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**Non-Secrets You  
*MUST* Know...**

**To Become A Liberated  
Martial Artist**



***Special  
Report!***

***by Chris Kent***

截拳道

## Introduction

Hello Reader,

My name is **Chris Kent**, and in this special report I'm going to share with you four "**non-secrets**" to becoming a liberated martial artist. I refer to them as "non-secrets" because, while in actuality they are not secrets but rather principles, many martial artists do not know of them.

For over forty eight years now I've been deeply involved with Jeet Kune Do, the martial art and self-discovery process developed by the legendary Bruce Lee, as both a student and teacher. I am the author of two books on Jeet Kune Do published by Empire Books:

***The Encyclopedia of Jeet Kune Do – A to Z***  
***Jeet Kune Do Guide to Equipment Training***

I am also the co-author of two Jeet Kune Do books published by Action Pursuit Group (formerly CFW Enterprises) -

***Jeet Kune Do Kickboxing***  
***Jun Fan /Jeet Kune Do – The Textbook***

My most recent book ***Liberate Yourself - How To Think Like Bruce*** Lee, shares the philosophical principles, thought processes, and mental strategies Bruce Lee used to liberate himself as a martial artist and actualize his true potential in all aspects of his life.

In addition to my books, I have both written for and appeared in numerous martial art publications such as Inside Kung Fu, Black Belt, Budo International, and Martial Art Masters, and have written and produced three series of training videos and DVD's:

***Masterclass Jeet Kune Do***  
***Jeet Kune Do From A to Z***  
***Dynamic Jeet Kune Do***

When I first began training in Jeet Kune Do, like most other people I was primarily interested in the physical aspects of the art. However, as my knowledge and understanding of the art grew, I soon came to the realization that what separated Lee from every other martial artist of his generation was his mind or "intelligence." It was "*the mind behind the fighting machine*" that allowed Lee to transform himself and achieve the incredible level of skill he attained. Recognizing that it was the result of applying the mental to the physical, rather than simply adding physical to physical that resulted in Lee's incredible achievements, one of my primary objectives became to develop my knowledge and understanding of the philosophical principles and thought processes he

used. In addition to training in the physical aspects of Jeet Kune Do, I spent countless hours investigating and researching the sources Lee drew from in his process of intellectual growth. Due to my friendship and affiliation with Bruce's family, personal assistants, students and friends, I was privileged to have access to so much of his material, including his personal library, writings, etc., and had the opportunity to see things that many others haven't. Seeing the nature and depth of his research and conclusions firsthand was truly enlightening, and I've made it part of my mission, as one of the pre-eminent torchbearers of Lee's martial legacy, to continue building upon the philosophical 'framework' originally established by him, and sharing the concepts and principles with as many people as possible.

I believe the following four principles are essential in helping you cultivate the proper approach to martial art training, keep your mind, attitude and sense pliable and receptive, and develop your ability to think critically. By utilizing these principles in your training you will be able to free yourself from any form of restriction or confinement, be it physical or mental, and actualize your full potential as a martial artist.

## 1. Recognize that YOU Are It!

On the wall of my school hangs a small set of curtains above which is a small placard containing the words, ***“The Secret of Martial Arts”***. When a person pulls back the curtains, they find themselves looking into a mirror which reflects their own image and which has the words ***“You Are It”*** written across the bottom of it.

Some would-be martial art students, when they come to enquire about training, are often looking for “secrets”, for some sort of magical moves or special techniques that will solve all their problems for them or transform them into some kind of “ultimate fighter” or “holy terror” in three easy and quick lessons. Their attitude is, *“I want to be admired by my friends and feared by my enemies, so show me the secrets that will make me invincible.”* What these people fail to realize is that when it comes to martial arts there aren’t any secrets or magical methods that are responsible for an individual’s success or ability. There aren’t any secrets, and the time they spend in trying to find them could be much better put to use in their own personal development. Some people will study one martial art, followed by another, then another, or even several different arts at the same time, and when questioned as to their reason for doing this their reply is often, “I’m searching for the ‘ultimate’ ...”

