

Precision

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- Skill is best acquired by learning accuracy and precision first with speed before the skill act is attempted with much power and speed.

PRE - PRECISION IS MADE UP OF CONTROLLED HAND AND FOOT MOVEMENTS AND TECHNIQUE. These movements should eventually be executed with a minimum amount of strength and exertion, yet must achieve the desired result. Precision can only be attained through a considerable amount of practice and training on the part of both the beginner and the experienced fighter.

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- A mirror is a definite aid to achieving precision a constant check on posture, hand position, and technical movements.

A mirror is a definite aid to achieving precision a constant check on posture, hand position, and technical movements.

Precision in
attack

Precision in
defense (Counter)

Precision in
combination

Precision in
combination

Training aid
on
Precision



Selections from the Bruce Lee Library

This Month:

Part 2: Crisis in Consciousness: Commentaries on Love, Life and Death and Other Matters

By Robert Powell

Published by: James Clarke & Co. Ltd., London

CHAPTER TWO: ZEN and LIBERATION Or The Importance of Total Denial

If Zen is not Life, but a mere fragment of it, a special discipline, or pattern of action, it cannot be true. [Then it is just another "ism",] an invention of the mind anxious to find security.

[To inquire from a particular point of view, according to a certain "ism" - whether Communism, Roman Catholicism or Zen, is immaterial - is no inquiry at all;] for what I will find

will in some way be dependent upon my premises.

[It is important that the reader be fully aware of the contradiction involved in the last paragraph, on the verbal level. If Zen is the Nothingness of Life, then what more is there to say? Then surely, the moment I utter one word - that is, a word about it - I have betrayed, I have cut up the Wholeness of Life. And is it not this which is taking place in the world today and has happened from time immemorial] whenever an individual caught a glimpse of the Truth and tried to communicate it to another?

Truth was so-called "passed on" by the "followers", and in the process "interpreted", that is, twisted and stepped down, so that it was no longer Truth at all. Thus Zen, as an "ism", was born, with its philosophy, its meditation exercises, koans, etc., to be greedily snapped up...

Having seen that all intellectualization, all speculative philosophy, is a betrayal of what is true, he will have none of it. [To him the issue is not whether or not to embrace Zen, but to live totally,] to face one's immediate problems with intelligence, knowing that this intelligence cannot come so long as there is a dependence on authority or the following of a system.

To cling to Zen, or to any other technique, approach or circumscribed path, [Bruce Lee adds the word “styles” in the margin here] is to deny Life, which is a pathless land. [To find this Life, to discover whether there exists anything beyond thought and experience,] one must deny Zen as well as any other school of thought; [as Krishnamurti once expressed it so pointedly: “You can only find everything by abandoning everything.”]

Thus there is only the negative approach, which - as must now be clear - is not merely the opposite of the positive approach. Nor is it an “approach” in the accepted sense of the word because it is not a movement in time, not progressive, but it is the seeing of things in a flash.

[But the above implies that] what is referred to by the word “state” is far from static; it is a “being, without continuity” [Bruce Lee has written: “essential” in the margin here].

If we go into this problem for ourselves and experiment a little, we shall discover that the mind can become aware of its own limitations; and that this very awareness signifies at once the destruction of these limitations. So in order to go beyond thought, I have first to go strenuously with thought as far as it will go; and to pursue thought in this manner to the very end, I should be able to think straight, with accuracy and patience. In this awareness comes to light the chain of cause-and-effects leading to the exposure of the mind’s conditions; the seeing that whatever the mind does is from its background and is therefore rigidly determined. This perception is the first stepping into freedom, but it is also the last step; it is truly an explosive shattering of the prison of the mind: the birth of the First and Last Freedom.

CHAPTER THREE: TO HAVE OR NOT TO HAVE (An Examination of “Satisfaction” and “Happiness”)

...the residue of dissatisfaction left from any act of gratification gives rise to the desire for further gratification. Therefore the mind that merely seeks satisfaction, the release of its own tensions and stresses, is ever an agitated mind, a mind in distress.

