a citation's clothes. **One practitioner's manual would move this from absent to answerable.**

Limit

- Measures the shelf, not the art — Baji Quan has an extensive Chinese-language literature.
- Only the first 15:00 of 28:36 was transcribed; the second half may carry the technique.
- Machine transcript — nothing is quoted as a master's words.

AI-coach's take

Documentaries show you who carries an art, not how it moves. Watch the second half before concluding anything, then get a manual — lineage is inspiring, but it isn't instruction.

Source video: Baji Quan: the Deadly Martial Arts Created for Bodyguards (Oriental Chronicles)