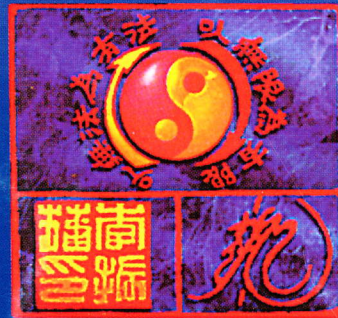


“KNOWING IS NOT ENOUGH”

The Official Newsletter of Jun Fan Jeet Kune Do

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EDITORIAL EDITORIAL

“Bruce Lee Honored In His Mother Land”

By Andrew Kimura



L-R: Henry Pang, Andy Kimura and Tsui Sheung Tin (The King of Siu Nim Tao) at the Olympic Sports Center on the 1st day of video shooting.

In mid November of 1998, I accompanied my father to Beijing China. We went to attend the Chinese Wushu Associations 40th Anniversary celebration, where Bruce Lee was to be given an award signifying his accomplishments in martial arts. We went on behalf of Bruce Lee's family and the JFJKD nucleus. When we arrived in China it was obvious that the veil of communism was now partially lifted, however the curtain remains intact, and the remnants were apparent. Athletes at Beijing's Sport University still practice under the Communist flag, and at the ceremony an award was given to a man known as the father of Chinese Martial Arts, who some years before was responsible for convincing the government to allow the practice of Martial Arts to resume. While secret practice was likely conducted, this meant the arts could be practiced openly for the first time, since the communists had disallowed it some years before.

We were greeted at the Beijing airport by Professor Hong, an official in the CWA and our contact person in China. Accompanying him was Miss Chan, a former student of Professor Hong. A graduate and now teacher at the Beijing Sports University, Miss Chan was our guide. We drove to the office/Headquarters of the CWA, where we met four men; Mr. Walter Leung (Leung Man To) who was writing a book about Bruce, Mr. Tsui Sheung Tin (Chu Shong Tin) generally known as the “King of Siu Nim Tau” and also the second surviving most senior student of Grand Master Yip Man, Mr. Siu Yuk Men (former chairman of the Ving Tsun Athletic Assoc.) and



Henry Pang and Taky Kimura at the Olympic Sports Center on the 1st day of video shooting.

Mr. Henry Pang (Pang Kam Fat) a former schoolmate of Bruces, as well as the other people from CWA.

Henry Pang studied at St Francis Xavier with Bruce Lee and started to learn Wing Chun one year after Bruce began practicing the art. According to Lewis Luk, it was said that Bruce, Henry and Hawkins Cheung (Cheung Hok Kin) always practiced Chi Sao inside the bathroom during recess time. After school they liked to join their seniors Wong Shun Leung and William Cheung to further practice their Chi Sao on the rooftop.

The next day we went to the Olympic Sports center to attend the shooting of a video. The video featured the Wing Chun Masters from the Hong Kong VTAA. The CWA was sponsoring this video as one in a continuing series of all martial styles practiced throughout China. We watched as the



L-R: Tsui Sheung Tin, Walter Leung, Lewis Luk, Siu Yuk Men, Henry Pang, Taky and Andy Kimura at the Beijing Sports University.

Masters performed the first three forms of Wing Chun. Later that evening we met with a movie star/Bruce Lee imitator, who is known in China as "Dragon" and "The China Bruce Lee". A demonstration was given by some of his students, that bore little resemblance to JFJKD. "Dragon" allegedly has over 100,000 students and discussed with us his plans to promote Wing Chun and JKD in China. My father then explained, having borrowed a paper bill from one of our Hong Kong friends, that whatever he planned should come from the heart and not from love of money while waiving the bill in the air in front of "Mr. Dragon."

The following morning further shooting was required for the Wing Chun video. I was fortunate enough to be used as a dummy, on which the techniques from three forms were applied in combat situations. Later that afternoon we visited the Beijing Sports University, which offers a four-year degree in Wushu Martial Arts.

As I mentioned earlier, our guide Miss Chan, of the Beijing University, now teaches the use of the sword to the children at the University. The University itself is divided into 6 schools: physical education, bio science, health and rehabilitation, sports training, sports administration, and Martial Arts. All schools provide four year, full time programs leading to a bachelor degree. The annual tuition is approximately 120,000 to 250,000 RMB (the peoples money) and scholarships are available. The University was originally established in



Taky Kimura (3rd from left) poses with the CWA Award at the conclusion of the ceremony.