[The state of the Silent Mind, on the other hand, is really much more than a mind in suspension; it is not, as might be thought, a static, dead thing. The Silent Mind has something “absolute” about it; in fact] it is an absolute state for it has no continuity - it is ever flowing with the events - and is therefore not of time; such a mind cannot be tempted by the “more;”...

CHAPTER FIVE: REPETITION OF THE PATTERN

Unnecessary and automatic repetition of a pattern is the essence of stupidity.

[Although we may not be aware of it, normal vision is really made up of two components: central and peripheral vision. In the former only the central part of the retina is involved. This kind of sight is very sharp, but is restricted to a small area, and the eye is therefore obliged to scan the field of vision, to take in the information bit by bit. Peripheral vision, on the other hand, is made possible by the peripheral part of the retina. This type of vision has no great acuity, but it takes in the whole field of vision all at once, so that there is no need

for scanning. The analytical mind resembles in its mode of functioning central vision, moving from point to point, needing time to take in the whole picture - and even then it is dependent on memory. The silent Mind is like peripheral vision; its perception is all-embracing, immediate, and it does not rely on memory.]

[Bruce Lee has written “vision” in the margin next to the preceding sentence]

[Ideally, personal liberty should be like the freedom of Nature. It should be, above all,] the freedom to realize within oneself all possibilities, regardless of social evaluation as “good” or “bad”. This implies the total abolition of any form of moral authority, any kind of external interference, so that the mind is completely fluid, without resistance. [Then, in that freedom there can be the perception of things as they are, without the distorting influence of fear; and this truthful perception brings its own action.]

CHAPTER TEN: MUST WE HAVE RELIGIOUS SOCIETIES?

[Anyone who has ever gone deeply into himself and come to grips with the fundamental issue in all its simplicity, all its beauty, will know that] in the moment of confrontation he acts from his love of the problem - [and he does not need another person to tell him how to tackle it.]

Ignorance is a disease in which he is both patient and doctor at the same time, for no doctor can cure him but himself.

[To the spiritually awakened, religious societies are utterly irrelevant, and worse: they] form an enormous hindrance. For that which he has found deep within himself has absolutely no points of contact with beliefs, doctrines, systems, worship and the like.

He will blunt his critical faculty for lack of use; it is fashionable in these circles to accept almost any idea that is floating about, however ridiculous, as long as it lends support to existing prejudices. [(This deterioration of the critical faculty is, of course, also detrimental in a worldly sense,] for in a way to be intelligent is to be skeptical, to have a sense of discrimination). [After a while he will develop an attachment for “his” Society, which means that] he has formed a liking for his crutch and can no longer walk without it. [The Society will further pander to his gregarious sense and the discussion meetings will stimulate thought,] whereas what is required is not its stimulation, but the ending of thought.

And is it not an insult to one’s intelligence, when Societies intentionally mislead their members in all sorts of ways and do not tell them the full, naked truth - the truth that there is no help but self-help?

The saying “A little learning is a dangerous thing” applies especially to people who have committed themselves to a particular religious “ism.”

Especially with young people it is often tragic to see how their minds, at a very conditionable age, are molded in a certain religious pattern...

Reality is not to be found where there is a particular pattern of thought and behavior, however exalted and however noble it may appear to conventional society.

[Their reaction may be against the disintegration of society

which they perceive taking place around them; or perhaps against a way of life which is beginning to pall, and from which they think they cannot free themselves by their own efforts. So they come to rely on any of the many so-called guides, often trying one after another, and finally sticking to that "teacher" who "satisfies" them. Thus what is nurtured is the depending mind rather than the intrepid spirit who vigorously inquires of his own, disregarding all the pressures and influences that are out to brainwash him.

So let people realize, at as early an age as possible, how important it is to be oneself, to be human (which does not necessarily mean "do as you like" but] implies complete honesty with oneself)...

[However, it must be emphasized that any reader who is contemplating joining a religious organization,] must be careful not to be influenced by the author. [Because something is so to the present writer, because it is seen to be a fact beyond dispute by him, it need not be so for another.] If the reader merely accepts and repeats the statement that Societies are useless and consequently decides not to join one, he will sooner or later get entangled in something else. What is suggested is that he should investigate for himself - not make up his mind to do this or that, but just inquire deeply without wishing for a solution...

