

Power Is Error Reduction

Mike Dolan Fliss, *Chen Xiaowang Applications DVD excerpt, Laojia* (YouTube, 11m28, Gemini transcript, 99% coverage)

TLDR / 80-20

"The larger the error, the smaller the qi flow." Force is not something you add — it is what survives when deviation is removed.

He demonstrates it as a measurement, not a metaphor: the same student, pushing just as hard, loses all of it once his structure breaks.

The Keys

1. The frame is a search tool. Discard it once it has done its job.

"Use this method to look for the best position for the frame — after being skillful, discard this frame." He is blunt about why: **if you stand in frame during a fight, you get attacked while standing there.** The posture exists to locate the optimal position, not to be occupied.

2. Three forces, in order — and beginners destroy the order.

Groin force (裆劲), then waist force (腰劲), then chest and shoulder. The named failure: "particular about too much application, use chest force — then you will forget waist force and groin force." He calls it 顾此失彼, attending to one thing and losing another. Note the sequence puts the **legs before the waist**, which extends the usual "everything comes from the waist" rather than contradicting it.

3. The live demonstration is the evidence, and it is a subtraction.

A student pushes him with real force and cannot move him. Pushed again after his own structure is compromised, the student has nothing — "why does he not exert force? Qi cannot interpenetrate, the muscle cannot produce driving force." Same person, same intent, force gone. Practice, in his framing, is simply **lessening error** so the path stays open.

4. The correction he closes on — and it is a common teaching that he calls wrong.

On 震脚 and the ground punch: stamping does **not** mean stamping the opponent's foot, and the downward punch does not strike their foot. Stamping is "delivering one fist from the foot." The ground punch comes **after** you have already thrown them — "pa, add one fist" — because stepping forward again just lets them stand up. "I heard of that someone introduced this... **this is a misunderstanding.**"

AI's Take

The strongest source in this batch by some distance: a lineage holder, on camera, with a resisting partner. The force claim is *shown* rather than asserted — which is exactly the distinction most instructional video fails.

Two things make it worth filing permanently. First, "power is error reduction" is a transferable framing — it says force is a **loss function**, not a quantity. Second, the closing minutes are a primary source correcting a named, widespread error, which is the shape the corpus is thinnest on.

One line to keep: **when output drops without effort dropping, look for the leak, not for more effort.**