

Tai-eira — the techniques, part 1

Draft — not yet published. All seven techniques.

Tai-eira reads every technique the same way: **what does the waist do, what does the weight do, and where does it lie to the opponent?** Same questions in Chen village, in the roda, and on the dojo floor. The answers just wear different uniforms.

Lan Zha Yi (懶扎衣) — "tying the coat"

Chen-style taijiquan. The name is the instruction: one arm sweeps across the body like pulling a coat closed — binding, redirecting, shutting the door on whatever's coming in. The other hand is already somewhere useful. The waist turns the whole thing; the arms are just the coat.

The Tai-eira reading: this is the system's default answer to a grab or a push. Don't fight the incoming arm — *wear* it. Tie it across your center, turn, and it's gone. Everything in Tai-eira that redirects rather than blocks is Lan Zha Yi wearing a different hat.

Armada (capoeira)

The upright spinning kick. Full 360° turn, one leg swinging a wide horizontal arc, arms out — half for balance, half as misdirection. What makes it an *armada* and not just a spin kick is the roda logic: the spin is also an exit. You kick on the way past, not on the way in.

The Tai-eira reading: the waist engine is identical to Cloud Hands below, just stood up and spun fast. Slow it down and it's silk-reeling; speed it up and it's an armada. Same motor, different gear.

Cloud Hands (雲手, yún shǒu)

The lateral wave. Step sideways, hands float past like clouds, weight pouring from leg to leg. Beginners think it's a hand technique. It isn't — it's *footwork that lies about being handwork*. The drill is waist-driven weight shifting with ward-off energy alive on both sides at once.

The Tai-eira reading: this is where the system's footwork lives. Every lateral entry, every angle change in the roda games, is Cloud Hands with the poetry removed. If your waist can't do this smoothly, your armada is just flailing.

Meia-lua de compasso (capoeira)

The compass crescent. Hands on the ground, one leg sweeping a full crescent overhead — the most recognizable kick in capoeira. The genius is structural: the hands-down position is the defense. You duck under the incoming strike by going to the floor, and the kick arrives from a place no standing guard covers.

The Tai-eira reading: attack and evasion are the same movement. Tai-eira steals this principle wholesale — every technique should answer "where am I safe while this lands?" If the answer is "nowhere," the technique needs work.

Golden Rooster (金雞獨立, jīn jī dú lì)

Standing on one leg. Knee chambered high, one arm warding up, one pressing down. It's a balance drill, a knee-strike chamber, and a structural test all at once: if your standing leg, waist, and spine aren't one column, you wobble, and the wobble tells you exactly what's disconnected.

The Tai-eira reading: the system's diagnostic tool. Can't hold it while someone pushes your shoulder? Your root is decorative. The chambered knee is also the honest version of half the kicks in the system — armada's chamber, compasso's launch.

Ebi — the Shrimp Kick

Japanese root: *ebi* (海老), **shrimp**. The body curls like one — knees tucked, hips coiled — and the kick fires out of that curled shape, usually from low or grounded positions. The power isn't in the leg; it's in the *uncurling*. Shrimping is the same animal BJJ players know as the hip escape, weaponized: the defensive curl and the attacking kick are one motion.

The Tai-eira reading: this is the ground's answer to everything standing in this list. Armada needs the floor for launch; compasso needs it for cover; the shrimp kick needs it for *ammunition* — the floor is what you push the coil against. If Tai-eira ever goes down, it goes down curled, not sprawled.

Capoeira cousin: the chapa de costas — the back push kick. One of capoeira Angola's core kicks (Mestre Pastinha's list): turned half-away from the opponent, driving the sole/heel straight back behind you. The body coils away and fires backwards — the shrimp's geometry pointed the other way. Same animal as the shrimp kick: coil, then uncurl into the target. 【https://en.wikipedia.org/wiki/Chapa_de_costas】

Dan Bian (單鞭) — Single Whip

Taijiquan's signature posture, and the most misunderstood one. Bow stance, one arm extended forward at shoulder height like the lash of a whip, the other hand pinched into a crane's-beak hook. Beginners pose it. The actual drill is the split: one side of the body *opening* while the other *closes* — expand and contract in the same instant, the classic taiji contradiction made visible.

The Tai-eira reading: this is the system's clearest expression of doing two opposite things at once — the extended arm frames and measures while the hooked hand is already controlling something. Every clinch entry in Tai-eira is Single Whip with the stance shortened: one arm posts, one arm hooks, waist decides which becomes which.