...as long as there is vigorous inquiry, he is opening himself to the Truth, and that will bring its own action.

CHAPTER ELEVEN: APPROACH TO THE IMMEASURABLE

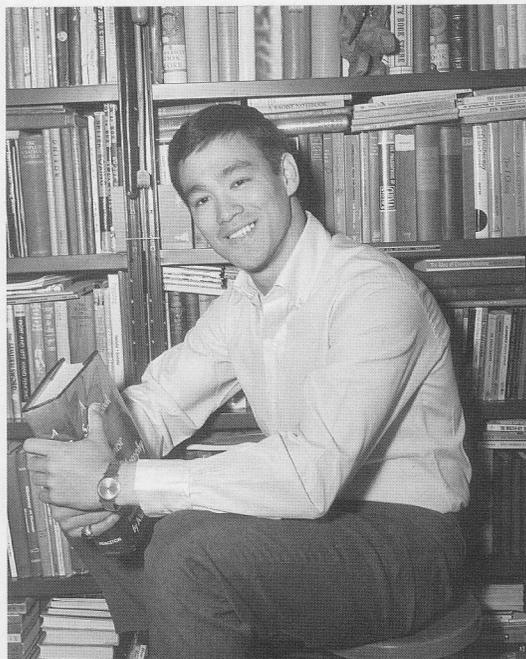
Only when I can jump across that last barrier and lose one dimension completely - which means to lose the self, the experiencer, the thinker - is there the dissolving of the "observer-object relationship" with its self-enclosing limitations.

[For is not the experiencer but the sum total of his conditioning, and are therefore his actions in the present not] completely determined - that is, limited - by this residue of the past? This is why the spokes of the wheel in our Figure can also be taken to represent the various so-called "paths" towards liberation, none of which can jump the final obstacle and attain the Unknowable, that which lies wholly beyond the mind. These are doomed to failure from the start because they all have their point of departure in (and so are bound by) the thinker, who exercises will and desire to reach his self-projected goal. Subsequent chapters will endeavor to clarify this situation further.

What is necessary is the breaking down of the walls of time, of the Old, for the New to be.

[For that to happen, as Krishnamurti once put it,] "the mind itself must become the Unknown."

[This is, however, no mean undertaking. For do we realize



what is involved in this? It implies] the complete dissolving away of all knowledge upon which the mind has built itself as a center of psychological security. [It means the breaking of all habits, all ingrained ways of thinking, and of the] emotional associations [which words induce in the mind.]

If it were a simple matter of seeing that there is an artificial entity, the self, that binds us, then surely the simple understanding of what we have been discussing would be

sufficient to make us all enlightened on the spot. But seeing a thing in the abstract, impersonally, fragmentally, in the conscious mind only, is not the same as living it personally, unreservedly, which means the total purification of both the conscious and the unconscious layers of the mind; and the moment the actual "seeing" is past, it has become "knowledge", a dead thing that belongs to time and which can - if we are not careful - become another hindrance. For trying to recapture the moment of clarity, the mind comes in after it and so again gets involved in the process of becoming, of desire, thereby creating more psychological time.

[You see, one cannot combat time with time, as little as one can wash off blood with blood, and so there must never be a trace left of the old for the

new to be, however sublime the past experience may have been. If I] apply a religious prescription, either by living or trying to live up to the prescribed ideal [(i.e., by being in a continuous state of comparison and therefore of contradiction, for different parts of the mind pull in different directions so long as the individual has not the total integration of the enlightened man) or by doing spiritual exercises - all these strengthen the will and so memory from which the will acts.]

CHAPTER FIFTEEN: KNOWLEDGE AND LANGUAGE - A METAPHYSICAL INTERLUDE

...define "knowledge" as an "observer-object" relationship.

Perception and the resulting "knowledge" would then be seen simply a relationship between observer and object quite regardless of frames of reference.

