

WING CHUN MEETS JKD

A Wooden Dummy Comparison

By Tim Tackett

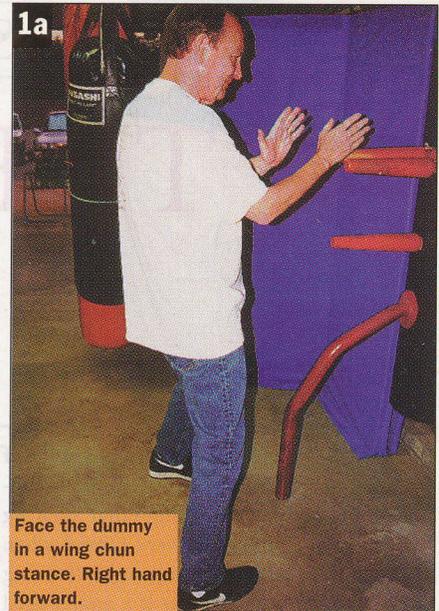
Bruce Lee spent a lot of time working on the dummy. Even though Bruce had not learned the entire wing chun dummy set, he was creative enough to freelance it using elements of the wing chun he had learned in Hong Kong plus boxing and other techniques. Former students such as Pete Jacobs, who saw Bruce working out on the dummy, have told me he hit it so hard it was frightening.

Working with the wing chun dummy is excellent supple-

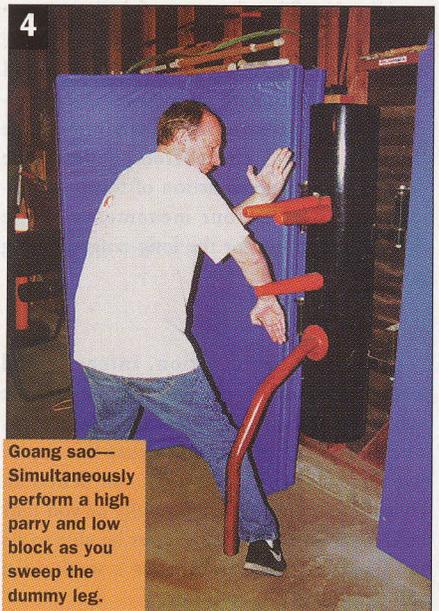
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Tim Tackett is a founding member of the Jun Fan Jeet Kune Do Nucleus of the Jun Fan Jeet Kune Do Association. Anyone interested in joining the Jun Fan Jeet Kune Do Association can write for a membership application to: Jun Fan Jeet Kune Do, 967 E. Park Center Blvd., Box 177, Boise, ID 83706. If you are interested in a Jun Fan jeet kune do seminar, write: Tim Tackett, 446 E. Sunset Drive North, Redlands, CA 92373.

Dan Inosanto created a jeet kune do dummy set using Bruce Lee's modified wing chun techniques and the boxing phase of JKD.



1a
Face the dummy in a wing chun stance. Right hand forward.



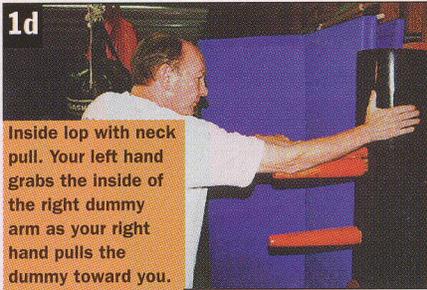
4
Goang sao— Simultaneously perform a high parry and low block as you sweep the dummy leg.



8a
Huen sao— Your right hand circles around the left dummy arm while you simultaneously block with your left arm.



1b
Wedge—Shove both hands forward hard between the dummy arms.



1d
Inside lop with neck pull. Your left hand grabs the inside of the right dummy arm as your right hand pulls the dummy toward you.