November of 1953. The former name was the Beijing Sports Institute but was upgraded to University status in 1993. It is now the only University in China that is dedicated 100% to physical education. The University has about 3,000 students, 200 professors and 176 lecturers. Foreign students can be accepted. The curriculum of the school of Martial Arts include: Education Science, Principals of Physical Education, Human Anatomy, Human Physiology, Physical Psychology, Martial Arts, Fundamental Theories of Martial Arts, Chinese Martial Arts History, Chi Kung Science, Healing and Massage



Taky and Andy Kimura (7th and 8th from right) at a park in Beijing during a break in filming of a Wing Chun Masters video.

and Sports Methodology. The degree is known as a *Bachelor of Physical Education*. An advertisement was run in Black Belt magazine about this University.

Later that evening came, the Grand Event, the CWA 40th Anniversary Ceremony. According to Professor Hong, this was the first time in the history of the CWA that they organized such an event. It was also the first time that such awards were given. Bruce Lee was the only overseas Chinese to receive an award. This also signified a formal recognition of Bruce's contribution to the Martial Arts by the Chinese Government. It is ironic that Bruce never set foot in his motherland of China. It is even more ironic that because of the Communist suppression of information, not many people recognized the name Bruce Lee. Furthermore those who did know him by his American name had no clear idea of who Bruce was outside his movies. Communism has left China backward in many ways; it is a land of contrast where on one corner there is a high-rise apartment building and on that same corner a man with a donkey cart selling coal for fuel. Nevertheless China is a fascinating and beautiful place where the ancient exists along side the modern, one seemingly oblivious of the other.

Our thanks to Lewis Luk for his support with this article, as well as all our endeavors in China pertaining to JFJKD. Without him our trip and this article would not have been possible. ☯

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EXCLUSIVE!

Bruce Lee's "Commentaries on the Martial Way" – Part III

In our last issue of *Knowing Is Not Enough* we premiered the first portion of Bruce Lee's writings on "Distance" from his notebooks entitled *Commentaries on the Martial Way*. This issue, we will be concluding the section on *Distance* by reproducing the remainder of Bruce's writings on this topic. We will finish up with his insights into the role of footwork, balance and attack and defense distances each martial artist should be aware of and know how to employ.

— J.L.



Allow your opponent to advance a step or two and then, at the precise moment he lifts his foot for still another step, you must suddenly lunge forward into this step.

– Bruce Lee

*The art of Bridging
The Distance
(Training aid)*



- # a fight is a constant rapid shifting of ground, seeking the slightest closing of distance, which will greatly increase the chances of hitting the opponent
- # the simplest and most fundamental tactic to use of an opponent is to gain just enough distance to facilitate a hit. The idea is to press on (advance) a step or so and then fall back (retreat), inviting the opponent to follow. Allow your opponent to advance a step or two and then, AT THE PRECISE MOMENT HE LIFTS HIS FOOT FOR STILL ANOTHER STEP, you must suddenly lunge forward into this step
- # Small and rapid steps are recommended as the only way to keep perfect balance, exact distance and the ability to develop sudden attacks or counter-attacks.
- # The necessity of "sure foot work" and BALANCE in order to be able to advance and retreat IN AND OUT OF DISTANCE with respect to both your own and your opponent's reach or thus, the determination of when to advance and when to retreat or the saying when to attack and when to protect

a good man "steals", "creates", and "changes" his style, according to the confusion of his opponent.

No matter how fast you are able to parry, if a man is close enough to you he will arrive with his attack, for the nature of an attack is such as to give the advantage of the initiative to the attacker (providing the correct measure). Likewise in attacking, however accurate, fast, economical and timely your attack may be, it will fall short unless you have calculated your distance well.

IT IS ESSENTIAL that EACH MAN LEARN HIS OWN "ATTACKING AND DEFENSIVE DISTANCES" — This means, in a fight, you must allow for the relative agility and speed of yourself and your opponent. That is, you should CONSISTANTLY stay out of distance in the sense that your opponent cannot reach you with a simple lunge, but not so far that WITH A SHORT ADVANCE you cannot regain the distance and be able to reach him with your powerful attack.