SOME FURTHER REFLECTIONS

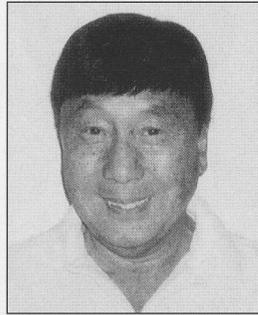
Enlightenment means to me the knowledge of, and an insight into, my Ignorance. Until there is complete liberation, the word "enlightenment" can only mean an intensified awareness of one's ignorance, and the inner work that lies ahead.



“NEWSWORTHY NOTES”

- **HONORING GEORGE LEE:**

Our beloved brother and nucleus member, George Lee, decided to step back from an active position on the board of the Bruce Lee Educational Education this year. Instead, George will assume an honorary position with our organization. His presence will be missed at our regular meetings. He has served our organization faithfully and with sincerity, and we thank him for his unwavering support. George will still attend some events and be a resource for our group and for Bruce Lee enthusiasts of all ages. George's years of service and dedication were recognized with a plaque presented to him at the Bruce and Brandon Lee Memorial Banquet during our fifth annual seminar in The Netherlands.

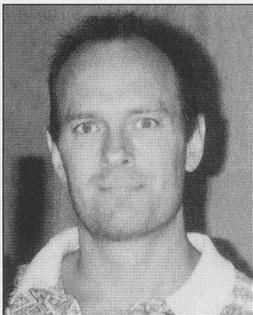


Thank you, George. You have honored us with your dedication these last 5 years.

(To learn more about George Lee, see the “KNOWING IS NOT ENOUGH Interview” with George Lee in this issue.)

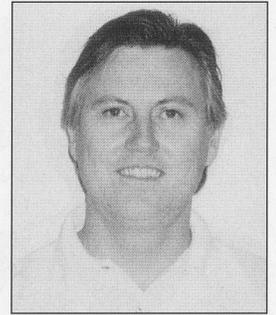
- **JOHN LITTLE RESIGNS:**

We were saddened to learn of John Little's decision to resign from the Bruce Lee Educational Foundation. He sent a letter of resignation to our seminar in The Netherlands for our board members to read. He expressed that he looked upon the nucleus members as extended family and commended our organization for its work. We accepted his resignation and wish him well in his future endeavors.



- **CHRIS KENT RESIGNS:**

Along with John, Chris Kent also tendered his resignation at the seminar in Holland. Chris, who attended and taught at the seminar, expressed a desire to focus his energies elsewhere. Chris has been with us since inception and his contributions have been many. The board tried to persuade him to change his mind and reinvest his passion, but alas, we accept his resignation and wish him well.



- **EXPANDING THE NEWSLETTER:**

You may have received a notice with regard to the membership increase as well as the change in the newsletter from four issues a year to two. Though we have cut back the number of issues we send out, we have made the newsletter bigger and jam-packed it with more information than ever. This newsletter in your hands now is the first such super-issue. We hope you are enjoying the added material. Do you have an idea for something new you'd like to see in our newsletter? Send us your suggestions. The Bruce Lee Educational Foundation is constantly trying to evolve, and we hope that our members will be a part of this process along with us. Thank you for your continued support.





Bruce Lee Educational Foundation Merchandise



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Item # 003



Item # 004



Item # 005



Item # 006



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Item # 008



Item # 009



Items # 010-012



Item # 011



Item # 012



Item # 013



Item # 014

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Bruce Lee Educational Foundation T-shirts. M - XL, Black or White, \$15.00

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4th Annual T-shirts (Very Limited Supply). M - XXL, \$25.00. Add \$5.00 for XXL

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BLEF Logo Pins - Black and Teal or All Gold, \$6.00 each

Item # 007

Dragon Expo Logo Pin - Gold, \$8.00

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Dragon Expo Logo Waterbottle, \$10.00

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Newsletter Back Issues, \$10.00 (Out of Vol. 1 Issue 2 and Vol. 1 Issue 4)

Item # 010

3rd Annual Seminar Program Book, \$15.00

Item # 011

3rd Annual Seminar Program Book, \$30.00. **SOLD OUT** Signed by all Nucleus members)

