

Hakka Boxing Core – Class Details

Course information: <http://www.burinkan.org/burinkan/Hakka5.aspx>

Youtube Playlist: https://www.youtube.com/playlist?list=PLFeRZm8fgkn2ZdiDBjzksZwM0_sNSg5yM

Facebook Group: <https://www.facebook.com/groups/219194965450031>

<p>Class 1</p> <p>00:00 Welcome 03:08 Introduction and about the course 20:56 Defining Timing, Self-Defense and Forms of Control 24:28 Swallow, Spit, Float, and Sink 25:22 Stance and Guards 29:40 Finger Thrust over the bridge ("over biu") 36:09 Closing the centerline with the forearms 37:10 Defining a "beat", relative to power and muscle activation 49:06 Retracting for body defense 51:28 Finger Thrust under the bridge ("under biu") 57:14 Placement of the other hand 1:00:50 Pak (or press) and Biu 1:08:54 Close-range "Filing" 1:15:25 Questions and Closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Self Defense, Timing, Forms of control • Swallow, Spit, Float, Sink <p>Techniques</p> <ul style="list-style-type: none"> • Stance • Guards • Location of the Guarding hand • Over biu (solo vs assisted) • Under biu (solo vs assisted) • Filing forearm
<p>Class 2</p> <p>00:00:00 Welcome 00:02:34 Bow in 00:02:51 Recap of Theoretical Framework for Hakka Boxing Core 00:03:26 Defining the four pillars of curriculum 00:05:50 The Eight Skill Categories 00:07:07 Defining Self-Defense, Forms of Control, Aggression, and Combative Timing 00:10:10 Open Guard vs Guarding the Centerline, and Usage of the arms for protection 00:10:44 Stance and posture 00:12:13 Swallow, Spit, Float, and Sink 00:12:45 Hand placement of the secondary hand 00:13:24 Classical bridging poem and Eight Bridging Keyword with examples 00:18:24 Finger Thrust (biu) - over bridge - review and refinement 00:22:47 Principle - proper hand 00:26:32 Clear example of simultaneous defense and attack in the during 00:27:55 Finger Thrust - over bridge with assisting hand 00:32:20 Arm placement created by projecting and retracting the hips 00:37:04 Movement concept - share the work between multiple body parts 00:43:10 The value of self-correction 00:44:38 Finger Thrust - under bridge 00:53:01 Finger Thrust - under bridge with assisting hand 00:58:03 Filing forearm strike (seep kiu) 01:07:21 Three stage training framework 01:11:58 Finger Thrust - outside gate, with retraction to center guard 01:16:52 Self-test - elbow angle 01:19:00 Chinese Dragon - Snake-like movements 01:22:51 Grabbing with varying parts of the body and the importance of being in range 01:29:07 Questions and comments</p>	<p>Concepts</p> <ul style="list-style-type: none"> • 4 pillars of curriculum • 8 skill categories • Self-defense, forms of control, aggression, combative timing • Centerline • Bridging poem • 8 bridging keywords • Proper hand • Six Harmonies (hip / shoulders) • Self-correction • Three stages of training • Grabbing • Elbow Angle • Sharing the work (upper & lower) <p>Techniques</p> <ul style="list-style-type: none"> • Stance • Guards • Location of the Guarding hand • Over biu (solo vs assisted) • Under biu (solo vs assisted) • Filing forearm • Biu -> Bai Jong