The fighting measure is governed by the amount of target to be protected and the parts of the body which are most easily within the adversary's reach (i.e. the targets adversary stresses) of

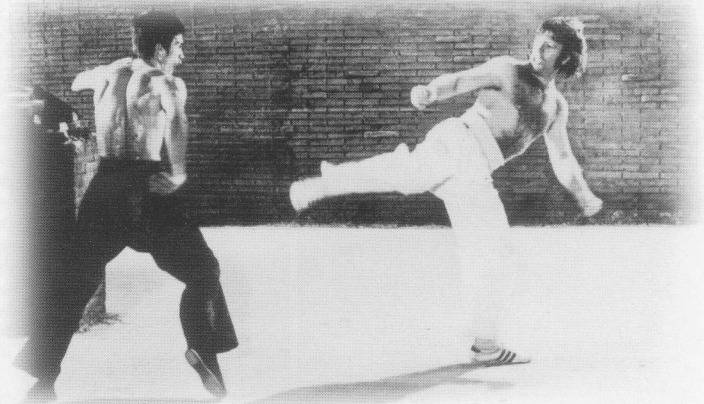
The Shin is most vulnerable and that it is constantly threatened. If the opponent specializes on shin/knee kicking, one has to take his measure from shin to shin.

An attack can rarely succeed unless one can "lodge" oneself at the correct distance AT THE MOMENT it is launched. A parry is most likely to succeed if it can be made just as the opponent is AT THE END of his lunge. Many a chance to riposte is missed by the defender stepping back out of distance when he parries. To these examples must be added the obvious importance of choosing the correct measure (as well as time, cadence) when making a counter-attack by stop hit or time hit.

The tactical use of changes of measure, that is stepping forwards and backwards, should also be studied. Variations of measure will make it more difficult for the opponent to time his attacks or preparations. A fighter with a good sense of distance, or one who is difficult to reach to launch an attack, may often be ~~to~~ brought to the desired measure by progressive shortening of a series of steps backward or by the movement known as GAINING ON THE LUNGE.

It is essential that each man learns his own attacking and defense distances.

- Bruce Lee



Distance as attack

- # The first principle for fastest contact in distance attack is by using the longer to get at the closer.
In kicking :- the leaning shin/knee side kick
In striking :- The finger jab to eye.
(NOTE :- study both the progressive targets (p 130-135) Chue as well as progressive weapons chue)
- # The second principle is Economical initial. (non-telegraphic) — Latent motor training toward intuition
- # The third principle is ~~constant~~ correct M-guard position to facilitate freedom of movement ^[EASE] small phasic Bent-knee position.
- # The fourth principle is constant shifting of footwork to secure correct measure [Broken] rhythm — to confuse opponent's distance ^{while} ~~and~~ controlling one's own
- # The fifth principle is catching opponent's moment of weakness, physically as well as psychologically
- # The sixth principle is correct measure of penet for explosive penetration. (# 7th principle is courage and decision)
- # The seventh principle is quick recovery or appropriate follow up.

Distance as defence

- # The first principle is sensitive aura combining with co-ordinated of footwork.
- # good judgement of opponents' length of penetration — a sense of receiving opponents' straightening to "borrow" the $\frac{1}{2}$ beat — good regulation of distance
- # correct on-guard position to facilitate freedom of movement ^{EASE} small phasic Bent-knee position
- # controlled balance without moving out of position.

Distance in Combination

organic regulation of SPBK.P of intuition. —
— study appropriate body sway and/or head glances.

The sixth principle is the correct measure for explosive penetration.

— Bruce Lee



REMEMBERING EDWARD C. HART

Nov. 8, 1924 - Dec. 3, 1998

Article by Jesse R. Glover



Seattle chapter of JFJKD (left to right): Jesse Glover, Doug Palmer, Taky Kimura, Ed Hart, Linda Lee Caldwell, James DeMiles, and Skip Elsworth.

On Tuesday, the 8th of December, Ed Hart was laid to rest at Lakeview Cemetery in Seattle, WA. He was buried close to his friend and teacher Bruce Lee. Many of you are probably not aware of the relationship between Bruce Lee and Ed Hart but Ed was Bruce Lee's second student. When I met Bruce and became his first student in 1959 Ed Hart, Ron Mackie and I were sharing an apartment. As soon as I got to know Bruce better I talked him into meeting Ed and taking him on as his second student.

When I introduced Ed to Bruce, Ed was already a well-established fighter. When he was a kid he had studied boxing under a top middleweight contender. Ed's personality was such that he strove for perfection in whatever he did. He spent three years in front of a mirror developing the movements for a near perfect left hook and a right cross. In addition to these two knockout punches, Ed had a tremendous left jab, one that could snap an opponent's head back or knock him down. Ed had a few professional fights but the headaches that follow each match caused him to quit boxing.

