

# CH03 — Core Concepts & Glossary

Handz V1 PRD Bundle

## Required Header Block

- Doc ID: HZ-V1-CH03\_Core\_Concepts\_And\_Glossary\_R1
- Revision: R1 (2026-01-02)
- Status: Draft
- Depends on: HZ-V1-CH01, HZ-V1-CH02, HZ-V1-CH08
- Related: HZ-V1-CH04, CH05, CH09-CH14, CH17-CH24, CH28-CH31
- Supersedes: None
- Owned Decisions: Vocabulary, definitions, and canonical terminology rules used across all chapters.
- Open Questions / Placeholders: None in this chapter. Any product-number placeholders live in CH00 §6 and their owning chapters.

## 1. Purpose and How to Use This Chapter

CH03 defines the canonical meaning of key terms used throughout the Handz V1 PRD. All other chapters must use these terms consistently. When a term appears with an initial capital (e.g., Flow, Path, Gameplan), it refers to the definition in this chapter.

If another chapter needs a new term or a changed meaning, update CH03 in a new revision and then update the dependent chapter(s). Do not silently redefine vocabulary elsewhere.

## 2. Concept Map (What Objects Exist and How They Relate)

Handz V1 revolves around five core object families:

- Moves: reusable units (Jab, Teep, Slip) that can be placed into Flows.
- Flows: structured decision maps built from Moves (nodes) connected by Paths (edges).
- Practice: timed drilling of selected Paths, logged into History.
- Mastery/Maintenance: optional layer that turns Paths into Gameplans with goals and upkeep.
- Sharing: unlisted links that create Inbox Imports, which can be saved into the recipient's Library.

At a high level:

Move → used to build → Flow → contains → Paths → selected into → Practice Session → produces → Practice Logs → supports → Mastery/Maintenance.

## 3. Glossary (Definitions)

Definitions are grouped for readability. Terms are written as they should appear in UI and in PRD text.

## **3.1 Account, Plans, and Entitlements**

### **User**

A person using the app. A User may be in Guest mode or signed in.

### **Guest**

A User without an account. Guests can explore and build, but cannot save Flows (even locally) and cannot create or persist Custom Moves. Guest restrictions are used to drive conversion. See: HZ-V1-CH07 and HZ-V1-CH08.

### **Free**

A signed-in User on the Free plan. Free has caps (e.g., saved Flows cap = 2; Inbox cap = 10) and Practice is paywalled except for limited monthly credits. See: HZ-V1-CH08 and CH25.

### **Pro**

A signed-in User with an active subscription. Pro removes/expands caps and unlocks Practice, uploads, and other gated features. See: HZ-V1-CH25.

### **Trial**

A time-limited entitlement state that behaves as Pro for feature access. Trial behavior and expiry routing is owned by CH25.

See: HZ-V1-CH25 §(Trial Rules)

### **Entitlement**

A boolean feature-right derived from plan state (Guest/Free/Pro/Trial). Entitlements gate UI and backend actions consistently.

See: HZ-V1-CH08

## **3.2 Moves and Move Library Concepts**

### **Move**

A reusable action label that can be placed into a Flow as a Move Node. V1 ships with a Default Move Library and also supports Custom Moves (account required).

### **Default Move**

A built-in Move shipped with the app. Default Moves are designed to be broadly applicable across striking disciplines and avoid technique-prescriptive descriptions in V1.

### **Custom Move**

A Move created by a signed-in user. Custom Moves belong to that user's library and may include optional personal notes and optional private media.

### **Canonical ID**

A stable, non-human-facing identifier that uniquely represents a Move or other object across time and across imports/shares, even if the display name changes. Canonical IDs prevent duplicates and enable mapping during import conflict resolution.

See: HZ-V1-CH10 and HZ-V1-CH19

## **Alias**

An alternate name that maps to the same canonical concept or to a user-preferred naming. In Handz V1, some similar-looking techniques can be intentionally separate canonicals (e.g., Teep and Push Kick) even if some users treat them as synonyms. Aliases exist to reduce friction in search and selection.

See: HZ-V1-CH10

## **Move Family**

A grouping of Moves that are closely related (e.g., Kick family containing Front Kick, Teep, Push Kick). Families support browsing and onboarding selection without forcing a single 'correct' name.