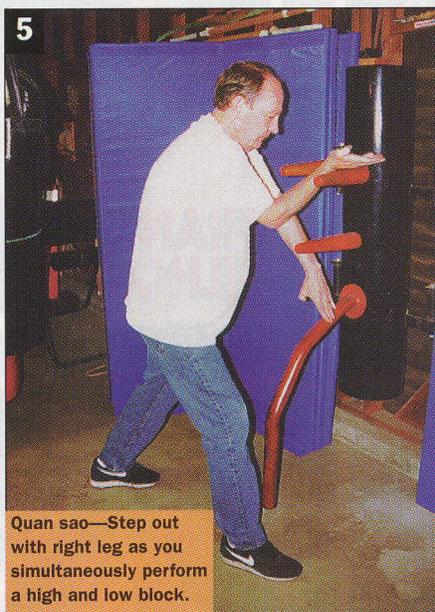
3
Tan Sao with low palm hit—Step out with right leg and do a tan block while simultaneously hitting the dummy with your left palm.



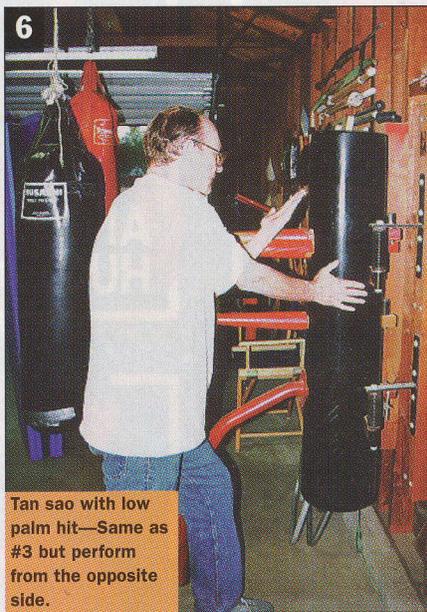
1c
Palm hit.



2
Bong sao—Bong sao block to inside right dummy arm.



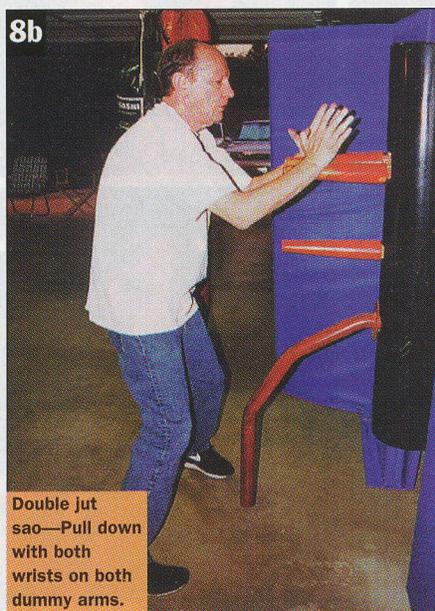
5
Quan sao—Step out with right leg as you simultaneously perform a high and low block.



6
Tan sao with low palm hit—Same as #3 but perform from the opposite side.



7
Goang sao—Same as #5 but perform from the opposite side.



8b
Double jut sao—Pull down with both wrists on both dummy arms.