Item # 012

4th Annual Seminar Signer Program Book, \$40.00 (Very Limited Supply. Signed by all Nucleus members)

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JFJKD Seminar Video's 1st, 2nd and 3rd Year now available., \$85.00 for the set or \$30.00 each

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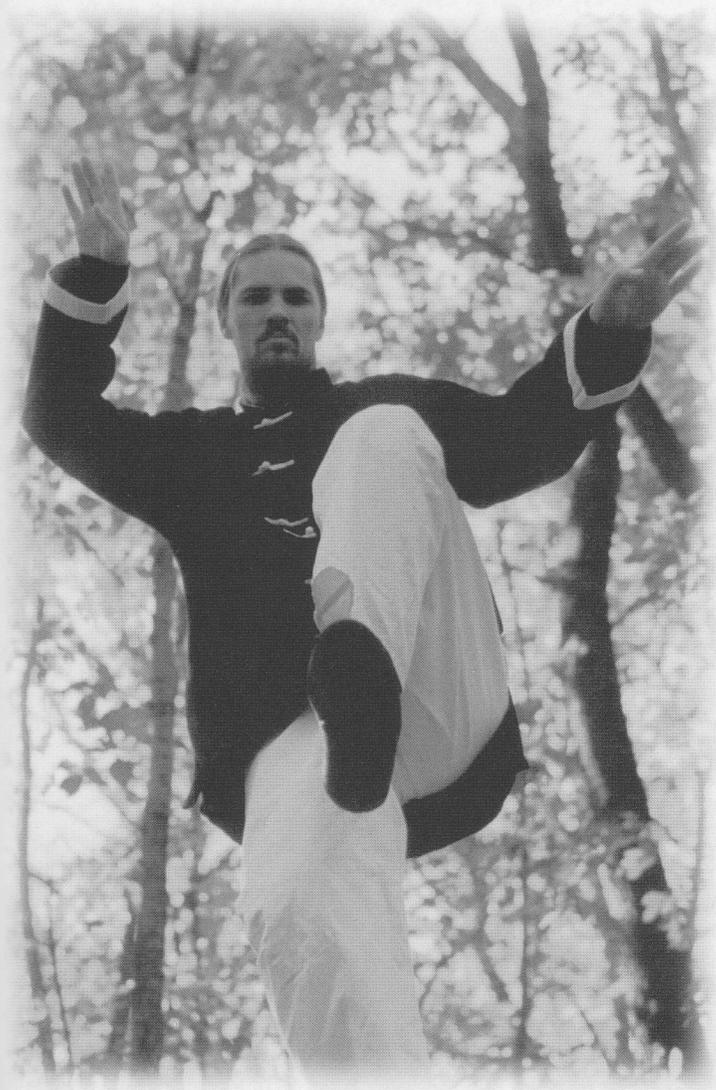
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INSPIRATIONS

By Primo Ledda



Chris Srigley

Hello,

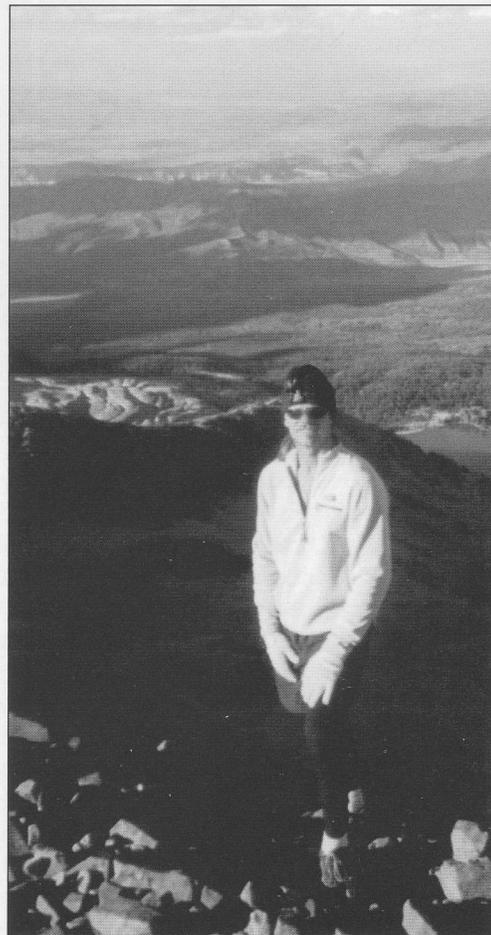
My name is Chris Srigly and I'm a martial artist. I've studied for 22 years of my life. Bruce Lee was a huge influence in my life but that didn't happen until later. Just for the simple fact that my first karate instructor said Bruce Lee was nothing more than a movie star and had no incite into martial arts. So, I studied intensely: Shoot fighting, Old school, American style Shorei-Ryu.