See: HZ-V1-CH10

## **Variant**

A Move that is treated as a distinct Move record but is conceptually derived from another Move (its 'base'). Example: Check Hook as a variant of Hook. Variants help advanced users stay organized while keeping basics accessible.

See: HZ-V1-CH10

## **Tag**

A user-facing label used to filter and browse Moves or Flows. Tags are many-to-many: a Move can belong to multiple Tags; a Flow can mix disciplines.

See: HZ-V1-CH09 and HZ-V1-CH15

## **Attributes**

Structured fields that describe a Move without turning it into a different Move. Examples include stance, side/lead-rear, target zone, range, defense/footwork category. Attributes enable 'basic to complex' workflows.

See: HZ-V1-CH10

## **Technique Description**

A narrative explanation of how to perform a Move. V1 ships with zero technique descriptions by default to reduce disagreement across styles; users may optionally add private notes to Custom Moves.

## **Media Attachment**

A private user-provided video stored as an upload (Pro-only, capped by total storage) or a link. Upload media is not shareable; link media can be shared. See: HZ-V1-CH29.

See: HZ-V1-CH29

## **3.3 Flow Builder Structure Concepts**

### **Flow**

A user-created decision structure made of nodes (Moves and optional Sequences) connected by Paths. Flows can be simple linear combos or complex decision trees with branches and merges.

## **Canvas**

The interactive space where a Flow is edited. The Canvas supports sideways layout plus pan/zoom to handle large decision trees.

See: HZ-V1-CH12

## **Node**

A unit on the Canvas. Node types include Move Nodes and (optionally) Sequence Nodes. Node types and data model are owned by CH13.

### **Move Node**

A Node that references a Move in the user's Move Library (default or custom).

### **Sequence Node / Sequence Detail**

An optional detail layer between two Moves used to capture opponent behavior and transition details. In UI this may appear as an editor attached to an edge between Moves rather than as a visible node.

See: HZ-V1-CH13 and CH14

## **Edge**

A directed connection from one Node to another. Edges can represent linear continuation or conditional branching.

## **Path**

A specific directed route through a Flow (a sequence of connected edges from a starting point to an end point). Paths are what users select for Practice. A Flow can contain many Paths.

## **Branch**

A point where a single Move Node has multiple outgoing edges to different next Moves. V1 supports up to 10 outgoing branches per Move Node (soft/hard limits owned by safety chapter).

See: HZ-V1-CH12 and CH30

## **Merge**

A point where multiple incoming edges converge back to a single Move Node. Merges may have multiple incoming Paths.

## **Dangling Path**

An unfinished or open-ended branch that ends without a next Move. Dangling Paths are allowed in V1 to support drafting and brainstorming.

See: HZ-V1-CH12

## **Root Move**

The starting Move Node of a Flow. The Root Move is replaceable, and any node can be replaced without rebuilding the whole Flow.

See: HZ-V1-CH12

## **Draft vs Saved Flow**

A Draft is in-progress and not counted toward saved-flow caps until explicitly saved (chapter-owned behavior defined in CH12/CH16/CH08). A Saved Flow is a persisted library

item that counts toward caps.

### **Flow Direction**

The layout orientation used on the Canvas. V1 supports both left-to-right and top-to-bottom viewing/editing preferences, but the primary approach for large branching is sideways with pan/zoom.

See: HZ-V1-CH12

## **3.4 Practice Mode Concepts**

### **Practice Mode**

A guided drill experience that steps the user through selected Paths with timers, rest, and logging. Practice is paywalled; Free has limited monthly credits usable only on saved Flows.

See: HZ-V1-CH20-CH22 and CH25

### **Practice Setup**

The pre-session screen where the user chooses which Paths to drill (across one or multiple Flows), sets order, and configures timers and assumptions.

See: HZ-V1-CH20

### **Practice Session**

A single run of Practice. A Session can complete, be ended early, or be saved as interrupted.

### **Set**

A timed drill block for a selected Path (e.g., 5 minutes on 'Jab → (leans back) → Head Kick'). Sets can repeat per Path.

### **Rep (Assumed)**

A target repetition count associated with a Set. V1 does not auto-count reps; reps are assumed based on the user's configured value and the set completion outcome.