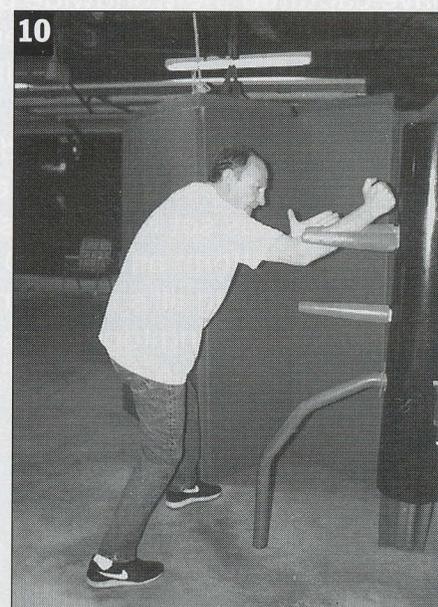
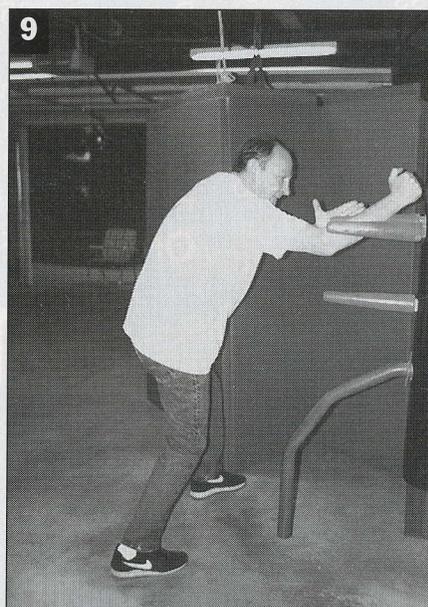
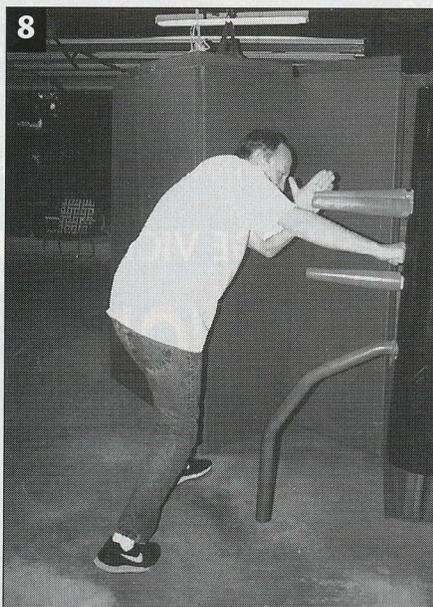
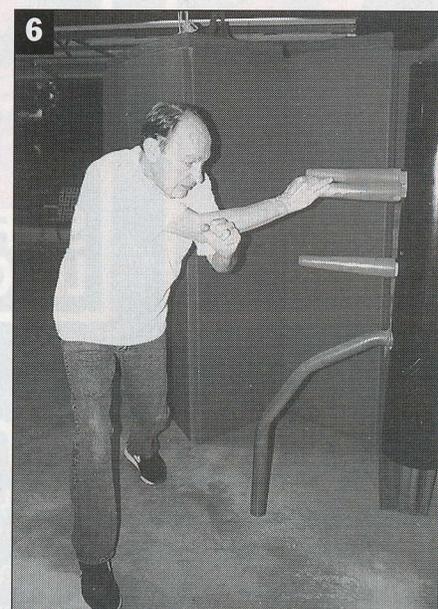
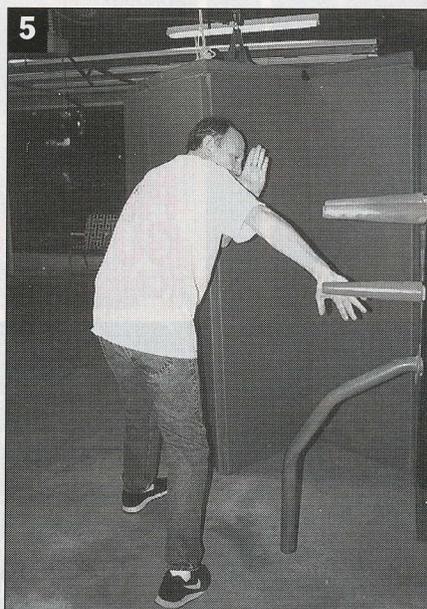
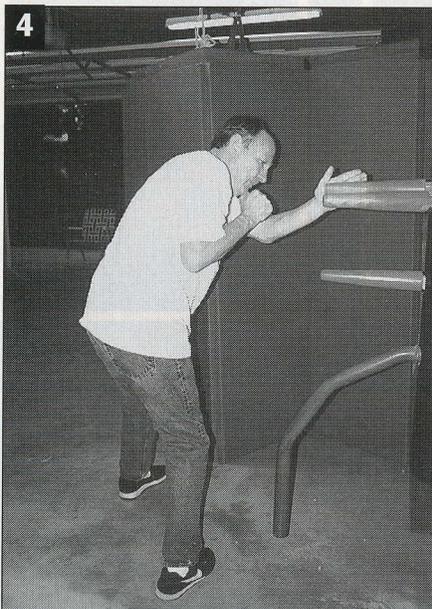
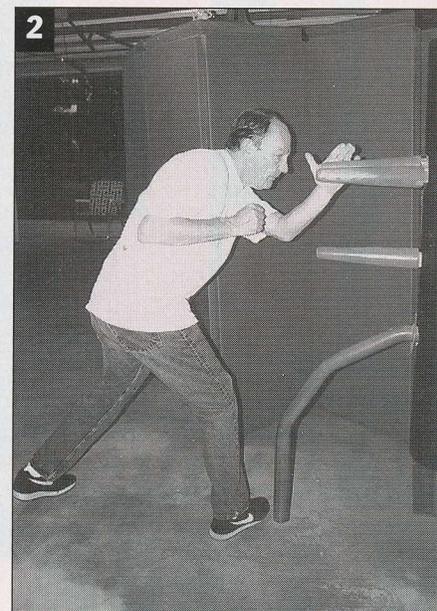
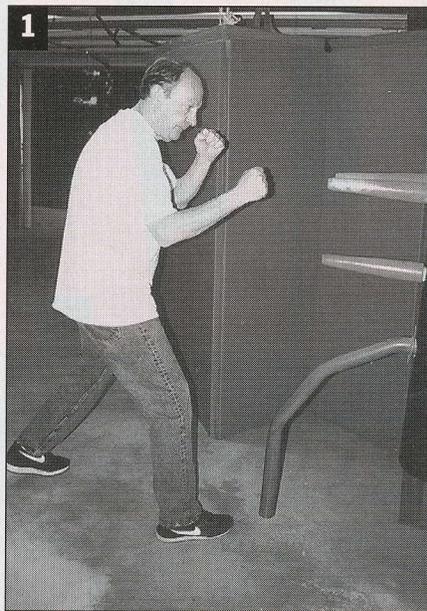
9
Double palm hit—Bounce off the dummy arms with your jut and hit the dummy with both palms.