When Ed was a kid his slight build and premature gray hair made him a target for other kids. It was these negative experiences with other kids that caused him to seek out boxing instruction. After Ed developed some good punching skills from his boxing training he realized that the same skills were applicable in the street. Like the gunfighters of the Old West, Ed set out to prove himself by fighting and defeating the toughest guys he could find. My primary reason for mentioning this part of Ed's history is to establish that he knew

what he was talking about when it came to fighting because he had been in several fights against some very tough opponents. Many martial arts teachers haven't had this type of experience and they can only talk about the theory of fighting.

Eventually Ed's intelligence, which was at the top three percent of the population, led him away from the East coast and his quest for revenge. When he moved to Seattle in 1957 he left his need for fighting behind him.

When I introduced Ed to Bruce Lee in 1959 Ed was in the best shape of his life. He was working out with weights, practicing his boxing movements daily and practicing Judo 3 or 4 times a week. Ed's punches had no visible telegraph so when I introduced him to Bruce and Bruce requested that Ed throw a punch at him I wasn't sure what would happen. It began with Ed standing in a loose boxing stance with a left hand lead and Bruce facing Ed with his hands by his hips. Ed asked Bruce if he didn't want to raise his arms to a better position. Bruce said "no" and urged Ed to launch his attack. Later that night Ed told me that his plan had been to shoot his left hand forward and tap Bruce on the cheek. He said that he was standing so close to Bruce that he was sure he could tap him on the cheek before Bruce could react. Ed started to move his left arm toward Bruce's face and the next instant his arms were pinned to his body and Bruce's one knuckle fist was poised a few inches from Ed's throat. Ed was shocked by the effortless way that Bruce had intercepted his hand and he requested a second opportunity to launch an attack. Bruce told Ed that he could attack whenever he was ready. Ed

carefully thought out his plan of attack and he took special care not to telegraph his move. When Ed launched his second attack he ended up in the same position with his arms pinned and Bruce's fist in front of his face. This was the beginning of Ed's journey into Gung Fu.

Ed and Bruce went on to become very good friends. Ed was a whiz at English and history and Bruce often turned to him for information and help with his homework. Many of the papers that Bruce turned in during this period were actually written by Ed. Bruce and Ed both loved practical jokes and they often had each other cracking up. The three of us spent many pleasant hours eating and talking at Chinese and other restaurants. When Ed had to move back to the East Coast Bruce wrote him and said that he missed him and was looking forward to his return.

Ed was a well-seasoned fighter when he met Bruce and he was a little reluctant to give up the skills that had worked so well for him in the past. Ed learned a few Gung Fu forms and moves for our demonstrations but it wasn't until years later that he earnestly set out to learn Gung Fu.

Ed's excellent boxing skills made it easy for him to integrate them with his Judo and Gung Fu training. Gradually he molded elements from these arts into his own unique style, which he simply called the stuff. Later he added some more material from wrestling and Jujitsu.

Ed was a firm believer in small classes and he restricted his instruction to a few people. His goal was to insure that when these students left his instruction that they would leave with a well-rounded ability to defend themselves. Visitors who studied with Ed for a few days left with enough information to work on for a year. They also left with a profound appreciation for the depth of his knowledge of the world, his teaching skills, and the speed, power and technique that he could still display at an advanced age.

At the core of Ed's instruction was the practical fighting skill that he had learned through his earlier fighting experiences, he had little patience for anything that wasn't functional. Ed's unique approach to teaching Gung Fu will be sorely missed but fortunately his students have banded together to carry on his teachings.

Ed purposely shied away from the limelight and was always a little surprised when his name was mentioned in connection with martial arts. A great martial arts teacher is gone and most of the world doesn't even know that he even existed, his name and his skill remains unknown to most martial artist. Those who were fortunate enough to know Ed wish that he could have remained with us for a few more years. Like the Gung Fu masters of the past Ed took much of what he knew with him. He was my friend for over forty-one years and I will sorely miss his friendship, help and presence.

Jesse R Glover

Ed Hart personified the rarity of mankind: he got from giving rather than receiving. It is from Ed I have come to understand the meaning of the concept "artist". A teacher teaches what he knows, an "artist" helps you be the kind of person you want to be.