<p>Class 3</p> <p>00:00:00 Welcome 00:01:18 Bow in 00:02:22 Plan for class #3 00:02:48 Definition of Self-defense and how it relates to three-level drilling practice 00:11:02 Re-addressing finger thrust (biu) using Level 2 drilling to continue, move, or flow around obstructions 00:20:18 Usage of the right vs left hand 00:24:40 Dealing with the opponent's second arm (returning to using seep kiu) 00:29:04 Dealing with the opponent's jab staying extended, using inward rubbing bridge (mor kiu) 00:33:13 Detail on inward rubbing bridge (mor kiu) and related scissoring and clamping movements 00:38:53 Avoiding crossing one's own center to avoid being trapped 00:42:17 Example of Level 3 drilling, where the practitioner must defend again 00:43:44 Flowing around an obstruction with running or flowing hand 00:46:16 Variation using downward cover (kam) and hammer to the forehead 00:48:14 Creating a bridge, then clearing and striking using multiple finger thrusts 00:50:00 Creating a bridge to setup an arm drag (example from Sup Jee) 00:53:14 Creating a bridge and immediately pulling (lop) 00:55:42 Affecting the body with the secondary hand (pulling with violence) 00:59:25 Creating the bridge from the long range to close the gap more safely 01:01:10 Summary of theory and skill-development training covered in Class #3 01:03:28 Geng Jiak Geng (sudden, scared power)</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Three levels of drilling mapped to the definition of self-defense • Methods for use in Level 2 drilling (flow, remove, or avoid) • Function of left vs right hands in Hakka boxing • Disrupting the opponent with guarding hand • Structure to avoid being trapped • Level 3 drilling – switching to defense • Geng Jiak Geng <p>Techniques</p> <ul style="list-style-type: none"> • Flowing / Running hand • Inward Mor Kiu, scissoring, etc. • Repeated thrusts • Thrusting to CREATE a bridge • Thrusting and immediately grabbing
<p>Class 4</p> <p>00:00:00 Welcome and Bow in 00:03:19 Theory - Actions in the During - methods of defense and control 00:10:14 Stance and posture reminders 00:11:38 Pushing step (bic bo) 00:12:49 Pushing step with finger thrust (over bridge) 00:15:20 Ensuring the finger thrust defends the center-line 00:21:54 Doubling up with push step on the second thrust 00:25:16 Hiding the second thrust behind the first 00:26:28 Keeping the rear hand near the lead elbow 00:26:55 The importance of MOR (rubbing, grinding, polishing, touching, sensing) in Hakka arts 00:30:24 Separating the arms to follow up with a thrust to the center-line 00:35:47 Pre-emptively shutting down the attacker's cross with cover (kam), suppress (fuk) or bar (lan) 00:37:05 Drilling hand to elbow 00:38:48 Structure of Hakka arts 00:41:19 Structure for cover, suppress, or bar, rather than pressing down 00:46:15 Understanding movement and intent 00:49:25 Using the initial finger thrust to CREATE a bridge 00:50:08 Mixing intentions 00:52:36 Powering the arms from the core, internal vs external martial arts, and structure 00:55:54 Snaking thrust to the outside gate - practice and details 01:01:44 Level 3 drilling combination - failed counter-control to defense and counter 01:12:10 Importance of retraction after expressing power 01:13:30 Drilling chau and finger thrust from the front position 01:14:35 Drilling elbow touching 01:15:20 Summary of Class 4</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Actions in the during • Importance of “mor” in Hakka boxing • Pre-empting the 2nd punch • Jamming inward, rather than pressing down • Retracting after extension • Intention of movement • Internal vs external martial arts • Bridging safely from long range <p>Techniques</p> <ul style="list-style-type: none"> • Pushing step • Seep / Fuk / Lan / Saw Sao • Chau / Biu • Frame / Biu