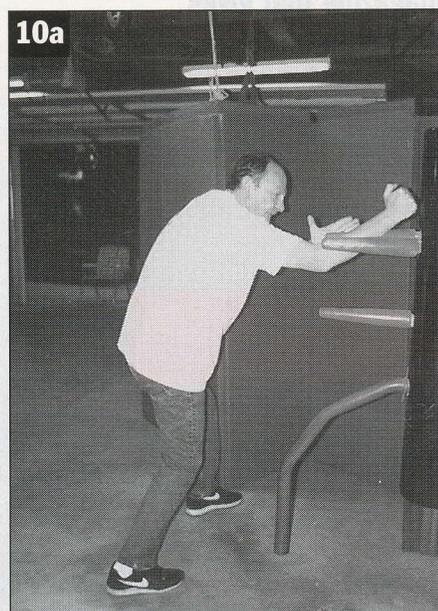
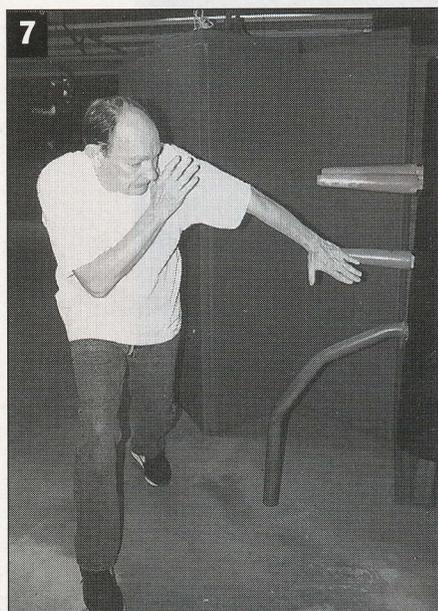
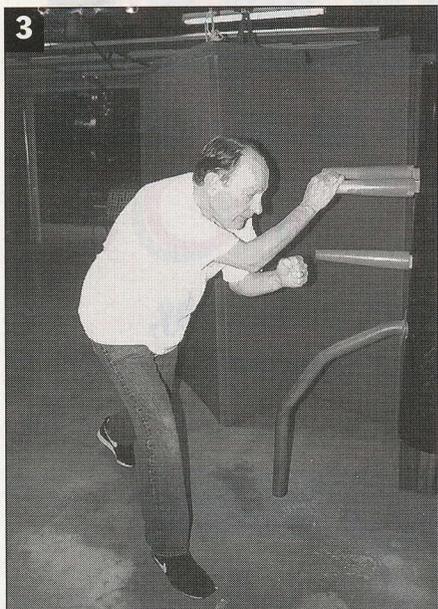


