

# 參 · 蔡李佛 — Highlights

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

**In one line.** The gate refuses Choy Li Fut outright, yet 3 of 77 collections name it — every time inside a list. The corpus can tell you the style exists and nothing about what it does.

## Highlights

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- **Three mentions, three lists, zero instruction.** A plum-blossom naming example about *other* styles · an entry in Ed Parker's Kenpo taxonomy · a Wing Chun book's list of neighbouring southern styles. No form, principle, drill or error.
- **The quiet failure.** Ask without naming the style and the gate silently drifts to generic "kung fu" — returning Guangdong martial culture and bone-setting. Confident, adjacent, and not about the style.
- **What one lineage video supplies that 77 books don't:** founded **1830** by a man from Xinhui, Guangdong · carried by a family from Guangzhou to Hong Kong during the war · now national intangible cultural heritage.
- **The name is the syllabus:** 蔡 Choy family fist · 李 Li family footwork · 佛 Buddhist palm.
- **Why it's in this state.** Every mention is written by someone practising *something else*. Authors name neighbours to say "here is what we are not." **A list is what a subject looks like from outside.**
- **The most fixable gap in the series.** This is a coverage gap, not an epistemic one — **one practitioner's book would close it.**

## Drill

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**None.** The corpus gives no technique, and the video is club history, not instruction. Inventing a drill from the name would be background knowledge wearing a citation's clothes. **The output is a shopping list: acquire one Choy Li Fut practitioner text.**

## Limit

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- This measures a 77-collection shelf, **not the art** — Choy Li Fut is a large, well-documented living style.
- The 3/77 count is a literal match on three spellings; other romanisations would be missed.
- The video is a machine transcript of the first 15 minutes only. Origin and name claims need checking against a text before being taught.

## AI-coach's take

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Don't study Choy Li Fut through other people's books — they only point at it. Buy one practitioner's manual; it's the cheapest gap on this whole list to close.

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Source video: [潘城國術會簡史 — A Brief History of Poon Sing Gymnasium \(Sing Poon\)](#)