

## Jun Fan Jeet Kune Do Nucleus

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Dear Jun Fan Jeet Kune Do Member:

The Jun Fan Jeet Kune Do Nucleus is pleased to extend to you this priority invitation to attend the **Second Annual Jun Fan Jeet Kune Do Seminar and Bruce and Brandon Lee Memorial Banquet** on January 17-18, 1998. The 1998 Seminar will feature two days of instruction divided into sections to allow more hands-on participation. Attendance will be limited, therefore early registration is recommended to secure your place. Please read the following for details about the event. For further information please call the offices of Jun Fan Jeet Kune Do at (208) 375-8885. Leave a detailed message on the voice mail and your call will be returned. You may fax us at (208) 375-8886.

### Jun Fan Jeet Kune Do Seminar and Memorial Banquet

Torrance Marriott Hotel  
3635 Fashion Way, Torrance, CA 90503  
(310) 316-3636 or 1-800-228-9290 for reservations.

Registration:	6pm-9pm Friday, January 16 8 am Saturday, January 17
Seminar	9am-4pm Saturday, January 17 9am-4pm Sunday, January 18
Banquet:	Saturday, January 18 6 pm Seating 7pm Dinner and Program
Annual Meeting:	4 pm-5 pm Sunday, January 18
Fee:	\$165 per participant (seminar + banquet)

Participants may bring one additional guest to the banquet for an additional \$35. Your completed registration form and payment in full for the seminar/banquet secures your participation. Please make checks and money orders payable to Jun Fan Jeet Kune Do and mail payment and registration form to:

Jun Fan Jeet Kune Do  
200 N. 2nd St.  
Patterson, CA 95363

Jun Fan Jeet Kune Do is a non-profit organization. Proceeds from the event will be used to cover expenses of the seminar and to support the continued activities of the organization which will be discussed at the **Annual Meeting**.

The Torrance Marriott is offering special accommodation rates of \$82 for 1 or 2 persons for Friday and Saturday nights, January 16-17. Please mention that you are attending the Jun Fan Jeet Kune Do Seminar and Banquet when making your reservation. The Marriott will only offer the special rate until the block of rooms is filled or until December 26, 1997 — whichever comes first.

This invitation is only being extended to **1997 Charter Members of Jun Fan Jeet Kune Do** at this time. Register early before it is opened to the public. We look forward to seeing you at the Second Annual Seminar and Banquet January 17-18, 1998.

# Cutting Edge Conditioning

## Data on Health & Nutrition Culled from the World of Science

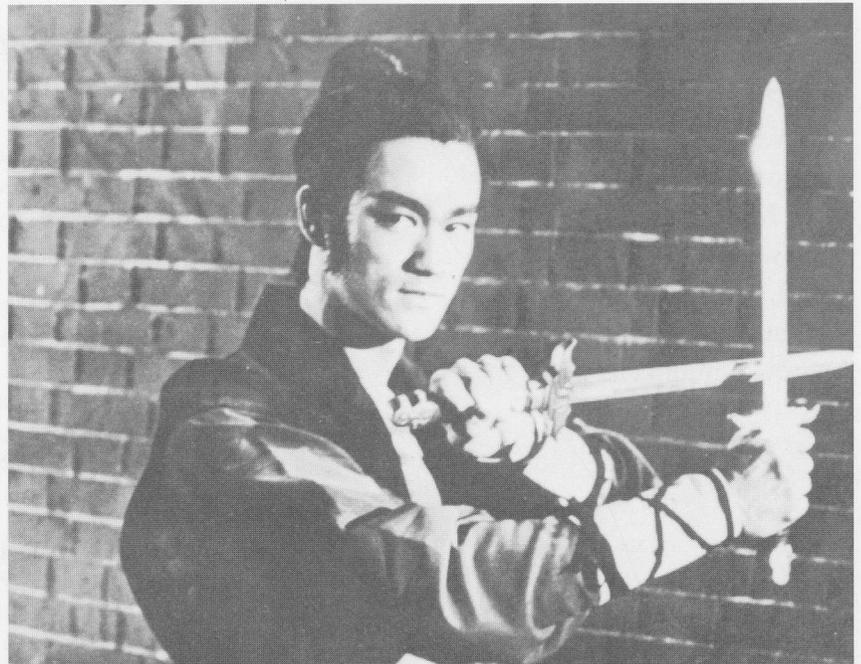
*It is a well-known fact that Bruce Lee was constantly seeking to improve. Not just physically, but mentally and spiritually as well. To assist him in this regard, Lee sought out the latest developments in the realms of exercise physiology, nutritional science, philosophy and psychology. Scientific research studies and whether or not the conclusions they derived could be applied successfully to his own personal quest for self-improvement fascinated him. In every issue of "KNOWING IS NOT ENOUGH" we hold true to the core philosophy of Jun Fan Jeet Kune Do, by examining the latest cutting-edge data available from the world of science on the fronts of training and nutrition, in the hopes that some or all of it may prove useful to you in your own personal process of self-actualization. From time to time, we will even highlight a few of the research studies from Bruce Lee's private files in an effort to better understand what areas of scientific research proved helpful in his own personal development. Surprisingly, as you'll learn, many of the papers that Lee found useful in the late 1960s and early 1970s have only been further validated and reinforced by the more "modern" discoveries. By way of general disclaimer, as neither Jun Fan Jeet Kune Do nor its members or officers personally conducted these studies, we make no claim or endorsement for any of their conclusions and/or products and view this column as being helpful solely for educational and entertainment purposes.*