10
Tok sao—End the first series with a double upward-palm block.

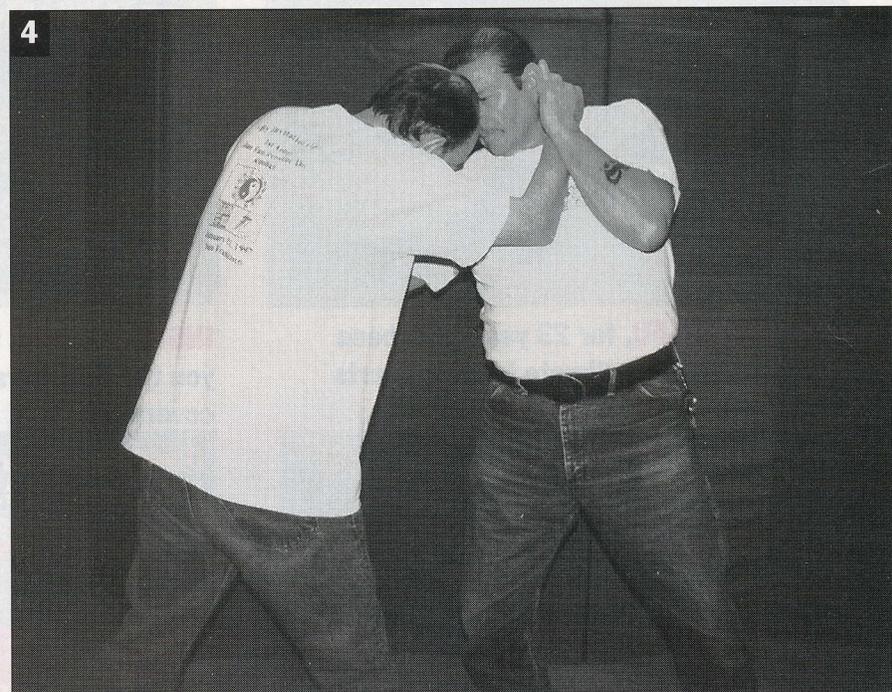
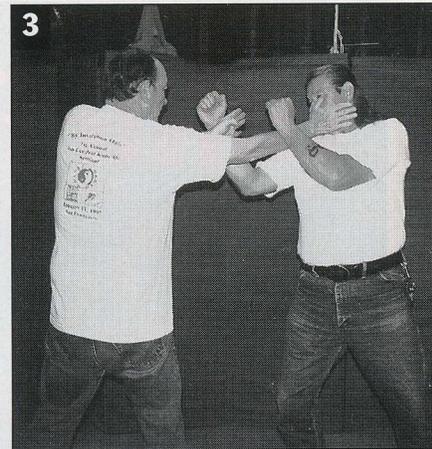
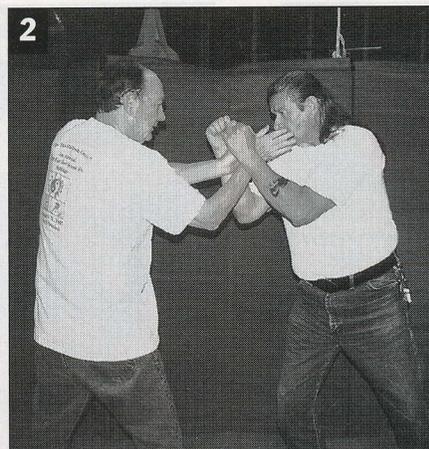
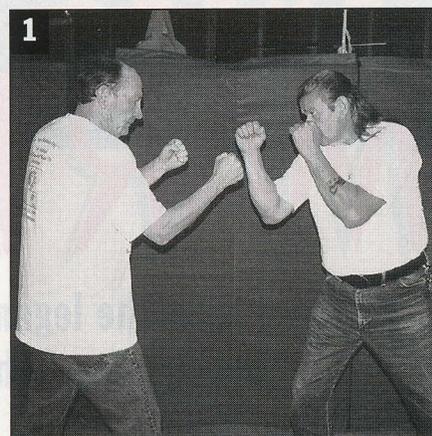
The Jeet Kune Do Dummy Set

