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BRUCE LEE

**JKD Concepts vs.
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Tao Put the
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**On-Site Report:
Bruce Lee's
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**Pierre Berton Interview:
"The Most
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The Secret to
**Bruce Lee's
POWER!**

PLUS
**How to
DOUBLE Your
Punch Strength
in Only
4 WEEKS!**



Bruce Lee

"A good fighter must sense rather than perceive the chance to strike."

While the preceding quote concerns the timing of one's attack, an essential prerequisite for achieving a high level of skill in this area is good awareness.

Awareness keeps you "in tune" with an opponent, allowing you to be consciously informed of his movements, actions and reactions. It also keeps you informed about any impending action the opponent might take, and the better informed you are about the opponent's actions or impending actions, the better equipped you are to deal with him. The split-second or momentary edge gained by such increased awareness can make the difference between success and failure of your own actions, and possibly between victory and defeat in a fight.

Awareness training has always been an integral part of the Jun Fan Jeet Kune Do curriculum, and exercises to develop or enhance a person's awareness skills should begin at the very start of their martial art training. The objective of awareness training is to sharpen your senses of perception such as sight, hearing, and touch, so that you can recognize, identify and react to an opponent's moves instantaneously without thinking or being bound by what Bruce Lee referred to as "psychical stoppage."

Before we go any further, we need to differentiate between



Awareness is total and excludes nothing. It takes in everything.

awareness and concentration. Concentration is a narrowing of attention, it tends to focus on one thing at a time to the exclusion of everything else. Awareness, on the other hand, is total and excludes nothing. It takes in everything. If I concentrate on an opponent, I focus solely on him, and shut my mind to everything else that might be taking place around the two of us. With awareness, I take in not only my opponent, but everything else as well. This can be extremely useful if a person is fighting more than one opponent. In JKD, it is often referred to as "having a loose, pliable awareness."

There are three major types of awareness:

- Visual
- Auditory
- Tactile

All are important and should be developed to a high level.

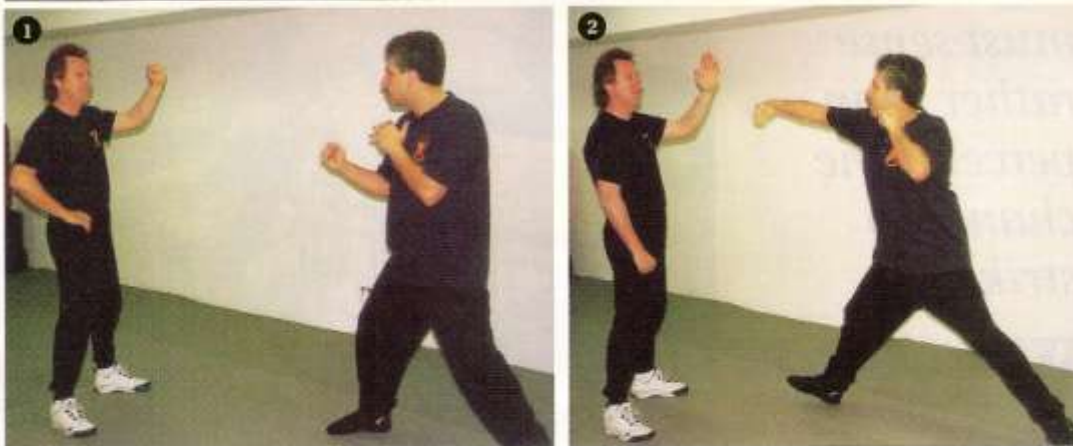
In awareness training, some form of cue is used as stimuli to signal an opening against an oppo-

nent. The trainer can use a visual cue, such as opening a closed fist, a sound cue, such as hitting two focus gloves together, or a tactile cue such as removing an arm which is in contact with the opponent's. The objective is for the student to reduce the time it takes for them to react to the stimuli. The following exercises are designed to help develop or enhance your skills in one of the types of awareness. We'll start with visual awareness first.