In both of the above cases the individuals involved have missed the boat. They’re busy looking to external sources for the answers or the truth and, as a result, fail to understand is that there isn’t any “ultimate” out there, and the only “secret” to attaining proficiency in martial arts is an individual’s willingness to work hard at developing themselves and cultivating their innate ability to the highest level.

*“Don’t go looking for secret movements. If you’re always searching for secret techniques, you’re going to miss it. There are no secrets. It’s you, your body that’s the key.”*  
- Bruce Lee

Martial art training isn’t about ultimate “styles” or “systems.” It’s not about magical methods or secret techniques. It’s about you, the individual. It’s about you cultivating your body as a ‘martial instrument’ and using it to communicate and express yourself with complete freedom. It’s about developing your understanding of efficient human movement in combat and about how, in the process of learning to use your body, you can come to understand yourself.

As I said, with regard to martial art training there are no “secrets.” And the “ultimate” lies within you. It’s been there all along, waiting to be brought forth. In the same way that Michelangelo stated that the statue of David already existed in the block of marble and that all he had to do was remove the excess material in order to reveal him, all you have to do is hack away the non-essentials to reveal the true you. Become your own sculptor. Put your energy and effort into the sincere and honest development of yourself physically, mentally, and spiritually. Utilize your training as a vehicle through which

to obtain self-knowledge. Dedicate yourself to discovering the real you and then honestly expressing yourself with complete freedom. Recognize that the key is YOU –You are it!

## **2. Focus on “Process” rather than “Product”**

A lot of people, when they’re considering taking up martial training, will ask the instructor, “How long will it take for me to get a black belt?” In Jeet Kune Do, due to the fact that no type of belt-ranking system exists, the question usually becomes something like, “How long will it take for me to reach such-and-such level?” or “How long does it take for a person to become an instructor?” When the person is asked why they want to know how long it takes to get a black belt or become an instructor, their response is, “Because then I’ll know that I’ve made it... Then I will have arrived.” But made it where? Arrived where?

It’s interesting to note that, according to statistics put forth by the martial arts industry, the vast majority of people who take up martial art training usually quit once they attain a black belt (or its equivalent). Some continue their studies, however the majority don’t. The primary reason is that these people are “product-oriented.” They’re more interested in getting some kind of “product” such as a black belt or an instructor’s certificate than on what they learn about themselves in the process of getting to such a point. Their attitude is “Okay, I’ve done that, what can I do next?” This attitude is easy to understand. It is due in part to the fact that our culture today has become very acquisition-oriented. Whether it be earning a black belt in martial art, attaining a degree from college or university, or reaching some particular position within a business, today’s society places much greater emphasis on the end goal, the “being there” as opposed to the “getting there” -- on “product” rather than “process.”

Let me ask you a question. What is the purpose of your martial art training? Is it to reach a particular goal and attain something such as a black belt or an instructor certificate? Or is it to learn about yourself, to actualize your full potential and attain the highest levels of performance of which you are capable? If your answer is the latter, then when it comes to your martial art training you should focus on “process” not “product.”

Martial art training is a journey of personal growth and discovery that has no end-point, no conclusion. And for any martial artist, their training is an on-going, evolutionary process which is fluid, continually changing and adjusting to fit their individual needs. By focusing on the process you will create an atmosphere of fluidity and freedom in which you can move in any direction in your training and explore and examine various aspects of yourself. You will view yourself as a constant “work in progress”, something never completed or finished. This, in turn, liberates you and offers you freedom. Freedom not only from external sources such as the opinions, dictates and standards of other martial artists or martial art styles, but perhaps more importantly, freedom from yourself; from unrealistic expectations of yourself, from overly self-conscious attitudes, self-doubts, etc. Recognizing that you are a participant in an on-going process in which you are continually growing and discovering new things about yourself, you will view

each training session as a learning experience, an opportunity for improvement to take yourself to a new level. Finally, putting your focus on process will help keep you fully present and mindful during your training. You will invest whatever you're doing with your full concentration and your mind won't be drifting off toward some distant, future goal.

