伍 · 梅花 — Highlights

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

In one line. The same set is called Plum Blossom **Falling** Fist and Plum Blossom **Path** because 落 and 路 sound alike. Names travel by sound alone, so they degrade by homophony — while every posture stays correct.

Highlights

- **The corpus teaches mechanics only.** 8 of 8 passages are on-subject, and all describe technique: whip-like circular motion, circles whole/half/quarter, sticky elbows and hooking hands. **None says what a form's name is for.**
- **The master puts the name first.** Two causes for the split name, both acoustic: the northern pronunciation of *falling*, and 落 (*fall*) sitting close in sound to 路 (*path*).
- **The stronger claim.** Strip the name and the set is just a swaying motion, up and down. **The name carries the image** — plum blossoms falling — that makes the sequence one thing instead of a list of positions.
- **Why the loss is invisible.** A posture can be watched and copied; a name can only be heard and repeated. **Movements drift across bodies; names drift by homophony.** Nobody notices, because they were handling sounds, never characters.
- **The machine made the identical error.** Whisper transcribed 螳螂拳 as 唐郎拳 and 唐狼拳 — heard *tángláng* correctly, chose the wrong characters. Same constraint: sound underdetermines the character.
- **A quotable source.** Human-written captions (trust: high) — one of the few videos here that can be quoted, not just indexed.

Drill

Name every move you train, out loud, before you do it. Keep a list.

- **Weekly number:** how many of your movements you can *name* — not describe.
- **Done when:** every move in your working set has a name you did not invent this week.
- **Watch for:** the moves you can't name. Those are the ones nobody told you about.

Limit

- One master, one lineage, one form — not corroborated by any text in the corpus.
- The argument turns on two Chinese characters but reaches us through an English translation.
- "No passage" means eight passages, not the whole corpus. The drill is untested and comes from the claim, not the source.

AI-coach's take

Of all nine, this drill is the easiest to start today. Name each move aloud before training it; the moves you can't name are where your gaps hide.

Source video: Northern Praying Mantis, Meihua Style: It’s “Luo”, Not “Lu” (華藝精武 CWS-CMA)