

Wing Chun, Training Wheels Off

The spine of the essay — the decision rules, not the choreography.

詠春

PREMISE. No ruleset. Human weak points. Permission to finish it. The art wasn't built for a referee — it was built to end a threat at arm's length in about two seconds. Judge it here, not in the cage.

THE THREE LAWS

- 1 Wedge, don't wrestle.** The instant it reaches to grip, that arm leaves a *gate* open — fill the freed line with a strike on the *same beat*. Its commitment is your invitation. 連消帶打 · lin sil dai da — defend & attack as one motion.
- 2 Kill the base, kill the shot.** No sprawl in this art — so don't stuff the takedown, *delete its engine*. As it level-changes, lateral kick into the side of the knee. No base, no drive.
- 3 If it closes, go more savage.** Clinch range is where *Biu Jee* — the "emergency" form — owns: eyes, throat, elbow to the neck, fingers off the collar tie. Turn its clinch into a phone booth full of eye-gouges.

THE KILL SEQUENCE

- 1. Pressure.** Forward blast down the centerline — force a decision: strike (feed a trap) or shoot (feed a knee).
- 2. It shoots.** Lateral kick into the near knee. Drive collapses; head drops.
- 3. Head in your kitchen.** Dropping elbow, *fa ging*, into the base of the skull.
- 4. Redundancy.** Trap the reaching arm, fingers through the eyes, punch to the throat. One exhale. Done.

TARGET PACKAGE

TARGET	WEAPON	EFFECT
Eyes	<i>Biu Jee</i> thrusting fingers	Blinds the sensors a grappler navigates by.
Throat	vertical punch / finger jab	Structural crush — no muscle guards it.
Skull base	dropping elbow (<i>kup jarn</i>)	The lights-out button. The kill shot.
Knee	lateral low thrust kick	Destroys the takedown engine.
Floating ribs	short <i>fa ging</i> elbow	Explosive power into an unarmored organ.
Fingers	<i>lop sau</i> trap → snap	Every broken grip is a disarmed weapon.

CONTINGENCY — THE ANVIL

IF IT PULLS GUARD

A guard pull only works if it *drags you down*. So don't go: **PEEL · PLANT · PIERCE** — strip the grip, keep your feet, and it's now supine at your feet, hips loaded, groin racked upward and fixed.

Deploy the Taekwondo *yeop chagi* (side piercing kick) driven straight down. **Hammer & anvil — the floor is the anvil:** a grounded target can't give, so every joule lands. Shatter the pelvis and you delete the drivetrain of BJJ itself.

△ THE ONE HONEST FAILURE MODE

The whole doctrine rests on a single timing window: the strike (or the peel) must fire a fraction of a beat *before contact becomes control*. Miss it once — one clean underhook, one completed drag — and its game comes online while yours goes offline. There is no ground plan in Wing Chun. No round two. So train **one reflex, not a hundred techniques**: *chi sao*, until "fill the open line" is faster than thought. Here, the sensitivity drill isn't a warm-up — **it's the win condition**.

A one-page distillation of the essay "Wing Chun With the Training Wheels Off." A thought experiment — the robot is fictional; please do not murder anyone. Grounded in two Wing Chun manuals (centerline, gates, *chi sao*, *Biu Jee*, *fa ging*); the Anvil grafts a Taekwondo *yeop chagi* per the Fei Kune Do principle that systems are LEGO, not boxes. The honesty is the point. — David Kwok Ho Chan, with AI Sifu Claude.