*-- John Little*

### Bruce Was Right -- Again!

It seems that martial arts aren't the only field in which Bruce Lee was years ahead of his time. According to the data culled from recent scientific research into exercise science, many of Bruce Lee's conclusions regarding cardiovascular efficiency are now being corroborated. For example, recent findings from the National Runners Health Study, which involved over 10,000 men and women, have revealed two "new" findings: One, if you want to lower your cholesterol, run more miles. And two, if you want to lower your blood pressure, run, cycle or swim faster. "Prescribing different exercise regimens for specific heart disease risk factors is an idea whose time has arrived," says Paul Williams, Ph.D., who heads the runners study at the Lawrence Berkeley national Laboratory in Berkeley, California. One wonders, wouldn't running, cycling, swimming, and/or stairclimbing more miles or steps and doing them faster provide the most benefit of all? Within reason, that's likely to be true. Williams says that the benefits to your heart rise dramatically as exercise intensity increases. Interestingly enough, Bruce Lee also advocated striving to increase one's endurance capacity once one's body has reached specific levels of cardiovascular adaptation. According to Bruce Lee:

*"To achieve this aim, we have two ways; one is running, but you have to increase the distance of your course every day until you are satisfied with it. The second thing to observe is progression; start out slow and then gradually build speed as your conditioning improves. All of this training will lead to a result of increased frequency of breath and heartbeat. And*



**Always on the cutting edge: Bruce Lee has often been called the "fittest man on the planet."**

*[during training] you will feel an unbearable feeling, but you do not have to fear. That point will be the maximum limit of a man's physical energy. If you do not have heart disease, after taking a rest you will soon recover. It is only through this compulsory hard training that one's physical energy can expand continuously."*

The whole idea of progression was paramount in Bruce Lee's conditioning system, particularly as it pertained to aerobic conditioning. For example, once Bruce mastered the above methods, he found a way to increase training intensity even further. You might wonder how, if you have already increased both the distance traveled and the speed at which you perform an aerobic exercise, what else could be left. Well, according to Bruce, there is a third factor to this equation of distance and

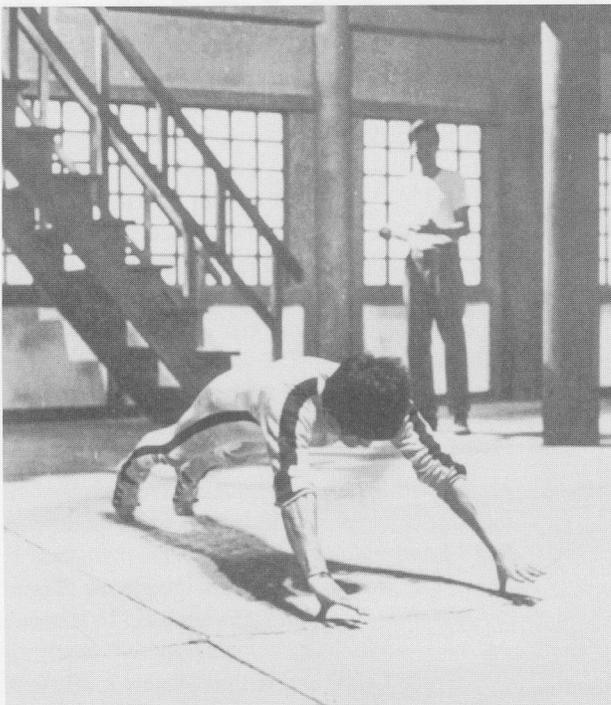
speed, and that factor is mass or "resistance." To this end, Bruce incorporated weight training in with his running in order to make the intensity of his running sessions higher and even more "progressive." According to Bruce Lee:

*"The above methods are only common methods. If you want to go to a higher level, you will have to go through super physical training. That is, climbing a hill with a load on your back. In such instances, the practitioner should wear a specially made strap (like ankle/wrist and waist weights), which can allow some alterations in weight. You can start with eight or ten pounds, then set the course and run as usual -- but you must finish your course every day. If you feel that it is getting easier, then add one or two more pounds until you reach twenty pounds. Then the program has finished. This training will strengthen your physical energy, capacity, and endurance."*

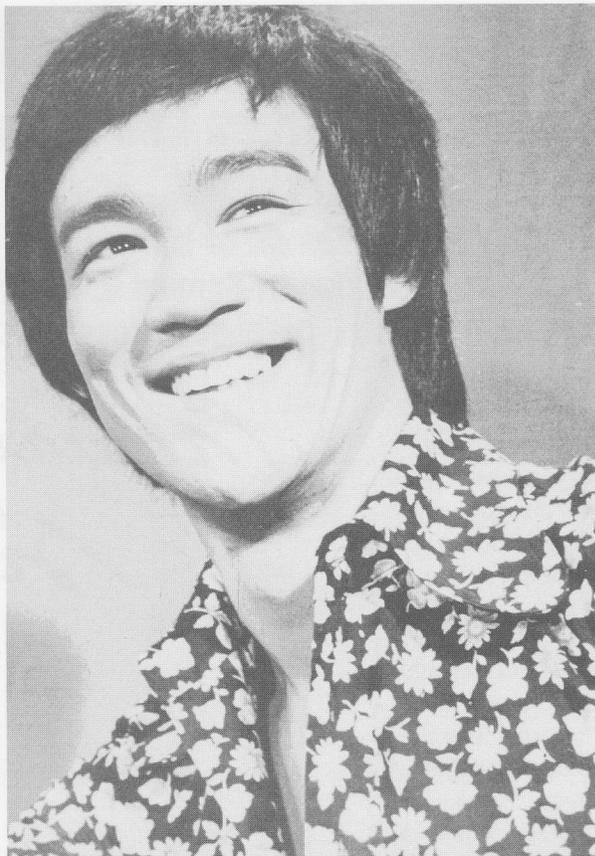
Bruce Lee made these statements on Hong Kong television in 1972 -- proving once again that he was at least a quarter of a century ahead of his time!

