

# 2024 PROJECT

**THE ACADEMY • VIDEO PROJECTS • CHINESE BOXING  
INSTRUCTORS ASSOCIATION • MEMBERSHIPS**

*Kai Sai Method*



We have much in store this year for the 2024 Projects. The Academy is expanding the most. We will be beginning two courses for the Video project. One of Pakua and one of Hsing-i. This will be about the Pakua and Hsing-i of Wang Shu Shen. I am very excited to learn again from some sources I have had for years, but I needed Japanese translators to help label the movements I purchased a long time ago. My Japanese students have been gracious in helping me with this project.

In addition, we will have The CBIA membership and the Academy, which will be divided this year into the External and Internal sides. These terms are misleading because many of the external arts can be practiced using an internal method. Anyway, because of the expansion, we are splitting the two sides. You can get one or both.

We have also upgraded our website to make things easier to find.

Here goes, let me give you descriptions.

## Option A - The Academy

This is the Academy. This year, you can choose which side individually you want to belong to, or you can join both. Many video clips will be added this year because I just went through about 300 videos that I own, and I converted much of the material to digital so that I would keep the material from deteriorating tape. So, I have spent many hours doing this project. There are many things I have to convert further, but I will be able to add a lot of content to our present Academy. Much will be added both to the Internal Side and External Side. There will be two new pages on the web side for external and internal sides. One will be for past Correspondent Courses and the other will be entitled People so you can have a reference for who is performing the clips.



**Cost - \$99 for External or Internal Side - \$129 for both.**

## Option B - Video Project - Hsing-i Chuan and Pakua Chang



This year will be fantastic as I will begin teaching two courses by video clips. One on Pakua and the other one on Hsing-i. It will be different material than what we have learned in the past. My Japanese students are helping me translate some materials I received a long time ago related to Wang Shu Shen and someone who learned from him when he lived in Japan. In the past, we brought a teacher down called Kent Howard, who taught us the short form, which compares to the Short Core in Kai Sai Pakua Chang that we practice. I have had these videos for a long time but needed to learn the teachings surrounding them because I did not know Japanese. This

is great and will further our education on these topics. The Pakua looks like Pakua but is very combative and does not have the difficult spinning of our Kai Sai method. It certainly turns and twists but does not have the long spinning. Those who have studied Pakua will enjoy this, and those who have been hesitant in the past may want to learn this method. Added PDF Notes

**Cost \$149**



## **Option C - CBIA Membership - Includes CBII Academy**

This is the normal CBIA Membership, which includes the archives of hundreds of clips for the specialized Chinese Boxing Curriculum we have

developed over the last four years. It will include two Camps and instruction from James Cravens, Buddy Benford, Ken Mills, Cameron Towe, and Alan Baker. You will always have several hours of new instruction put on the site each year. The camps are free except for your expense to stay.

This begins our fifth year of the CBIA. We appreciate those who have taken part in this venture. It has infused some energy into some of our long-time people. Remember, the membership includes two free camps and hundreds of clips on the CBIA membership site to study the 16 Kai Sai Chinese Boxing Synthesis boards. Membership Includes Academy

**Cost: \$276. (Subscription will be \$23 per month)**

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## **Option D - All Options Combined**

This option includes everything in Options A, B and C.

**Cost - \$317.00 - (Subscription will be \$27 per month)**

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## **Option E - 6 Private or semi Private Zoom Classes**

For those of you who would like personal training in any of our CBII arts, I am glad to set aside time to arrange to teach online. After the past three years, We have learned the best way to do the Zoom classes. So, you must contact Mr. Cravens to see if we can work out a schedule before committing to this option. You can contact me by email at [cbii@mac.com](mailto:cbii@mac.com). Any of the members of CBIA or the Academy can also request a single **lesson** online. We need to schedule and be well-prepared for the material to be covered to meet expectations.

**These are materials presently on the Academy.**

## **Chinese Boxing**

All the videos of the Chinese Boxing core Synthesis Boards

Ebooks - 80's & 90's ( Walu, CB Core Synthesis, The Boxing )

Dueling Notes - Chi Sao, Push Hands and Joint Hands

CBII commercial DVD products - 9 DVDs

ACT/CBII Internal Martial Arts Newsletters from 1996 to 2002.