1. By Jong ready position.
 2. Right step to the left with left outside parry.
 3. Right step to the right with right outside parry.
 4. Left step the left with left high outside parry followed by...
 5. Low right outside parry.
 6. Right step to the right with right high outside parry, followed by...
 7. Low left outside parry.
- (Note: 1-6 above are passive moves and as such are the least-desirable moves in JKD. It's all right to practice these if you realize that you are practicing parrying and that a simultaneous parrying and hit is better. It is better to hit and then parry.)
8. Step left with a left high outside parry and simultaneous right low punch.
 9. Step right with a right high outside parry and simultaneous left low punch.
 10. Step left with a left high outside parry with right simultaneous high vertical punch between dummy arms.
 - 10A. Step right with a right high outside parry with simultaneous left vertical punch between the dummy arms.





Self-Defense Example 1—The Wing Chun Set
 From a ready position (1), drive your hands with as much force as possible to open up his guard (2). Hit his face with side palm (3). Grab his right wrist with your left (4), pull his neck and headbutt.



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mental training for Jun Fan jeet kune do as well as an essential part of wing chun training. How should you accomplish this? If you don't have a person who can show you the proper way to use the dummy, feel free to experiment with any technique. Then absorb what is useful. Reject what is useless and add what is

specifically your own. If you are a Jun Fan jeet kune do practitioner you can make up a set pattern or patterns, but you must eventually dissolve these patterns and work in a more free-flowing freelance fashion.

This process is a lot easier if you are fortunate enough, as I was, to have an instructor

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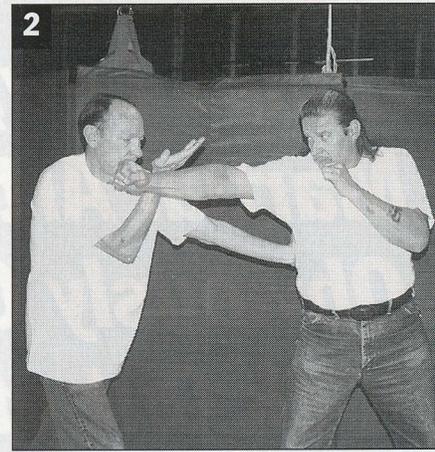
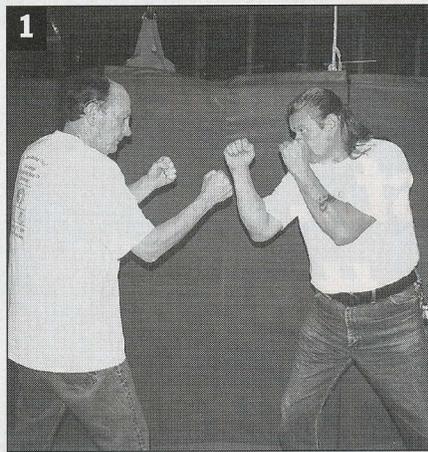
such as Dan Inosanto. I started studying JKD with sifu Inosanto shortly after Bruce Lee closed the Los Angeles Chinatown school, and many of Bruce's and Danny's advanced students started working out on Tuesday and Thursday evenings in sifu Inosanto's backyard.

After Bruce Lee's tragic and untimely death, Inosanto went to Hong Kong to film the revised version of, *The Game of Death*. While in Hong Kong Dan learned the complete wing chun mook jong form, which is comprised of 108 techniques divided into ten series, from a wing chun practitioner named Chris Yik. Dan taught many of his backyard JKD students the entire wing chun dummy set.

Dan Inosanto then created a jeet kune do dummy set consisting of Bruce Lee's modified wing chun techniques and the boxing phase of JKD.