## Endurance Athletes Have Stronger Bones

Bruce Lee not only built a stronger cardiovascular system and stronger muscles from his endurance training, but also stronger bones! According to a recent study involving 98 healthy individuals, the bones of those engaging in endurance exercise such as running showed a significantly greater increase in bone density. The group was split into two groups, with one half remaining sedentary for the 18-month study period, and the other half performing a three-day-a-week exercise program that included weight-bearing exercises such as running. At the end of the study, bone-density measurements in the weight-bearing areas of the legs and pelvis were significantly higher in the exercise group compared to the sedentary group. In non-weight bearing sites, bone densities remained similar between the two groups. This further underscores the advantage of endurance athletes engaging in a bone-building, strength-training program for the upper body.



Performing thumbs-only push-ups requires not only incredible body coordination, balance and muscular strength, but also very strong joints and bones.



**Reason to smile:** Many of Bruce Lee's health and fitness practices such as cross-training and progressive overload in areas such as aerobic conditioning are now being recognized as scientifically valid, making Bruce "decades ahead of his time" -- as if we didn't know!



# "PROPERTY OF BRUCE LEE"

## Excerpts from the Bruce Lee Library

By John Little

This Month: *The Art of War*

Author: Sun Tzu (translated by Samuel B. Griffith)

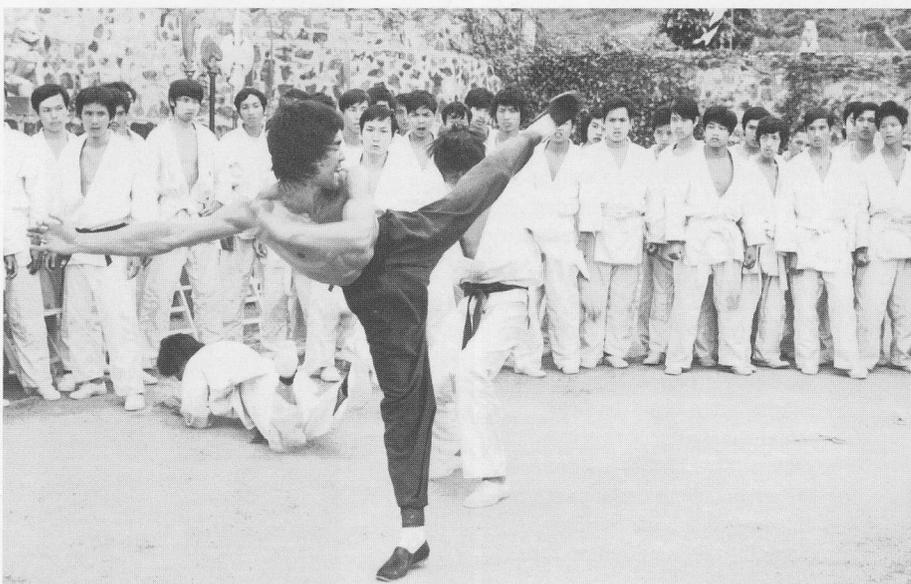
Publisher: Oxford at the Clarendon Press, 1963

Throughout his lifetime, Bruce Lee was a prolific reader, thinker and writer. He amassed a voluminous personal library that totaled well over 2,500 books. Possessing an extremely active mind, not only did Bruce read these books but he also annotated the margins of many of the titles with his own unique insights and extrapolations of the author's data.

Each issue of "Knowing Is Not Enough" provides members of Jun Fan Jeet Kune Do with an opportunity to spend some time alongside Bruce Lee in his library, discovering which books held his interest, which ones did not, and which ones inspired within him a new burst of creative mental energy. We shall look at which passages inspired him to jot down notations and which titles proved to be signposts in his own process of personal discovery and martial mastery. A process that led to the formation of Jun Fan Jeet Kune Do.

- John Little

*The Art of War*, a book composed well over two thousand years ago by a Chinese warrior-philosopher, is considered one of the most prestigious and pragmatic books of strategy in the world today. It continues to be eagerly studied in Asia by both business executives and contemporary politicians, just as it was



Bruce Lee considered mental attitude as being a crucially important factor in determining one's chances of success in unarmed combat. To this end, he read many books on strategy, such as Sun Tzu's classic text, "The Art of War."

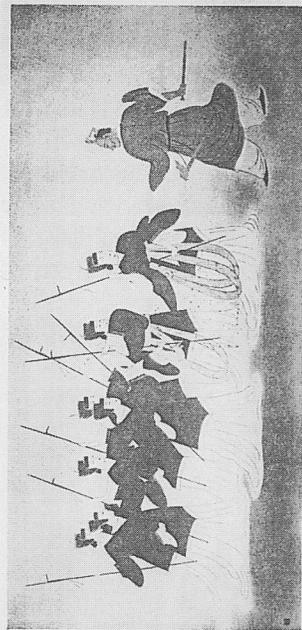
Property of  
Bruce Lee



studied in earnest by military strategists for the past two millennia.

In 1963, this book of Sun Tzu's writings came into the possession of Bruce Lee and its contents made a profound impact on the young martial artist. At the time Bruce purchased this book, his belief system was still largely Taoist influenced, and the Tao or "Way" is constantly alluded to throughout the pages of *The Art of War*. More than simple empathy with its metaphysical root, however, *The Art of War* connected with Bruce Lee on another level: the fact that it has as its thesis Sun Tzu's dictum that "To win without fighting is best" or, as Bruce Lee would later render the phrase "*The art of fighting without fighting.*"

Bruce Lee found within this book many guideposts that set him on the path toward the ultimate truth of martial art, which he would later term "Jeet Kune Do." From its pages



SUN TZU  
THE ART OF WAR

TRANSLATED AND WITH AN INTRODUCTION

BY  
SAMUEL B. GRIFFITH

WITH A FOREWORD BY  
B. H. LIDDELL HART



OXFORD  
AT THE CLARENDON PRESS  
1963

within the mind of Bruce, that is, that when one seeks the ultimate nature of combat, or the best way to approach combat, one quickly learns that to approach it in any set "way" or from the position of having an unviolable "style" is to attempt to frame a multi-dimensional object with a one-dimensional tool. To be fixed is to be static and to be static means that you lack the adaptability to adjust to the constantly changing and mitigating factors of combat. And in martial art, if you fail to adapt, you perish. This understanding confirmed Bruce Lee's suspicion that having a "one size fits all" approach to martial art was a philosophy doomed to failure and that the best "way" was, indeed, to have "no way as way."

