

Derived Lessons, Volume I

V2 · 玖 · 無師 — what is in it, and what is worth your time

TLDR / 80-20

Six lessons. The two worth reading first are the ones you can test on a partner this week.

Sen gives you something to watch for in someone else's technique. The heel-landing lesson gives you numbers.

The Keys

1. Sen — one initiation, not a queue.

The defending hand, the leg insertion and the hip rotation start **together**. That single distinction is what separates a Sen technique from a block followed by a punch. The test is something you do to someone else: watch a partner throw a technique and **name which of the three fired late**. You can run that today, without equipment or agreement.

2. Ten — the same question, a different answer.

The companion lesson in taisabaki 五法, treated separately because the timing relationship differs. Read after Sen; the pair only makes sense as a contrast.

3. The heel landing — where the numbers are.

Forefoot versus heel, broken down by **contact point relative to the hip, ankle angle at contact, landing impulse, the cost of the next beat** — and by sound and slide, which are the two things you can actually perceive while moving. Carries explicit tempo, volume and a gate to advance. This is the most directly usable lesson in the volume.

4. The remaining three.

What fighting systems agree on about stance and foot position; what praying mantis teaches about speed and ferocity; and how the *aú helicóptero* is performed. The last two have since been superseded by their own corrected lessons — read those instead.

AI's Take

The through-line is a format rather than a subject: a claim, the sources it rests on, a drill with a countable number, and a section stating what would prove it wrong. That last part is why two of these lessons could be corrected later rather than simply being wrong — the evidence was attached to the claim.

Nothing in the volume has been trained by a human body. Every lesson is a hypothesis with its sources shown, and turning one into a finding is something only a person on a mat can do.

Read it as a set of leads with their reasoning visible, and start with the two above.