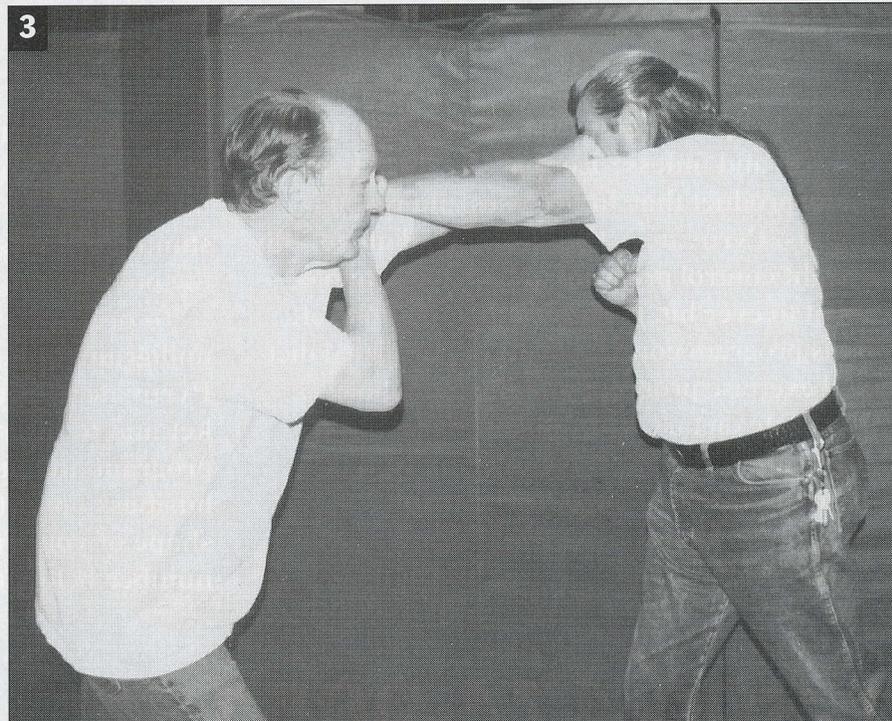
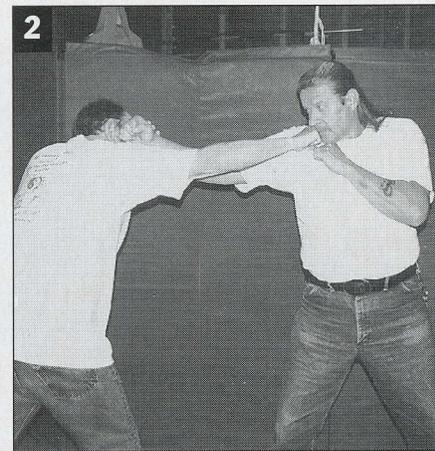
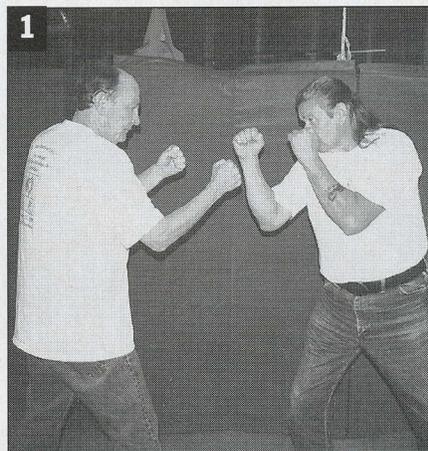
It is clear from Bruce's notes that JKD is not based on 26 different martial arts, as has been reported. Bruce writes that he had created a new martial art—*jeet kune do* or the way of the intercepting fist—based mainly on wing chun, Western boxing, and Western fencing. The JKD dummy set Dan created consists of 125 movements, most coming from Western boxing and modified wing chun.

This article will show you series 1 (the first 10 movements) of the wing chun set and the first 10 techniques of the JKD dummy set. While neither set is part of the core curriculum of Jun Fan jeet kune do, it can be a valuable asset to the Jun Fan jeet kune do practitioner. He can pick and chose from each form. He can learn the forms, then dissolve the forms so he can truly express himself. ☯



Self-Defense Example 2 —The Wing Chun Set

From a ready position (1), your opponent throws a straight lead punch (2). You block it with a right tan and low left palm hit.



Self-Defense Example—JKD Set

From a ready stance (1), your opponent throws a straight right lead (2). Step left with your front foot with high a outside parry and follow with a straight lead punch to the face (3).