THE INTRODUCTION

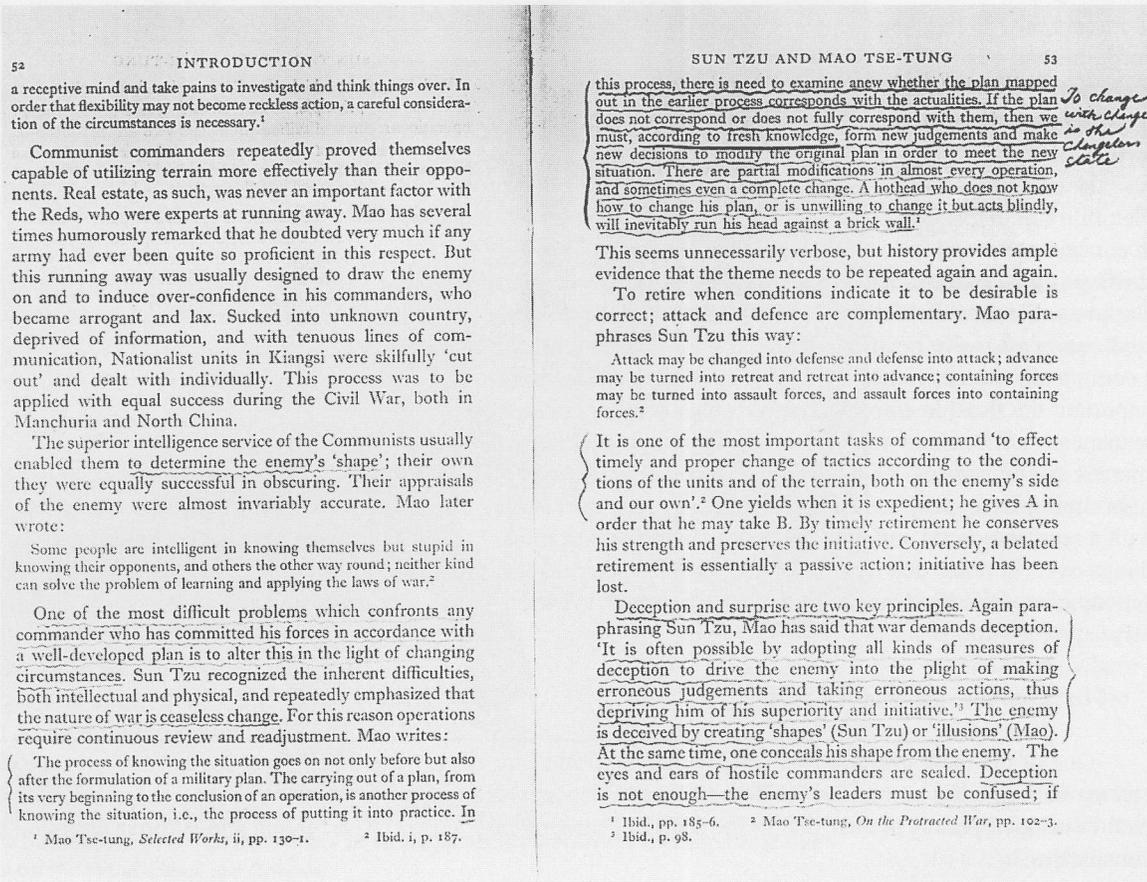
In the introduction to the version of Sun Tzu's book that Bruce Lee had, the translator Samuel B. Griffith, draws some interesting comparisons of the strategic beliefs outlined in *The Art of War*; and those expressed by the then Chairman of China, Mao Tse-tung. On pages 50 and

51, Bruce Lee underlined a passage in which Griffith makes the case that Mao had formulated a "principle which should govern all military operations," which read:

Two pages (above and below) from Bruce Lees' personal copy of "The Art of War," revealing his underlining and annotations.

Bruce Lee found a perspective that stressed the study of the anatomy or science of organizations in conflict, whether it be of the personal hand-to-hand variety, or in daily social or business interaction. Bruce Lee learned from its pages the possibility that one can win without doing battle, and that unassailable strength can be cultivated through the understanding born of the study of the physics, philosophy, and psychology inherent in the root of all conflict.

As much of the body of text found within *The Art of War* is aphoristic, I will simply present the passages that Bruce Lee found significant enough to warrant underlining. Where they exist, I will also insert Bruce's own annotations that he wrote into the margins of his copy of the book. Throughout the book, you can see that a seed of sorts was coming to germination



52 INTRODUCTION  
a receptive mind and take pains to investigate and think things over. In order that flexibility may not become reckless action, a careful consideration of the circumstances is necessary.<sup>1</sup>

Communist commanders repeatedly proved themselves capable of utilizing terrain more effectively than their opponents. Real estate, as such, was never an important factor with the Reds, who were experts at running away. Mao has several times humorously remarked that he doubted very much if any army had ever been quite so proficient in this respect. But this running away was usually designed to draw the enemy on and to induce over-confidence in his commanders, who became arrogant and lax. Sucked into unknown country, deprived of information, and with tenuous lines of communication, Nationalist units in Kiangsi were skillfully 'cut out' and dealt with individually. This process was to be applied with equal success during the Civil War, both in Manchuria and North China.

