

壹 · 螳臂擋車 — Highlights

Status: corrected · one-page highlights of the 6-page lesson · not yet trained by a human body

In one line. Version 1 said mantis has no trainable answer to superior force. The corpus had four — and the bigger finding is that a retrieval gap and a tradition gap look identical from inside the pipeline.

Highlights

- **The edit that broke v1.** The source says 擋 (to block — an action, used 6×). v1 wrote 當 (to face — a stance), then argued from its own edit instead of the source.
- **What was in the corpus the whole time:** the **Fan Che** (Chariot) branch with two forms, Da and Xiao Fan Che · **Gau Choi**, partner hammer-fists to the open palm · **Rolling Bamboo**, forearm conditioning, "repeat about 25 times" · and an explicit tactical answer.
- **The tactic is better than the question.** Don't meet the charging fighter head-on: *sidestep and let his own movement bring him into range*. Motto: "Within three steps contact, control and strike." The idiom is the spirit; the sidestep is the method.
- **擋, mechanically.** The mantis arm is three "hands" — shoulder–elbow, elbow–wrist, wrist–fingertips. The second hand (the forearm) presses in for control.
- **Side finding — Xing Yi.** It is *not* the source of mantis speed (it ranks below Southern Mantis on that probe). It contributes whole-body timing instead. And one convergence: mantis **rolls** forearms on bamboo, Xing Yi **strikes** with a bamboo beater — same material, opposite verbs, two unrelated lineages.
- **Method lesson.** Query each collection directly, not `search_all`. Chinese-language probes of this corpus are void — the embedder matches script, not meaning.

Drill

1. **Gau Choi** — partner hammer-fist to open palm.
2. **Rolling Bamboo** — wrist to elbow, palm-up to palm-down, ~25 reps.
3. **The second hand** — forearm pressing for control.
4. **The sidestep** — against a longer fighter driving in, let the entry deliver him.

The order of these is not in the corpus and is not claimed.

Limit

- Fan Che means *overturning* chariot, not *blocking* it — the link to 螳臂擋車 is a lead, not a result.
- The transcript is complete, but unseeded words are still corrupt — v1 quoted one of those errors as the master's own words.
- Gau Choi claims to make the hand **firm**, not fast. Nothing here has been trained.

AI-coach's take

Before calling something missing, query every collection by name. Here the drill sat inside a passage I'd already quoted. Train Gau Choi and the sidestep; test speed claims yourself.

Source video: [Descendant of Praying Mantis Fist — 于海 \(CCTV-4\)](#)