

# Chinese Boxing Boards – Core Synthesis

## Hand / Arm

1. Whiphand
2. Forefist
3. Spadehand
4. Pendulum Palm
5. Wingarm
6. Reverse Punch
7. Lift Punch
8. Bolo
9. Monkey Overhead
10. Fistdrop
11. Palm Methods (4)
12. Short Range Punch

## Foot / Leg

1. Lift
2. Side \_\_\_\_\_
3. Shuffle A Front
4. Instep Reverse
5. Shuffle A Round \_\_\_\_\_
6. Side
7. Shuffle B Round \_\_\_\_\_
8. Torque
9. Round
10. Front Stomp \_\_\_\_\_
11. Groin Scoop/Missle
12. Inside Sweep/Heel \_\_

## Defenders

1. Chvm
2. Pak
3. Lap
4. Bong
5. Jut
6. Condor
7. Man
8. X Tavn Sao
9. X Guan Sao
10. Triangle
11. Knee
12. Separating Palm

## Traversers

1. Shuffle A
2. Advance
3. Triangle
4. Shuffle B
5. Scampering
6. Nervous Feet
7. Drunken Step
8. Monkey Overstepping
9. JKD Shuffle Series
10. Offense
11. Yield and Counter
12. Stop Hit

## Combinations

1. Chain Punching
2. Bil Jee
3. Figure 8 Up/Down
4. Whiphand/jabbing
5. Lead Hand Rear Hand
6. Switchblade
7. Forefist-Elbow or Hook
8. Spade-Lop-spade
9. Three Hand Monkey
10. Spade-Pak-Wingarm
11. Pak-check-Spade
12. Duck/Palm-check-spade

## Unitary Exercises

1. Snake Cobra
2. Outer Circles
3. Sledgeing
4. Condor
5. Pakva Palm
6. Water Exercise
7. Teacup
8. Four Corners
9. Circle Within a Circle
10. Tiger
11. Four/Five Hand Blitz
12. Vortexing (3)

## Projection

1. Pattern
2. Structure
3. Ground Leverage
4. Twisting Force – SR
5. Relaxation – Body State
6. Speed
7. Gravity – Sledgeing
8. Shock vs Thrust Force
9. Unitary
10. Exercises – Application, Sand training, Mook Jong Ex., EX and IN Hand training

## Conditioning

1. Soft-Hard= Changeable
2. Strength ~ Power
3. Stamina ~ Endurance
4. Coordination – Agility
5. Warmup ~Core~Cool D.
6. Air
7. Apparatus
8. Partners
9. Postures
10. Internal systems
11. External parts

## Chin na

1. Lop
2. Finger
3. Wrist (3)
4. Elbow (3)
5. Bracelet
6. Vising methods
7. Short Arm Scissors
8. Neck
9. Ambush
10. CE Section 1-2
11. CE Section 3-4
12. CE Section 5-6

## Collision

1. Distance
2. First Response
3. Misc grabs
4. Elbow
5. Knee
6. Vital Points
7. Response to Angles
8. Three Strategies
9. SD against Weapons
10. Multiple Attack Strategy
11. Using the Environment
12. Finishing

## Ground Fighting

1. Moving to Ground (DEF)
2. Moving to Ground (Off)
3. Postures on the Ground
4. Traversers on the Ground
5. Sweep/Kicks on Ground
6. Strategy from Below
7. Strategy on Top
8. Overall Strategy

## Skill Drills

1. Hsieh Sao
2. Pushes
3. Reaction to Push
4. Non-telegraphic
5. Folding Skills
6. Triangle and Adv Step
7. Jeet Sao Exercises
8. Four Hand Monkey
9. Bong Sao/Lop Sao
10. Basic Arm/Body Balance
11. Single Chi Sao Rotation
12. Push Hands Rotations

## Duels

1. Single Hand Process
2. Crossed Wrist
3. Push Hands (non-comp)
4. Standard Chin na Tieup
5. Double Chi Sao
6. Push Hands (strong)
7. Kong Sao
8. Additional Duels
- A. Pakva Joint Hands, B. Chi Tek, C. Fukien Joint Hands, D. Hsing-I Joint Hands

## Fighting Theory

1. Ten Principles
2. Chinese Boxing Encounter
3. Three Entry Requirements
4. Mechanical variations:  
A. Body placement – legs B. Body Placement-Hands, C. Closed vs Open
5. Speed
6. Distance and Timing
7. Touch
8. Mind Hit and Strategy

## Mind Training

1. Mind in Combat – General
2. Opening – Attitude
3. Imaging
4. The Learning Mind
5. Mind Hit Execution
6. Mind Hit Defense
7. Pain
8. Confidence
9. Distraction
10. Intensity
11. Effect of Positive Philosophy
12. Synthetic Apriori Fist

## History/Philosophy

1. History of CBII
2. Yin Yang
3. Wu Hsing
4. I-Ching
5. History of:  
Shaolin, Taiji Chuan, Pakva Chang, Hsing-I Chuan, and Wing Chun
6. Differences in Western and Eastern Thought
7. Mind Hit Book by Casey