The superior intelligence service of the Communists usually enabled them to determine the enemy's 'shape'; their own they were equally successful in obscuring. Their appraisals of the enemy were almost invariably accurate. Mao later wrote:

Some people are intelligent in knowing themselves but stupid in knowing their opponents, and others the other way round; neither kind can solve the problem of learning and applying the laws of war.<sup>2</sup>

One of the most difficult problems which confronts any commander who has committed his forces in accordance with a well-developed plan is to alter this in the light of changing circumstances. Sun Tzu recognized the inherent difficulties, both intellectual and physical, and repeatedly emphasized that the nature of war is ceaseless change. For this reason operations require continuous review and readjustment. Mao writes:

The process of knowing the situation goes on not only before but also after the formulation of a military plan. The carrying out of a plan, from its very beginning to the conclusion of an operation, is another process of knowing the situation, i.e., the process of putting it into practice. In

<sup>1</sup> Mao Tse-tung, *Selected Works*, ii, pp. 130-1. <sup>2</sup> *Ibid.*, i, p. 187.

SUN TZU AND MAO TSE-TUNG 53  
this process, there is need to examine anew whether the plan mapped out in the earlier process corresponds with the actualities. If the plan does not correspond or does not fully correspond with them, then we must, according to fresh knowledge, form new judgements and make new decisions to modify the original plan in order to meet the new situation. There are partial modifications in almost every operation, and sometimes even a complete change. A hothead who does not know how to change his plan, or is unwilling to change it but acts blindly, will inevitably run his head against a brick wall.<sup>1</sup>

To change with change in the situation change plan state

This seems unnecessarily verbose, but history provides ample evidence that the theme needs to be repeated again and again.

To retire when conditions indicate it to be desirable is correct; attack and defence are complementary. Mao paraphrases Sun Tzu this way:

Attack may be changed into defense and defense into attack; advance may be turned into retreat and retreat into advance; containing forces may be turned into assault forces, and assault forces into containing forces.<sup>2</sup>

It is one of the most important tasks of command 'to effect timely and proper change of tactics according to the conditions of the units and of the terrain, both on the enemy's side and our own'.<sup>3</sup> One yields when it is expedient; he gives A in order that he may take B. By timely retirement he conserves his strength and preserves the initiative. Conversely, a belated retirement is essentially a passive action: initiative has been lost.

Deception and surprise are two key principles. Again paraphrasing Sun Tzu, Mao has said that war demands deception. 'It is often possible by adopting all kinds of measures of deception to drive the enemy into the plight of making erroneous judgements and taking erroneous actions, thus depriving him of his superiority and initiative.'<sup>3</sup> The enemy is deceived by creating 'shapes' (Sun Tzu) or 'illusions' (Mao). At the same time, one conceals his shape from the enemy. The eyes and ears of hostile commanders are sealed. Deception is not enough—the enemy's leaders must be confused; if

<sup>1</sup> *Ibid.*, pp. 185-6. <sup>2</sup> Mao Tse-tung, *On the Protracted War*, pp. 102-3. <sup>3</sup> *Ibid.*, p. 98.

"The first essential of military operations is to preserve one's own forces and annihilate the enemy and to attain this end it is necessary to...avoid all passive and inflexible methods..."

Bruce Lee then went on to underline the following passages of Mao's that were cited in the book's introduction:

"No war can be won by adoption of a static attitude."

"Constant movement."

- 1.) When the enemy advances, we retreat!
- 2.) When the enemy halts, we harass!
- 3.) When the enemy seeks to avoid battle, we attack!
- 4.) When the enemy retreats, we pursue!"

"In general, the shifting of forces should be done secretly and swiftly. Ingenious devices such as making a noise in the east while attacking in the west, appearing now in the south and now in the north, hit-and-run and night action should be constantly employed to mislead, entice and confuse the enemy.

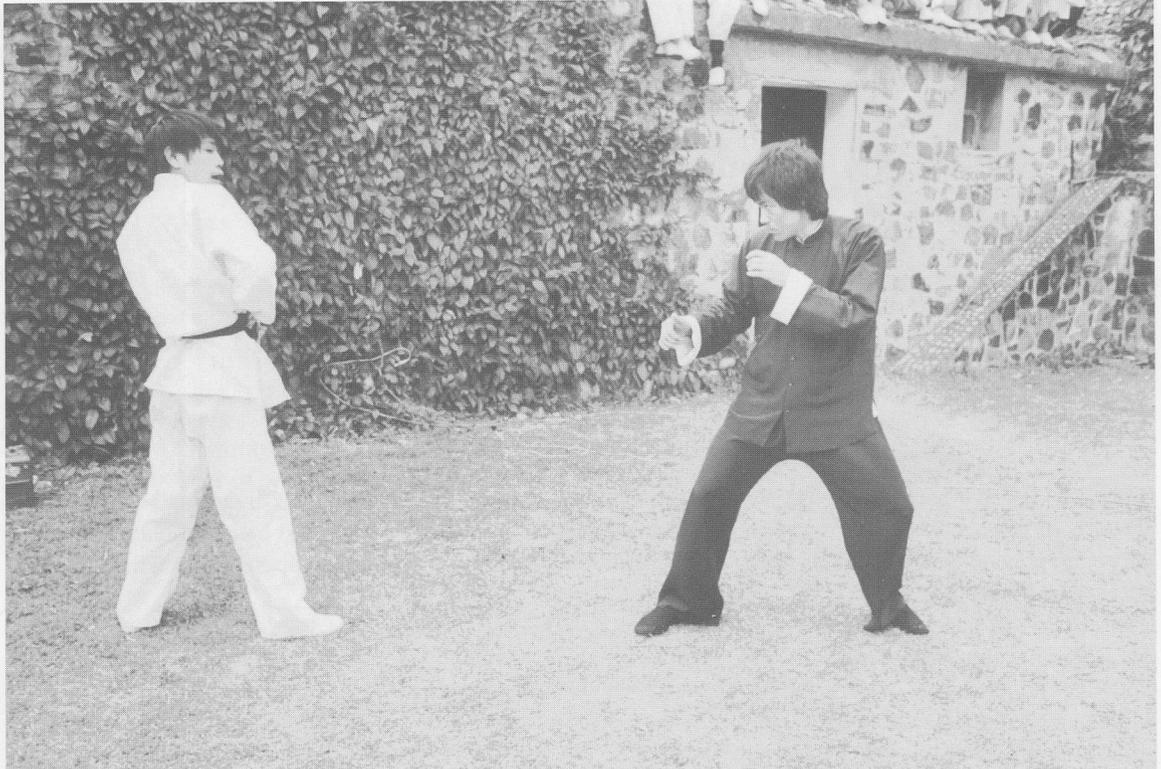
Flexibility in dispersion, in concentration and in shifting is the concrete manifestation of the initiative in guerrilla warfare, whereas inflexibility and sluggishness will inevitably land one in a passive position and incur unnecessary losses. But a commander proves himself wise not by understanding how important the flexible employment of forces is but by being able to disperse, concentrate or shift his forces in time according to specific circumstances. This wisdom in foreseeing changes and right timing is not easy to acquire except for those who study with a receptive mind and take pains to investigate and think things over. In order that flexibility may not become reckless action, a careful consideration of the circumstances is necessary."