Focusing on process in no way implies that you should not have any goals in their training or that the idea of striving to reach an objective such as a black belt is wrong or negative. Goals and objectives serve a useful purpose in that they can give us a vision or a sense of direction. Furthermore, goals can help motivate us to continue training. Motivation is one of the first things to leave, especially when a high degree of effort is required. And any form of martial art training requires commitment, energy, and effort. Focusing on process simply means that you shouldn't allow the final objective to overshadow the process, so that chasing after an end-product becomes more important to you than what you learn about yourself along the way.

When it comes to martial art training, the people with the staying power are those who have developed a passion for the process. While they view each training session as another step along the path of their journey, they take the time to enjoy each step fully instead of directing their attention ahead and outside the present moment. As noted Zen master Alan Watts once stated, "If the goal of dancing were to reach a certain spot on the floor, then obviously the fastest dancer would be the best. The point of dancing is the dance itself." And the same applies to martial art training. If you put your energy into each step, if you focus on the process, you will ultimately reach your destination. And what's more, you will have enjoyed the journey a lot more.

### **3. Refuse to Accept Boundaries and Limitations**

Although Bruce Lee eventually christened his martial philosophy Jeet Kune Do, he resolutely insisted that it should not be categorized as a "system" or "style" as these terms are conventionally defined, because he felt the words were inaccurate in relation to what he was attempting to do, which was to liberate people from being bound by a set "way" of doing things or looking at things. To emphasize this point, he placed two lines of Chinese characters around the circumference of the emblem symbolizing his art which, when translated into English, read: "Using No Way as Way; Having No Limitation as Limitation."

"Using No Way as Way" is about refusing to be restricted by or "bound" by any martial art style, system or method. Styles create boundaries and separation. Anything included within the style is deemed acceptable, while anything outside of the style is deemed unacceptable. Styles oftentimes give you set ways of dealing with things that you are not allowed to or supposed to deviate from. When talking with people from some styles you will often hear things like, "You need do it this way" or "We don't do it that way in our style." If you ask them why not, the answer is "Because we don't do it that way in our style."

Why is it so necessary for you to not be bound or restricted by “set” ways or methods? The answer is that anytime a way of doing things is prescribed in inviolable terms as something fixed or set in stone, it creates a “locked in” mentality and your capacity to learn or grow as a martial artist is severely compromised. If you refuse to look at any other approach or blindly cling to one particular way of doing things, you will become bound by the limitations of that way. As a result, your actions and responses will become “patternized” and predictable, and you will lose your ability to cope freely to a combative situation with all your resources. If you’re bound to a particular style or method of doing things, you will lack the adaptability and pliability required to “fit in” with an opponent, adjust to their strengths and weaknesses, and deal with them effectively.

By not attaching yourself to any one style or “way” of doing things, you obliterate boundaries and maintain the freedom to not only draw from any and all forms of martial art methods, but also to both use and dispense with any techniques as the moment requires.

Refusing to be bound by systems or methods doesn’t mean that if you find something which works for you that you shouldn’t use it because it’s a “way”, or to simply not to do anything because it will become a “way.” There’s nothing wrong with having favorite techniques, actions, etc. It simply means don’t become bound to only using it at the expense of everything else. Don’t lock yourself into only one way. Don’t make anything “THE” way. Be free to do what you need to do in a combative situation.

“Having No Limitation as Limitation” is about liberating yourself from any form of limitation, be it physical, mental or emotional in nature. It’s about overcoming or transcending artificial limits that are either put on us by external sources, or that originate within ourselves. Confrontations between the mind and body are an integral part of martial art training. As you travel along your path of the martial arts you will inevitably, at some point along the way, find yourself coming up against various barriers or obstacles that will attempt to prevent you from continuing. The barrier might be a physical obstacle, such as a lack of flexibility, inadequate strength, or lack of coordination. It might be a mental barrier, such as being overly self-conscious and afraid of looking silly or awkward when working out. Or the barrier might be an emotional one, such as overcoming the fear of getting hit while sparring.

