

拾 · Lessons from Youtube, September Week 1 — Highlights

Status: experimental · one-page highlights of the 4-page report · 8 videos, 90 min, 14,863 words

In one line. Four of the eight videos were worth keeping — and what the pipeline learned outweighs what the videos taught.

Worth keeping

- **Chen Xiaowang — Laojia with fajin** (*the best of the eight*)
- **The frame is scaffolding**, not a fighting posture. Train the position in, then discard it.
- **Three forces, in order: groin → waist → chest/shoulder.** Beginners over-use the chest and lose the other two.
- **Power is error reduction** — the bigger the movement error, the less force arrives. Shown live.
- **The correction:** 震脚 is not stamping on the opponent's foot. It is **delivering a fist from the foot**.
- **Zhang Dongwu — Lan Zha Yi.** A seventh source. Calls it the *third* movement where others say first or second — but the invariants hold: relax the shoulder, sink the elbow, settle the wrist, lead with the middle finger.
- **Li Zhen Wuguan — Hard Baji Quan (54 s).** **No speech at all**, yet the full lineage came out of the on-screen captions: Li Dazhong → Sun Yongge → Guo Zeru.
- **Bartitsu with an umbrella.** The method, not the moves: look at any object and ask how it works in combat. **Train hand-switching first.**

Not kept

Liu Feng Si Bi (class chatter — the gap is still open) · a chi-battle reaction video (**keep out of the corpus**) · a rhetoric video with no method in it.

The unexpected one: the Wizard archetype — historically a figure who mastered *all* domains equally. Specialising was a later game-design convenience.

What the pipeline learned

- **Gemini reads on-screen text; Whisper can't.** For instructional video, the captions are often where the instruction is.
- **Silent truncation is common.** 2 of 8 transcripts stopped early (at 8% and 0%) and looked normal. Comparing the last timestamp to the real duration caught both; a retry fixed them.
- **Volume isn't the constraint.** 4 of 8 useful, and one clip outweighed the other seven — fetch targeted sources, don't transcribe a queue.

AI-coach's take

Watch the Chen Xiaowang clip first; it's worth the other seven combined. And whenever a transcript looks short, check its last timestamp before trusting it.

Source videos (the four kept): [Chen Xiaowang — Laojia with fajin](#) · [Zhang Dongwu — Lan Zha Yi](#) · [Li Zhen Wuguan — Hard Baji Quan](#) · [Bartitsu with an umbrella](#)