Thanks Ed
Chris Sutton



Jun Fan Jeet Kune Do Merchandise



T-shirts: Logo on front w/Jun Fan Jeet Kune Do printed under logo & "The Authentic Teachings Of Bruce Lee" printed on back. White w/Red logo & Black Print or Black w/Gold logo and Print.
Sizes: M, L, XL & XXL (add \$2.00 for XXL)
Price: White T-shirt - \$13.00 + S&H,
Black T-shirt - \$14.00 + S&H
S&H: U.S. - \$4.00 & Foreign - \$6.00

Pins come in: Blue background w/red & gold finish or all gold colored finish.
(Previously membership pins)
Price: \$5.00 each plus \$1.00 S&H

Newsletter Back Issues:

We currently have all back issues except for Vol. 1 Issue 2.
Price: \$10.00 per issue. This includes S&H.

Gift Memberships: If you have enjoyed being a Jun Fan Jeet Kune Do member, you can now give that gift to someone else. We will send a membership packet and a letter stating who the gift is from.
Price: \$35.00

Est. Delivery Time: U.S - 3 to 6 weeks,
Foreign -10 to 14 weeks

To order send check or money order to:
Jun Fan Jeet Kune Do
P.O. Box 1390
Clovis, CA 93613-1390

Name (to) _____

Address _____

City/State/Zip _____

Country _____

From (if gift) _____

T-shirt: Size: M L XL XXL
Color: White Black

When ordering more than one shirt, please write size & color for each shirt on the back of your order form.

Pin: Gold Finish Blue w/red & gold finish

Newsletter: Issue # _____ Volume # _____

Membership Gift: Put the person who is receiving the gift in the space provided for name and address. Put your name on the From line.

THE JUN FAN JEET KUNE DO NUCLEUS CORDIALLY INVITES

Members of Jun Fan Jeet Kune Do

TO ATTEND THE

Third Annual Jun Fan Jeet Kune Do Seminar,

Annual Meeting of Jun Fan Jeet Kune Do

and

Bruce and Brandon Lee Memorial Banquet

April 23 - 25th, 1999

Send registration card and payment to:

Jun Fan Jeet Kune Do

P.O. Box 1390

Clovis, CA 93613-1390

Registration Deadline - March 19th, 1999

Equipment to bring for seminar

- Mouthpiece
- Shin guards
- Boxing gloves
- Focus pads

Seminar & Banquet Location

DoubleTree Guest Suites

16500 Southcenter Parkway

Seattle, WA 98188

Please call for Hotel Reservations

1(800)-222-8733 • 1(206)-575-8220

You must mention that you are attending the Jun Fan Jeet Kune Do Seminar to receive the special rate of \$109.00 per night (single and double occupancy). This price is only good for the nights of the seminar.

Hotel Reservations must be made, no later than April 2nd, 1999.

The Hotel provides shuttle service to and from the airport.

Contact Person: Joanne Duvall - (206) 937-6492

April 23rd, 1999 - Friday

11:00 am - 8:00 pm

Registration Check In

1:00 pm - 6:00 pm

Optional Tour with the Nucleus to important locations in Jun Fan Jeet Kune Do history.

- Bruce's first school
- University of Washington
- Bruce and Brandon's gravesite
- Informal Dinner

This will be a rare opportunity to meet and chat with Nucleus members in an informal setting. If you are interested in attending the tour with Nucleus Members, please check the appropriate box on the registration form and submit an additional \$25.00 to cover the cost of transportation and dinner. One guest per person allowed. Guest fee \$25.00.

6:00 pm - 8:00 pm

Photograph & Autograph Session

6:00 pm - 10:00 pm

Display - Green Hornet Collection

April 24th, 1999 - Saturday

8:00 am - 5:00 pm

Seminar

5:00 pm - 6:00 pm

Photograph & Autograph Session

7:00 pm - 10:00 pm

Banquet Dinner

Please check box on registration card indicating either prime rib or salmon as your main course. Selection cannot be changed at a later date. Participants may bring one guest for an additional fee of \$35.00. Please check appropriate box on registration card and include \$35.00 fee.

April 25th, 1999 - Sunday

8:00 am - 5:00 pm

Seminar

5:00 pm - 6:00 pm

Annual Photograph & Meeting

Cost -

Seminar & Dinner

\$165.00 (for members)

\$200.00 (for non-members)

Optional Tour

\$25.00

Dinner Guest

\$35.00