"To determine the enemy's shape."

"One of the most difficult problems which confronts any commander who has committed his forces in accordance with a well-developed plan is to alter this in the light of changing circumstances."

"The nature of war is ceaseless change."

"The process of knowing the situation goes on not only before but also after the formulation of a military plan. The carrying out of a plan, from its very beginning to the conclusion of an operation, is another process of knowing the situation, i.e., the process of putting it into practice. In this process there is need to examine anew whether the plan mapped out in the earlier process corresponds with the actualities. If the plan does not correspond or does not fully correspond with them, then we must according to fresh knowledge, form new judgments and make new decisions to modify the original plan in order to meet the



The On-Guard position was considered a "deceptive" stance by Bruce Lee, allowing him perfect balance and mobility in which to execute his techniques in a non-telegraphic manner.

new situation. There are partial modifications in almost every operation, and sometimes even a complete change. A hothead who does not know how to change his plan, or is unwilling to change it but acts blindly, will inevitably run his head against a brick wall."

(In the margins of this paragraph, Bruce Lee wrote: "To change with change is the changeless state." One is also reminded of the advice that Bruce Lee gave to James Franciscus in the television episode of Longstreet: "Don't just charge in blindly! You've got to listen! L-i-s-t-e-n!")

"It is one of the most important tasks of command 'to effect timely and proper change of tactics according to the conditions of the units and of the terrain, both on the enemy's side and our own."

"Deception and surprise are two key principles."

One may recall Bruce Lee's comments to his student, Bob Bremer, after the latter had become frustrated after his every

attempt at launching a successful attack against Bruce ended in failure. "Bruce you're just too damn fast!" Bremer lamented to his sifu, to which Bruce Lee replied: *"I am not that fast. I know plenty of people who are faster than me. However, I have learned to be deceptive."*

The strategy of deception lies at the heart of all successful combat, and it is this point that both Sun Tzu and Mao emphasized. In another passage from the introduction that was underlined by Bruce, Griffith explains the significance of this principle:

"Again paraphrasing Sun Tzu, Mao has said that war demands deception. 'It is often possible by adapting all kinds of measures of deception to drive the enemy into the plight of making erroneous judgments and taking erroneous actions, thus depriving him of his superiority and initiative.' The enemy is deceived by creating 'shapes' (Sun Tzu) or 'illusions' (Mao). At the same time, one conceals his shape from the enemy."

However, simple deception -- while effective -- is not an end in itself. In another passage from the Griffith's introduction, Bruce Lee underlined the following quotes of Mao's:

"Deception is not enough -- the enemy's leaders must be confused; if possible, driving insane. The morale of the enemy is the target of high priority, its reduction an essential preliminary to the armed clash."

"In actual life we cannot ask for an invincible general; there have been few such generals since ancient times. We ask for a

general who is both brave and wise, who usually wins battles in the course of a war -- a general who combines wisdom with courage."

"The wise general is circumspect; he prefers to succeed by strategy."

To become a hero who, at once brave and wise, possesses not only the courage to override all obstacles but the ability to control the changes and developments of an entire war."

"The dispositions of a thoughtful commander 'ensue from correct decisions' derived from 'correct judgments,' which depend on 'a comprehensive and indispensable reconnaissance.' The data gathered by observation and from reports are carefully appraised; the crude and false discarded; the refined and true retained. The wise general thus is able to go 'through the outside into the inside.' A careless one 'bases his military plan upon his own wishful thinking;' it does not correspond with reality; it is, in a word, 'fantastic.'"

### And Now...The Art Of War

After Griffith's introduction, the real teachings of Sun Tzu are presented, at times followed by commentary from Chinese military authorities and scholars. Here are the passages from Sun Tzu's book, along with the commentaries of the authorities and, where they exist, Bruce Lee himself:

### SECTION I: ESTIMATES

Sun Tzu said:

17. All warfare is based on deception.

18. Therefore, when capable, feign incapacity; when active, inactivity.

19. When near, make it appear that you are far away; when far away, that you are near.

20. Offer the enemy a bait to lure him; feign disorder and strike him.

21. When he concentrates, prepare against him; where he is strong, avoid him.

22. Anger his general and confuse him.  
Li Ch'uan: If the



Having "offered the enemy a bait to lure him," Bruce rushes in to finish off his adversary during a real fight with an extra that broke out on the set of *Enter the Dragon*.

general is choleric his authority can easily be upset. His character is not firm.

Chang Yu: If the enemy general is obstinate and prone to anger, insult and enrage him, so that he will be irritated and confused, and

without a plan will recklessly advance against you.