<p>Class 5 00:00:00 Welcome and Bow in 00:04:00 Warmup 00:07:20 Stepping with finger thrust variations (over bridge) 00:16:29 Dragon stepping drill for evasion and power development 00:19:04 Continuing stepping practice with finger thrust (under bridge) 00:24:12 Practicing with multiple thrusts - assisted 00:29:00 Bridge CREATE and controlling with lop (grab / lead) 00:45:21 Outside gate supported arm thrust 00:54:12 Striking the vital points in the armpit 00:56:38 Fighting systems that were neutered for youth physical education vs self-protection 01:04:49 No Shadow Kick 01:08:35 Questions and Summary of Class 5</p>	<p>Concepts</p> <ul style="list-style-type: none"> • First attack is not deep • Pressing with supported structure • Position to control the opponent's elbow • Stages of learning: protect, smash, separate <p>Techniques</p> <ul style="list-style-type: none"> • Multiple thrusts • Lop (grab) • Supported frame thrust • Han Shu • No shadow kick
<p>Class 6 00:00:00 Welcome and Bow in 00:04:04 Bow in and theory discussion 00:10:01 Review of eight bridging actions 00:21:07 Warmup and stepping practice 00:26:50 Push stepping with finger thrust 00:27:41 Retreating (float and swallow) 00:30:30 Assisted finger thrust – single and multiples 00:36:26 Single vs double timing leading to level 3 drilling 00:42:13 Serial movement – inward mor and biu 00:46:46 Outward mor, mixing inward and outward to clear 00:50:14 Stationary, solo, mixed practice (inward, outward, over, under) 00:54:33 Partner drill for obstruction-clearing with mor 00:58:22 Partner drill for running, circling, or flowing-hand 01:02:09 Single-hand drill 01:05:40 Weapon example – Magpie crosses branch 01:06:18 Using transfer and second hand for safety, follow with kick 01:09:48 Meaning of san sau 01:10:53 Questions and closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Eight Bridging actions • Techniques vs Skills • “Listening” Jin • Clearing obstructions • Changing from offense to defense • Arms open the door for the legs • San sau as the opposite of forms practice <p>Techniques</p> <ul style="list-style-type: none"> • Inward and Outward Mor • Running / circling / flowing hand
<p>Class 7 00:00:00 Welcome 00:03:05 Strategies of aggression and simultaneous defense and counter-attack 00:12:21 Summary of classes 1-6 – theory, technique, and methods 00:17:14 Introduction to Jow (claw) variations and usage 00:18:33 Lop (grab or pull) down and out with tricep extension 00:21:00 Counter-wrist-grabbing drill 00:25:58 Inward Mor and Bridging / Transfer to Lop 00:27:54 Why grip and wrist strength are important to develop 00:29:34 Chuen Mor (threading rub) from White Eyebrow 00:36:18 Weapon-based example of Bridging / Detain to counter leaking 00:39:28 Locking the throat 00:41:20 Adding bic bo (pressing step) 00:48:00 Float as a concept of relaxation between explosive movements 00:49:15 Basket back, monkey chest 00:52:18 Centerline lop and eagle claw locking throat 01:00:35 Claw to the groin from the overlapping gate 01:05:34 Summary, questions, and closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Teaching offense first • Strategy of counter-attacking • Feinting and baiting • Torso posture • Live elbows <p>Techniques</p> <ul style="list-style-type: none"> • Jow (claw) • Chuen Mor • Lop • Throat lock • Groin grab