Visual Awareness

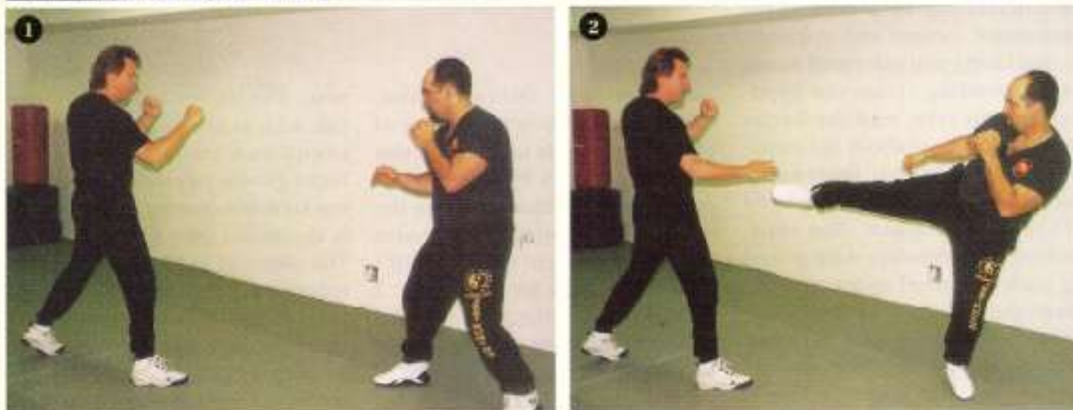
In combat, you use two types of vision. The first is central vision, in which your eyes and your attention are fixed on a central point, be it the opponent's eyes, or somewhere on his body. The second is peripheral vision, in which case, although your eyes are fixed on one point, your attention is expanded over the entire area. While central vision is clear and sharp, peripheral vision is more diffuse. You should train both types of vision (see accompanying photographs & text).

Visual Awareness Drill # 1



In this drill the student is moving in a Ready Position and facing the trainer who stands with his hand in a closed-fist position (1). As soon as the student sees the trainer start to open his hand, he launches an attacking action, in this case a lead backfist (2).

Visual Awareness Drill # 2



In this drill the student is moving in a Ready Position and facing the trainer who stands in a Ready Position (1). As soon as the student sees the trainer start to lower his lead arm, he launches his attack, in this case a lead-leg side kick (2).

Auditory Awareness

Many people fail to realize the importance of auditory awareness. However, it's been proven that people react faster to an auditory cue than to a visual one (hence the switch from using a flag to using a pistol to start a race in athletics). Auditory awareness can be extremely useful when you find yourself in a situation in which for some reason visibility might be restricted, such as fighting at night in a dark room or alleyway.

The objective of awareness training is to sharpen your senses of perception such as sight, hearing, and touch, so that you can recognize, identify and react to an opponent's moves instantaneously without thinking or being bound by what Bruce Lee referred to as "psychical stoppage."

Tactile Awareness

Tactile awareness is a heightened sense of touch. You become very sensitive to the movements and energy of the opponent's arms or body motions. This can be very helpful for aspects of fighting such as trapping and grappling. Tactile awareness can be increased by specialized training exercises such as chi sao, harmonious spring drill, and other forms of sensitivity training.

Two things that can help increase your awareness abilities are:

Auditory Awareness Drill



In this drill the trainer stands behind the student, who is moving in a Ready Position (1). As soon as the student hears the trainer clap his hands, he responds with an attack, in this case a low lead punch to the body (2).

Tactile Awareness Drill



In this drill two students stand in a Ready Position with both of their arms in contact with their partner's (1). As soon as one of the students removes contact of either of his arms, his partner immediately strikes him in the chest with an open palm (2).

1. Maintaining a loose, relaxed yet ready position at all times
2. Maintaining proper focus of attention.

By "proper focus of attention" I mean having your mind on the task at hand. If your mind is busy thinking about other things such as the argument you had with someone earlier, or the problems you're having with your car, your focus will be split and therefore your awareness will be slower.

All three types of awareness are essential for a martial artist's overall skill. So try to include some form of awareness training in each workout if possible, regardless of the student's level.



When Bruce Lee had a real encounter on the set of *Enter the Dragon*, his awareness was total, with the result that the fight lasted all of 10 seconds.