

The Steps Belong To The Book, Not The Art

The School Of Self Defense, *Kenpo is about Flowing Movements* (YouTube, 1m42, captions)

TLDR / 80-20

A book has to show you step one, step two, step three. The art has no steps.

When a continuous motion is printed as a sequence of photographs, students learn the photographs. The pauses between them are an artifact of print.

The Keys

1. The claim: Kenpo is not karate, and the confusion is in the name.

"People call it Kempo karate. It's not karate — it's actually more Chinese than it is anything, closer to kung fu." His diagnostic for the listener is a visual one: picture what karate looks like, then picture what Tai Chi looks like. That gap is the gap he says has been trained out of Kenpo by people teaching it as a Japanese art.

2. The mechanism: the X is a redirect, not a block.

In the technique *Circling the Sun*, the book version reads as step into a forward bow, X-block, grab the weapon, strip it — four discrete events. Done as intended it is one motion: the X **borrowes the incoming energy and steers it away**, and that same momentum carries through into the hip. Nothing stops and restarts.

3. The test for whether you got it wrong.

"If I just did this, the stronger man is going to win this competition." A blocked attack becomes a contest of mass and strength — which is the losing game the redirect exists to avoid. **So the failure is diagnosable without a partner ranking:** if the technique only works when you are bigger, you are doing the printed version.

AI's Take

Thin as evidence. Ninety seconds of assertion, a single technique, no demonstration against a resisting partner, no lineage cited, no counter-example. Taken alone it is one instructor's opinion about how his art is being taught wrong.

What raises it above that is its shape: a practitioner **correcting a specific named error in a specific named technique**, which is rarer and more useful than another overview. And it lands on top of something already on file — Chen Xiaowang's "the frame is scaffolding, not a fighting posture." Two arts, unconnected sources, same complaint: the teaching form got mistaken for the fighting form.

One line to keep: **before drilling anything you learned from a diagram, ask which of its pauses were real and which belonged to the page.**