<p>Class 8</p> <p>00:00:00 Welcome 00:04:57 Bow in 00:05:28 Middle gate Jow and Biu with Bic Bo 00:10:34 Arched Double Claws (seung yin soc) 00:22:58 Stripping a cross-hand grab 00:28:24 Qinna (Chin-na) details 00:29:12 Downward lop, locking the throat – inside vs outside gates 00:38:15 Chuen Mor – refinement and details 00:52:31 Mor as a unifying concept of dragon, mantis, and white eyebrow 00:55:08 Yin Yang Soc 00:59:31 Tiger Pounces Face 01:04:07 Level 2 – clearing the obstruction with Mor Kup 01:11:55 Summary, Questions, and Closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Sinking from the elbow • Bridging / Cross • Bridging / Transfer • Mor <p>Techniques</p> <ul style="list-style-type: none"> • Lop / Biu • Double Yin Soc • Counter-grabbing • Striking / pressing with thumb • Yin Yang Soc • Tiger Pounces Face • Mor Kup
<p>Class 9</p> <p>00:02:12 Welcome and discussing grabbing 00:06:20 Bow in 00:06:35 Combo - under biu, over biu combination for level 2 and 3 training 00:14:00 Exploring running hand and folding elbow when pressed inward 00:17:08 Practicing running hand 00:21:53 Yin yang soc 00:27:54 Combo - under biu to yin yang soc 00:32:20 Arm drag variation from Bridge Create 00:35:15 Over biu while swinging the dragon's tail 00:41:00 Refinement of assisted hand press with pressing step (bic bo) 00:51:30 Bic bo, assisted over biu 00:53:38 Dragon stepping 00:54:23 Supported biu refinement 01:02:05 Dragon stepping with lop and eagle claw locking throat 01:05:50 Retreating and advancing hips when rotating around the spine 01:07:39 Outer mor, inner mor, claw to groin 01:12:52 Single leg takedown option 01:13:47 Movement concept of sharing the work 01:16:58 Chuen mor (piercing rub) refinement 01:20:08 Tiger pouncing face refinement 01:26:52 Summary, Questions, and Closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Footwork <ul style="list-style-type: none"> ○ Bic bo ○ Dragon step ○ Dragon swinging tail • Power • Sharing the work <p>Techniques</p> <ul style="list-style-type: none"> • Over biu • Under biu • Supported Biu • Running hand • Folding elbow • Yin soc, Yin yang soc • Claw to groin • Chuen Mor • Tiger Pouncing Face

<p>Class 10</p> <p>00:00:00 Welcome 00:02:31 Combo – assisted under biu / assisted over biu 00:06:42 Applying the filing forearm when in close range 00:09:16 Applying the turning body takedown 00:10:23 Footwork details 00:14:55 Combo – assisted under biu / over biu 00:22:37 Catching an arm 00:27:50 Using a bar to help practice solo grinding 00:29:14 Combo – over biu / mor kup 00:32:16 Stripping a bridge from above or below based on the wu sau hand 00:35:54 Stripping downward 00:39:43 Combo - supported biu / chau biu 00:44:55 Putting the wu sau hand in position to strike 00:52:04 Combo - chuen mor / lop 00:57:00 New technique – neutralize (fa) 01:01:30 New technique – flick (tiu) 01:03:46 New combo – fun kiu / cham jeurng 01:09:54 Three bows of the body 01:10:48 Double yin soc / tiger pounces face 01:18:12 Combo – over biu / jow (to groin) 01:25:06 Summary and closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Hand doesn't issue without power, the hand doesn't return empty • Stick and grab • Stick and strike • Re-opening the center <p>Techniques</p> <ul style="list-style-type: none"> • Over biu • Under biu • Filing forearm • Mor kup • Chau • Chuen Mor • Fa • Tiu
<p>Class 11</p> <p>00:00 Welcome and discussion of class plan 02:34 Triangular Dragon Stepping to support flanking 10:41 Classical Dragon Waist drill for power development 16:19 Stances vs Footwork and the role of each 18:51 Bak Mei's penetrating heart punch 25:14 Bak Mei six joint forces and fajin 32:58 Adding Chau 38:25 Chau to the centerline 43:00 Angular punch from Tong Long for defense and offense 48:30 Ways to catch or grab with different anatomical tools 50:28 Flat punch from Lung Ying 54:58 Chong – uppercut 58:12 Summary and closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Flanking • Strong (stance) line • Unified body (統一身體) • Explosive short power • Float and sink <p>Techniques</p> <ul style="list-style-type: none"> • Assisted biu • Penetrating heart punch • Chau • Inward Lop • Chong
<p>Class 12</p> <p>00:00 Welcome 03:22 Discussing class plan and bow in 04:21 Charging forward with Bic Bo and Chuen Mor 22:23 Angular stepping with Lop and Biu 26:46 Addressing retracted and multiple punches early in training 35:47 Seeing connections and variations between traditions 38:15 Combo - Biu and Penetrating heart punch 44:02 Inward lop and flat punch or straight uppercut (chong) 53:12 Stumbling hammer (bun choi) 01:01:41 Filling a gap in timing 01:05:02 High, horizontal backhand hammerfist strike (bui gim) 01:10:43 Adding the high, horizontal forehand hammerfist strike (kou pek) 01:14:12 Summary and closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Charging thru the center • Flanking (側翼) • Strong line (強線) • Shaving (刮) • Tiger attributes (虎的特點) • Seeking the spearhead • Leopard attributes (豹的特點) <p>Techniques</p> <ul style="list-style-type: none"> • Chuen Mor • Lop and Biu • Penetrating heart punch • Chau • Chong (衝槌) • Bun Choi (拌槌) • Bui Gim (背劍) • Kou Pek (扣劈)