23. Pretend inferiority and encourage his arrogance.



The consequences of engaging in combat with a man who is centered both mentally and physically; Bruce's adversary recoils from a kick--his feet actually being lifted off the ground -- while Bruce proves the validity of delivering an attack "with supernatural speed."

24. Keep him under a strain and wear him down.  
Li Chu'an: When the enemy is at ease, tire him.

25. When he is united, divide him.

26. Attack where he is unprepared; sally out when he does not expect you.

## SECTION II: WAGING WAR

Sun Tzu said:

6. Thus, while we have heard of blundering swiftness in war, we have not yet seen a clever operation that was prolonged.

Tu Yu: An attack may lack ingenuity, but it must be delivered with supernatural speed.

7. For there has never been a protracted war from which a country has benefited.

8. Thus those unable to understand do not require a second levy of conscripts nor more than one provisioning.

## SECTION III: OFFENSIVE STRATEGY

Sun Tzu said:

3. For one to win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the acme of skill.

6. Chang Yu: If you cannot nip his plans in the bud, or disrupt his alliances when they are about to be consummated, sharpen your weapons to gain the victory.

11. Your aim must be to take All-under-Heaven intact. Thus your troops are not worn out and your gains will be complete. This is the art of offensive strategy.

28. Ch'en Hao: Create an invincible army and await the enemy's moment of vulnerability.

31. Therefore I say: 'know the enemy and

know yourself; in a hundred battles you will never be in peril.

32. When you are ignorant of the enemy but know yourself, your chances of winning or losing are equal.

33. If ignorant both of your enemy and of yourself, you are certain in every battle to be in peril.

## SECTION IV: DISPOSITIONS

Sun Tzu said:

13. Therefore the skillful commander takes up a position in which he cannot be defeated and misses no opportunity to master his enemy.

15. Tu Mu: The Tao is the way of humanity and justice, 'laws' are regulations and institutions. Those who excel in

war first cultivate their own humanity and justice and maintain their laws and institutions. By these means they make their governments invincible.

20. Chuang Yu: ...Take advantage of the enemy's unpreparedness; attack him when he does not expect it; avoid his strength and strike his emptiness, and like water, none can oppose you.

(Bruce Lee wrote in the margins next to the above sentence: "*Yang-Yin, Yin-Yang. When you feel emptiness, strike in a straight line.*")

[Editor's note: I should mention that it was touching to see that pressed within the pages of this section of Bruce Lee's copy of this book was an obituary for Bruce's friend in Seattle, Charles Y. Woo, who had passed away at the age of 38 as a result of a freak horseback riding accident.]

## SECTION V: ENERGY

Sun Tzu said:

5. Generally, in battle, use the normal force to engage; use the extraordinary to win.

7. For they end and recommence; cyclical, as are the movements of the sun and moon. They die away and are reborn; recurrent, as are the passing seasons.

12. For these two forces are mutually reproductive; their interaction as endless as that of interlocked rings. Who can determine where one ends and the other begins?

(Bruce Lee wrote in the margin next to the above sentence: "*Firmness is the result of gentleness, and gentleness is the cause of firmness.*")

16. His potential is that of a fully drawn crossbow; his timing, the release of the trigger.

18. Apparent confusion is a product of good order; apparent cowardice, of courage; apparent weakness, of strength.

(Bruce Lee wrote in the margin next to the above sentence: "*to be bent is to be straight*")

Tu Mu: The verse means that if one wishes to feign disorder to entice an enemy he must himself be well disciplined. Only then can he feign confusion. One who wishes to simulate cowardice and lie in wait for his enemy must be courageous, for only then is he able to simulate fear. One who wishes to appear to be weak in order to make his enemy arrogant must be extremely strong. Only then can he feign weakness.

19. Li Ch'uan: ...In the art of war there are no fixed rules. These can only be worked out according to circumstances.

(Bruce Lee wrote in the margin next to the above statement: "*[the] Art of no art.*")

This belief also manifested itself in Bruce Lee's writings: "*Too many people are looking at what should be, rather than what is.*" And "*circumstances dictate what you should do; my movement is the result of your movement, my technique the result of your technique.*")

24. He who relies on the situation uses his men in fighting as one rolls logs or stones. Now the nature of logs and stones is that on stable ground they are static; on unstable ground, they move. If square, they stop. If round, they roll.

25. Thus, the potential of troops skillfully commanded in battle may be compared to that of round boulders, which roll down from mountain heights.

Tu Mu:.... Thus one need use but little strength to achieve much.

Chang Yu:....setting a ball in motion on a steep slope. The force applied is minute but the results are enormous.

(Bruce Lee wrote in the margin of the above statement that: "*Accumulation of energy: momentum = speed x force*").

## SECTION VI: WEAKNESSES AND STRENGTHS

Sun Tzu said:

1. Generally, he who occupies the field of battle first and awaits his enemy is at ease; he who comes later to the scene and rushes into the fight is weary.

2. And therefore those skilled in war bring the enemy to the field of battle and are not brought there by him.

4. .... when at rest, to make him move.

5. Appear at places to which he must hasten; move swiftly where he does not expect you.

6. Ts'ao Ts'ao: Go into emptiness, strike voids, bypass what he defends, hit him where he does not expect you.

8. Ho Yen-hsi: I make the enemy see my strengths as weaknesses and my weaknesses as strengths while I cause his strengths to become weaknesses and discover where he is not strong.... I conceal my tracks so that none can discern them; I keep silence so that none can hear me.

13. If I am able to determine the enemy's dispositions while at the same time I conceal my own then I can concentrate and he must divide. And if I concentrate while he divides, I can use my entire strength to attack a fraction of his. There, I will be numerically superior.

(Bruce Lee wrote in the margin of the above statement: "*Yang (yin) - Yin (Yang)*")

15. For if he prepares to the front his rear will be weak, and if to the rear, his front will be fragile. If he prepares to the left, his right will be vulnerable and if to the right, there will be few on his left. And when he prepares everywhere he will be weak everywhere.