See: HZ-V1-CH20

### **Actual Duration**

The real elapsed time of a Practice Session, accounting for pauses, early ends, and interruptions. Stored as the primary time metric.

See: HZ-V1-CH22

### **Early End**

Ending a Set or a Session before the timer naturally expires. Early end behavior follows workout-tracker conventions (user taps Completed Set or End Practice).

### **Interruption / Save as Interrupted**

A Session state where the user stops mid-session and chooses to save the partial progress. Interrupted sessions are stored distinctly from completed sessions.

See: HZ-V1-CH21-CH22

### **Practice Credit**

A limited-use entitlement for Free users that allows running Practice on saved Flows. Credits refresh monthly. Credits do not apply to Inbox items.

See: HZ-V1-CH25

### **Practice History**

A log view of past Sessions, including summaries, streaks, and accomplishments (Paths practiced, sets completed).

See: HZ-V1-CH22

## **3.5 Mastery, Gameplans, and Maintenance**

### **Gameplan**

A user-defined collection of one or more Paths (from one or multiple Flows) grouped for a purpose (fight prep, curriculum block, personal focus). Gameplans can be renamed.

See: HZ-V1-CH23

### **Mastery**

A state model indicating how 'learned' a Path or Gameplan is, based on planned repetition and maintenance. V1 should preserve user trust by allowing manual adjustments if the model feels inaccurate.

See: HZ-V1-CH23

### **Mastery Plan**

A generated schedule of Practice sets intended to move a Path/Gameplan toward a goal (e.g., memorize vs combat-ready). Uses averages and includes disclaimers that results vary.

See: HZ-V1-CH23 and CH26

### **Maintenance**

A recurring light practice schedule to keep previously mastered Paths fresh over time, preventing forgetting and overload. Includes filtering and user control over load.

See: HZ-V1-CH24

### **Maintenance Overload**

A user experience risk where too many Paths require upkeep. The system must prevent overload via prioritization, filters, and configurable load.

See: HZ-V1-CH24

### **Spaced Repetition**

A learning principle used to justify maintenance scheduling. Any scientific claim language is owned by CH26; CH03 uses this term as a concept only.

See: HZ-V1-CH26

## **3.6 Sharing, Inbox, and Imports**

### **Unlisted Share Link**

A shareable URL that grants access to view (and possibly import) a Flow without making it publicly discoverable. Links can be revoked. Share lifecycle is owned by CH17.

See: HZ-V1-CH17

## **Inbox**

A receiving queue where Imports appear. Inbox items are viewable by Free, but Free cannot practice Inbox items; Inbox cap for Free is 10.

See: HZ-V1-CH18 and CH00 locks

## **Import**

The act of accepting a shared Flow into your account context. Import may create a Saved Flow (counts toward caps) and may bring custom move data depending on conflict rules.

See: HZ-V1-CH18-CH19

## **Import Conflict Resolution**

The mapping process used when a shared Flow references Moves the recipient does not have or has customized differently. Recipient must be asked how to resolve conflicts.

Owned by CH19.

See: HZ-V1-CH19

## **Duplicate Into Account**

A user action that copies a Flow into the user's Library as a Saved Flow. This is a growth loop as well as a feature.

See: HZ-V1-CH16 and CH18

## **3.7 Limits, Safety, and Warnings**

### **Soft Cap**

A limit that is enforced by warnings and UX friction before hard enforcement. Soft caps can be exceeded temporarily or with acknowledgement (depending on the owning chapter).

See: HZ-V1-CH30

### **Hard Limit / Block**

A strict limit that prevents an action. Hard limits must provide clear messaging and a recovery path (e.g., upgrade, delete items, wait for refresh).

See: HZ-V1-CH30

### **Warning Ladder**

The escalation system that standardizes warnings, cooldowns, and blocks across features (e.g., share creation, imports). Owned by CH30.

See: HZ-V1-CH30

## **4. Terminology and Naming Conventions (Normative)**

These rules reduce confusion in UI copy, PRD text, and code:

- Use Move for the reusable unit; use Flow for the canvas artifact; use Path for a route through a Flow.
- Use Gameplan only when referring to a user-curated set of Paths (possibly across Flows).
- Use Practice for the guided drill feature; avoid calling it 'training' in UI copy (unless in marketing copy pack).