<p>Class 13 – Hammering methods – Bui Gim, Kou Pek, Soi Kiu, Lom Da</p> <p>00:00:00 Welcome</p> <p>00:03:34 Bui Gim – review and refinement against both hands alternating leads</p> <p>00:23:25 Leading with the elbow (2nd segment) for additional defense</p> <p>00:25:35 Kou Pek – review and linking with Bui Gim</p> <p>00:29:25 Level 2 obstruction drill with Bui Gim to Kou Pek</p> <p>00:37:39 Level 2 drilling with Kou Pek to Bui Gim</p> <p>00:43:07 Exploring three variations of Bui Gim</p> <p>00:49:07 Soi Kiu – smashing bridge – downward diagonal hammer</p> <p>00:53:55 Clearing or transferring a bridge before Soi Kiu</p> <p>00:55:55 Using Huen Sau (circling hand) to create a fulcrum for breaking</p> <p>00:59:29 The importance of Wu Sau (guarding) hand when disengaging</p> <p>01:01:00 Techniques by Quadrant – introducing Lom Da</p> <p>01:03:49 Mixed Drilling (san sau)</p> <p>01:05:58 Questions and Closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Simultaneous defense/control • First strike is not deep • Second segment defense • Be first to change the energy • Stickiness • Bridging: Detain, Disengage, Transfer and Break <p>Techniques</p> <ul style="list-style-type: none"> • Bui Gim (背劍) • Tiu (挑) • Kou Pek (扣劈) • Soi Kiu (碎橋) • Huen Sau (圈手) • Wu Sau (護手) • Lom Da (攪打)
<p>Class 14 – Combination practice, Sam Tong, and Chut Sik San Sau</p> <p>00:00:00 Welcome</p> <p>00:02:43 Random combination chaining</p> <p>00:10:24 Combo - Mor Kup and Lom Da</p> <p>00:12:20 Level 3 drilling using Bui Gim to attack the centerline</p> <p>00:15:18 Adding Chong</p> <p>00:21:28 Lom Da details and refinement</p> <p>00:25:26 Level 2 drilling – Fun Kiu / Cham Jeurng to clear the Chong</p> <p>00:35:54 Combo – Lop & Chong, Tiu & Punch</p> <p>00:39:13 Combo – Kou Pek, Bui Gim</p> <p>00:44:06 Combo – Soi Kiu, Lom Da</p> <p>00:49:02 Dealing with fast punches – Level 3 drilling</p> <p>00:49:45 Sam Tong – triangulating palms</p> <p>00:56:30 Drill - Chut Sik San Sau (7 techniques drill from Dragon)</p> <p>01:02:34 Slow San Sau partner practice example</p> <p>01:03:53 Summary, Theory, Questions and Closing</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Direct grab vs transfer • Level 2 drilling • Level 3 drilling • San Sau <p>Techniques</p> <ul style="list-style-type: none"> • Mor Kup • Lom Da • Bui Gim • Chong Choi • Fun Kiu / Cham Jeurng • Tiu • Kou Pek • Sam Tong • Soi Kiu

A short 6-month overview of the tactics and techniques of three Hakka arts