Wing Chun Curriculum Clips - 18 CLIPS - Empty Hand & Weapons

Self Defense Curriculum Course (2018) - 17 Clips

Clips from Taiwan (Casey's friends) - 28 Clips

James Cravens 1990 Project - Old Clips of Wing Chun, Single Chi Sao rotations, Double Chi Sao Rotations, Chi Tea Rotations, Bart Chum Tao Rotations, White Crane Rotations, Long Board Additions (defenders board), Long Board additions (Hand Board), Long Board additions (Kicking Board), Kong Sao Exercises (1993). 14 Clips

Pakua Dueling Exercises

Chinese Hawaiian Kempo 70's

Kai Sai Tai Chi

Ching Bao Gong Ka SAS-G - 4 Clips (empty hand, knife, cane & vital point elbow)

14. Germany Seminars - James Cravens - 3 Clips

15. Chen Bing Martial Seminars in 2008 - 2 Clips

## Internal Martial Art

1. Yang Tai Chi Basics - 8 Clips - Tai Chi Silk Reeling - 12 Clips 2. Yang Tai Chi Form -Cravens - Different Directions - 3 Clips
3. Full Class Warm up - 1 Clip
4. Yang Style Detailed teaching of each movement - 76 Clips
5. Youtube videos of Zheng Man Ching - 9 Clips
6. Chen Tai Chi Basics - 8 Clips - Silk Reeling - 12 Clips
7. Laojia Full View - Front and Back - 2 Clips
8. Detailed Teaching of Laojia Yilu - 100 Clips
9. Detailed Teaching of Laojia Erlu - 25 Clips
10. Detailed Teaching of Xinjia Yilu - 72 Clips
11. Detailed Teaching of Xinjia Erlu - 23 Clips
12. 13 Movement Chen Form - Cravens - 6 Clips
13. Kai Sai Pakua Chang - Digital versions of the 3 Pakua DVDs including Fundamentals, Short Core Form & Animals/Dueling
14. Kai Sai Hsing-i Chuan - Digital versions of the 3 Hsing-i dvds including Fundamentals, Linking Form, Duels and Animals
15. Internal Martial Arts Newsletters from 1996-2002 - 4 parts
16. Qi Gong - Clips of 8 Pieces of Brocade, Chen Bing's Warm Up, Zhu Tiancai's Tai Chi Qi Gong and Master Li's Qi gong.
17. Links to online classes that were provided during the Covid period.
18. 67 Tai Chi articles
19. You Tube links of Chen Bing, Chen Xiaowang, Zhu Tian Chi, Chen Zhenglei and Wang Zian.

Over 400 clips plus the classes filmed for the Pandemic period are several hundred. Also probably a half of these are over an hour on each clip.

These are just some of the Academy additions this year.

We have had Correspondent Courses since 2002-2003. There will be several extracts on both the internal and external side of the material presented in the past. For example on the internal side there have been analysis of the comparison and contrast of the famous four Diamonds or Jing Gong present day masters. Chen Xiaowang, Chen Zhenglei, Wang Zian and Zhu Tiancai. On the external side we had an analysis of MMA fighting and how it relates to the CB theory.

International Push Hands Competition from Chen Village

Chen Ziquang - Spear/Staff

Chen Xiaowang Laojia Yilu Breakdown, Umbrella Sword, Also, Spear Breakdown.

Chen Zhenglei - Warmups, Misc demos, Laojia Breakdown

Casey Jujitsu, Chin na

1981 Casey Seminar

Cravens Chin na, Shuai Chaio, Crown Eagle - Old Project "90's"

Wang Shu Chin - Hsing-i

Fukien White Crane - Cravens - Chen style forms 1-5 Hsieh method.

Cravens - Old Forms - SAS-G Cane

1988 Taste of China - This is when Chen Xiaowang made his first visit to the US. He was part of a group of well know martial artist demonstrated their arts.

Chen Village movie doc.

Chen Style Form - Shaolin Demos (spectacular Shaolin)

Hixon Gracie Clip

Mufini Judo - Uechiba Aikido old clips

Very early MMA

Point Locations - Earl Moniigue

Tao Yin

Wally Jay

William Cheong

## Ordering Links

**Click Link Below for Checkout!**

**Option A1** — The Academy - External Side - \$99

**Option A2** - The Academy - Internal Side - \$99

**Option A3** - The Academy both sides. - \$129

**Option B** - Video Course Series - Pakua/Hising-i - \$159

**Option C** - CBIA Membership  
(Includes Academy both sides - not  
Option B - \$276)

**Option C-S** - Option C with Subscription - \$23/month

**Option D** - Options A, B, and C Combines - \$317.00

**Option D-S** - Option D with Subscription - \$27/month

**Option E** - 6 Zoom Private Lessons \$240 (Call Mr. Cravens before ordering)