Even a single element or aspect of martial art training can become a limitation if you’re not careful. For example, I’ve heard some martial artists make comments such as, “Kickboxing is all I need” or “Grappling can handle any situation.” These individuals are so comfortable and confident in their “way” that either they can see no need for or refuse to look at any other approach. The problem lies when these individuals come up against an opponent who is a better kickboxer than they are or who can nullify their grappling skills or prevent them from using them. Or perhaps even the environment they’re in disallows them from using the material they want to use. If they lack the ability to adapt and are unable to go outside of the realm of their way in order to deal with

the opponent, their “way” will become a limitation and they can find themselves in big trouble.

How you deal with each of the barriers and obstacles you encounter on your journey will determine whether they become a limitation or not. If you wish to grow as a martial artist and move ahead in your training, you must confront any barrier you encounter. Instead of seeing it as a limitation, instead shift your perspective to view it as a challenge, nothing more than a temporary condition. Recognize it, understand what it is, and then figure out how to remove it or work around it.

Finally, keep in mind that “Having No Limitation as Limitation” doesn’t mean that we will never experience or have limits. For each of us, there are always going to be things that are beyond our physical capacities. However, understanding that does not mean that we should allow ourselves to become complacent about ourselves and our abilities. We should continually push the envelope to discover our limits and see if we can move past them, or around them.

#### **4. Research, Absorb, Reject, Add ...**

The following four-step process offers you a prescription for personal growth as a martial artist:

##### **Step 1 -- Research Your Own Experience**

Personal growth comes through experiences. And as a martial artist you need experiences in order to grow. A martial artist who has never actually experienced full-contact sparring against an alive and non-cooperating opponent is at a definite disadvantage when it comes to knowing what is functional; what will and will not work in a real combative situation. But you also need to research those experiences if you wish to enlist them in your personal development and aid you in your search for truth. Researching and understanding your own experience can inform and enlighten you.

Researching your own experience doesn’t simply mean researching your martial art background or history. An experience can mean anything you’ve just done or been through in your training. For example, perhaps you’ve just finished an intensive sparring session against a particular opponent. Immediately after your workout, or after a shower and a meal, take some time and review what you experienced during the sparring session. Research your experience. Think critically and ask yourself questions such as, “What value did this experience have for me at this time? What purpose did it serve with regard to my personal growth? What did I learn from it? What bearing might it have on any future sparring sessions I might have?”

In your martial art training, actively seek out and embrace new and different experiences, and then take the time to research those experiences. See them as stepping stones and draw information from them that can help you grow.



## **Step 2 -- Absorb What is Useful**

“Absorbing what is useful” means that if experience something or see something of value or you discover something or a specific way of doing something that works for you, or that you feel is useful to what you’re doing, you should feel free to absorb it into your personal structure.

Absorbing what is useful is not, as many people mistakenly assume, mere ‘eclecticism’. It’s not simply a “collect what you like” approach whereby you randomly select and accumulate various techniques and actions from here and there according to fleeting fancy or personal taste, and toss them loosely together to create some kind of “hybrid” martial art that you think will have the best of everything. Nor is it the mere accumulation of techniques, actions, etc.

To absorb something means that you take it in and incorporate or assimilate it. When you absorb, the things you absorb become incorporated into a single useable product, rather than a bunch of separate element sitting side by side like links of a chain that are not connected to each other. In addition, when something is absorbed, it’s often modified during the process and as a result, may end up either only faintly resembling what it initially was, or not resembling it at all. For example, if you combine the two metals copper and zinc, you end up with the alloy, brass. With brass we can no longer see either the copper or the zinc, even though we know they are still there.

When selecting things to absorb, you should do so with care and intelligence. It should benefit you in some way or help you move forward. As you become more experienced you’ll be able to recognize and discern whether or not something has applicability to you and what you’re doing, thus avoid wasting time and effort on it if it doesn’t.