(Bruce Lee wrote in the margin of the above statement: "Emptiness to be full: If you concentrate no where, your spirit will be everywhere." In other words, if there is no place he does not make preparations there is no place he is not vulnerable -- the double negative rendering the meaning emphatically positive.)

24. The ultimate in disposing one's troops is to be without ascertainable shape. Then the most penetrating spies cannot pry in nor can the wise lay plans against you.

26. ...but respond to circumstances in an infinite variety of ways.

27. ...an army avoids strength and strikes weakness.

28. And as water shapes its flow in accordance with the ground, so an army manages its victory in accordance with the situation of the enemy.

29. And as water has no constant form, there are in war no constant conditions.

#### SECTION VII: MANEUVER

Sun Tzu says:

12. Move when it is advantageous and create changes in the situation by dispersal and concentration of forces.

20. Chang Yu: Heart is that by which the general masters. Now order and confusion, bravery and cowardice, are qualities dominated by the heart.

22. And therefore those skilled in war avoid the enemy when his spirit is keen and attack him when it is sluggish and his soldiers homesick. This is control of the moral factor.

26. Therefore, the art of employing troops is that when the enemy occupies high ground, do not confront him; with his back resting on hills, do not oppose him.

27. When he pretends to flee, do not pursue.

30. Do not thwart an enemy returning homewards.

31. To a surrounded enemy you must leave a way of escape.

32. Do not press an enemy at bay.

Tu Yu: Prince Fu Ch'ai said: 'Wild beasts, when at bay, fight desperately.'

#### SECTION VIII: THE NINE VARIABLES

Sun Tzu said:

16. It is a doctrine of war not to assume the enemy will not come, but rather to rely on one's readiness to meet him; not to presume that he will not attack, but rather to make one's self invincible.

Ho Yen-hsi: ...The 'Strategies of Wu' says: 'When the world is at peace, a gentleman keeps his sword by his side.'

18. If reckless, he can be killed.

19. If cowardly, captured.

Ho Yen-hsi: The Ssu-ma Fa says: 'One who esteems life above all will be overcome with hesitancy. Hesitancy in a general is a great calamity.'

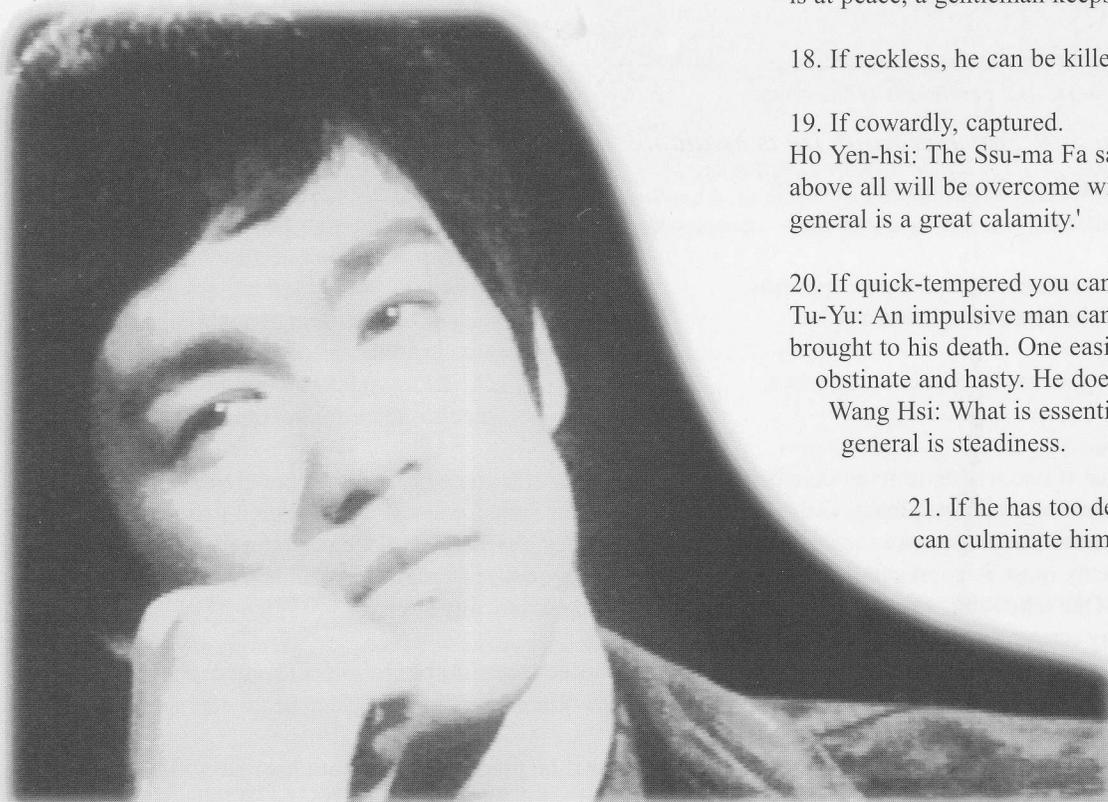
20. If quick-tempered you can make a fool of him;

Tu-Yu: An impulsive man can be provoked to rage and brought to his death. One easily angered is irascible, obstinate and hasty. He does not consider difficulties.

Wang Hsi: What is essential in the temperament of a general is steadiness.

21. If he has too delicate a sense of honor you can culminate him.

22. If he is of a compassionate nature you can harass him.



Possessed of a keen mind and a deep desire to understand the truth of combat, Bruce Lee, like Sun Tzu, came to the conclusion that "In order that flexibility may not become reckless action, a careful consideration of the circumstances is necessary."



***"You must be fierce, but have patience at the same time.  
Most important of all, you must have complete determination".  
—Bruce Lee***