- Capitalize defined terms when used as nouns that map to data objects (Move, Flow, Path, Gameplan, Inbox).
- Avoid overloaded words like 'combo' in the product UI; Flow is the umbrella term and Paths/branches provide nuance.

## **5. Modeling Rules (How We Avoid Terminology Drift)**

This section sets high-level rules; implementation details belong to CH10/CH13/CH19.

- Canonicals may be intentionally separate even if some users think they are the same (e.g., Teep vs Push Kick).
- Families are for discoverability, not for forcing correctness. Users can select multiple Moves within a family during onboarding.
- Attributes should not explode the Move list. If the distinction is primarily lead/rear or stance, prefer attributes; if the execution difference is meaningful and commonly named, allow a distinct Move or Variant.
- Imports preserve creator intent by default: imported Flows should look and behave like the sender's version unless the recipient explicitly chooses to remap or override during conflict resolution.
- Never delete Canonical IDs. Deprecated items are hidden from default selection but remain resolvable for legacy content.

## **6. Placeholders and Ownership**

CH03 does not own numeric caps, pricing values, or scientific claim wording. All such items must be recorded as PLACEHOLDER entries in CH00 §6 and resolved in the owning chapters (e.g., CH25 pricing, CH26 scientific claims, CH30 abuse thresholds).

See: HZ-V1-CH00 §6 (Placeholder Registry) and §5 (Decision Log & Locks).

## 7. Acceptance Tests (CH03)

These tests ensure vocabulary consistency across the bundle.

- Given any chapter references 'Path', when the term is used in a definition or UI label, then it matches CH03 §3.3 and is capitalized as a defined object when appropriate.
- Given any chapter references 'Gameplan', when used, then it refers to a user-curated set of Paths (possibly across Flows) and not a single Flow.
- Given a shared Flow includes creator-specific move data, when the recipient imports, then the PRD must route to CH19 conflict resolution (no silent overwrites).
- Given a reader sees 'Assumed Reps', when interpreting practice results, then they understand reps are not auto-counted in V1 and are derived from configuration and completion actions.
- Given a chapter proposes a new defined term, when it is introduced, then CH03 is updated in a new revision before other chapters adopt the term.

### Checklist

- All defined terms in this chapter are referenced consistently elsewhere.
- No other chapter redefines these terms; it only cross-references.
- Capitalization rules are followed in UI copy drafts.
- Any term changes require CH03 revision bump and dependency review.

## 8. Replit Build Prompt (CH03 Only)

You are implementing Handz V1. You have CH00 and CH03 attached.

Goal: codify the glossary into shared types and constants so future features use consistent naming.

Implement:

- /src/domain/glossary.ts (or .js) that exports:
  - enums/constants for PlanState (GUEST, FREE, PRO, TRIAL)
  - core nouns used in UI copy (Move, Flow, Path, Gameplan, Inbox)
  - comments that quote CH03 definitions in short form
- /src/domain/types.ts:
  - Type definitions for Move, Flow, Node, Edge, Path, PracticeSessionLog (shape only, no business logic)
  - Each type must reference the relevant CH03 section in a comment header.

Rules:

- Do NOT invent product behavior. Only create types/constants reflecting CH03 vocabulary.
- If you need a field you are unsure about, add it as optional and add a TODO comment referencing the owning chapter (CH13, CH20-CH22, CH25, CH29, CH30).
- Add a short README comment at top explaining that CH03 is the source-of-truth for terminology.

## 9. Troubleshooting Notes (CH03 Vocabulary Drift)

Common ways teams accidentally break consistency, and how to fix:

- Problem: One chapter uses 'combo' as the primary noun and another uses 'flow'. Fix: Use Flow as the artifact; if needed, call a linear Flow a 'Combo Flow' as a label only, but do not replace the object name.
- Problem: 'Variant' vs 'Alias' confusion. Fix: Alias = alternate name; Variant = distinct move record derived from a base.
- Problem: Import overwrites a recipient's Move notes without asking. Fix: Route to CH19 conflict resolution and require explicit user choice.
- Problem: Practice logs claim exact reps completed. Fix: Use Assumed Reps language in summaries; store actual duration; avoid implying measurement.
- Problem: New term added in CH12/CH20 without updating CH03. Fix: Rev CH03 first, bump revision, then update dependent chapters.