## **Step 3 -- Reject What is Not Useful**

If, in the course of researching your experience, you find something doesn’t work for you or isn’t useful for you, you should feel free to reject it. However, before you reject or discard it, make sure you know why it doesn’t work and why you’re rejecting it. To be able to do this, self-knowledge and experience must enter the equation. Simply because you might not be able to do or use something successfully at a particular moment doesn’t automatically mean that technique or action is useless or invalid. Some martial artists, for example, will reject a particular kick, throw, lock, etc. simply because they cannot do it at that time. Or they attempt to use a technique they’ve just learned against an opponent during sparring and it fails or they mess it up, so they decide the technique is no good and toss it out. In both cases the individual hasn’t spent sufficient time practicing the technique and attempting to understand it. So don’t reject something until you have thoroughly examined it and know why you are rejecting it, because in so doing, you could be throwing away something invaluable simply because you don’t recognize it, or because of your lack of understanding.

Finally, recognize that because something didn’t work for you at one time, doesn’t mean that it won’t work another time. By the same token, understand that what may have been useful for you at one time may not be useful now. What you absorb at one

stage of your process you may reject at another stage. So it's imperative to maintain a very flexible attitude.

#### **Step 4 -- Add What Is Specifically Your Own**

The final step is to "add what is specifically your own." This doesn't mean that you should add something simply for the sake of being different from everybody else. Rather, it relates to bringing your own natural attributes, qualities, personal preferences, etc. to whatever it is you're doing in order to truly express yourself totally and completely.

#### **Conclusion**

As I stated at the beginning of this report, there aren't any "secrets" in martial art training. The whole thing is YOU. One of Bruce Lee's favorite sayings was, "*Knowing is not enough, we must apply; Willing is not enough, we must do.*" Merely reading the above "non-secrets" (principles) won't liberate you. You need to integrate them into your thoughts and apply them to your actions. Understanding and applying these principles will help you cultivate the proper perspective and mental attitude toward your training. They will help you to expend both physical and mental energy constructively, and engage in more discovery-based learning. They will allow you to explore ideas that may be new, or even unorthodox or different. This, in turn, will allow you to throw off the chains of "style" or "method", and offer you the opportunity to actualize your full potential and become a truly creative, free-thinking, "liberated martial artist."

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## CHRIS KENT

With over 48 years experience, Chris Kent is widely acknowledged as one of the world's foremost author. In the over four decades that he has been intimately involved in Jeet Kune Do, Kent has performed extensive research into the foundations of the art from a technical, philosophical, and spiritual perspective, as well as educating himself in the fields of exercise physiology, kinesiology, and human performance. This commitment to continuous improvement has made him one of the most sought after instructors of Jeet Kune Do and its applications. As a teacher and professional consultant, Kent has traveled the world, teaching and sharing the benefit of his expertise in Jeet Kune Do with thousands of people. He has also written and produced 3 series of training videotapes and DVDs which remain the standard of the industry. His latest book, "LIBERATE YOURSELF! – How to Think Like Bruce Lee" details how individuals can apply the philosophical tenets of self-actualization utilized by Bruce Lee to their own lives.

In 1973, Chris became the youngest and final member admitted into Dan Inosanto's now famed "Backyard JKD" group during Bruce Lee's lifetime. He studied with and assisted Inosanto for over 13 years, mastering his skills and traveling extensively both nationally and internationally while serving as Inosanto's personal assistant for seminars and public exhibitions. In 1982, Chris became one of the first students to be awarded the prestigious title of Full Instructor under Inosanto.

Chris has authored 3 of the highest rated books on Jeet Kune Do: *The Encyclopedia of Jeet Kune Do*, *Jeet Kune Do - The Textbook*, and *Jeet Kune Do Kickboxing*. In addition he has both written for and appeared in countless martial art publications both nationally and internationally including *Inside Kung Fu*, *Black Belt*, *Martial Art Masters*, *Budo International*, *Combat* and *Martial Arts Illustrated*. He has also written and produced 3 series of training videotapes and DVDs which remain the standard of the industry. His latest book, "LIBERATE YOURSELF! – How to Think Like Bruce Lee" details how individuals can apply the philosophical tenets of self-actualization utilized by Bruce Lee to their own lives.

In 1996, Chris was one of the co-founders of "The Bruce Lee Educational Foundation", a non-profit, organization created for the purpose of perpetuating Bruce Lee's art and philosophy for future generations, and for 5 years served as a member of the Board of Directors.

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