I went on from there and studied Matsumura Shorinryu Karate/Do with another gentlemen in Moline, Illinois, by the name of Jesse Mills and from there I studied martial arts all over the country, from John Nativadad to a gentleman by the name of Bodi D'Acosta, who was a world champion kick boxer and jet setter who Dan Inosanto studied with.

I owned my own martial arts school in Colorado Springs four years ago and I was on the search for the true master of understanding to pass on the information so that I could understand my process of life, my relationships, my highs, my lows, why things occurred, the cause, the effect, the basic philosophies from Zen to others, and so on. I started grabbing books to read and as I did, I came across Bruce Lee's book "TAO OF JEET KUNE DO". I started to read through it and I felt as if I was having a conversation with my own mind, my own process, and my own research. So, I became very interested with what Bruce had to say, as far as training, philosophy, spirituality, etc.

Well, then I got led down the line further, with Krishnamurti, Buddha, Jesus, and so many more. But it was a search to better myself, my relationships, rise to the occasion of life, of awareness, of perception, of how did I fit, and how could I, as Bruce put it, "keep on flowing". As I grew, I went all over the country with different martial artists, looking for anyone, anywhere, and studied with hundreds and hundreds of people, not trying to do anything more than push my own process along.

So, as I said, I opened my own martial arts school approximately four years ago in Colorado Springs. It was successful and I found teaching to be very good but most people wanted the mainstream belt/ 7-11 school and I wanted the true thing; we come in, we work, we grow, we progress, we ask, we seek, we grow, we progress, day in and day out. So I decided to



Chris Srigley



Srigley Family

close the school and I went to the western slopes, Glenwood Springs, Colorado. I worked at the Hot Springs pool and lodge and ended up teaching all the lifeguards and extending their process.

From there I went back home to Iowa to try to help some kids break free as I had to. I went through drug addiction, alcohol addiction and women addiction, but the funny part is, it was due to my experiences, my conditions, and the people that were influencing me in my life and as I found out that I had the choice in that matter, I discovered a wonderful and amazing ability to guide myself with so much precision and seemingly no effort but much work, but I enjoy the work.

I also had trouble in school because my mind was philosophical, spiritual, and focused on martial arts. I continue to work through each one of these processes.

As I said, I've studied martial arts for 22 years and it's my life's passion. I contacted this particular organization, because this is personal to me and it isn't for any other reason. So, I would really like to meet and would be willing to pay for my own plane ticket and meet anytime, anywhere, just for the simple fact that Bruce Lee influenced me greatly and I can go further into detail.

As far as I'm concerned, Bruce Lee is a true American great master who, with his language, was able to infiltrate and understand the Chinese aspect and was able to pass that along while giving it an American touch and expressing it to the American people. As for myself, I am that product of the American life and I continue to seek this path out!

Thank You with Warm Sincerity,
Chris Srigley



I get a lot of letters but this one touches on some very common areas we all struggle with. I, too, have and still do struggle with some of these areas: Thank you Chris Srigley for expressing yourself openly and honestly. I think Bruce Lee would have respected that very much. The quotes I picked for this article are from the book "Striking Thoughts".

If you don't have this book, I suggest that you pick one up and read it daily, for self-awareness and self-canalization process.

1. Life: Life is sometimes unpleasant. - Life is an ever-flowing process and somewhere on the path some unpleasant things will pop up- it might leave a scar, but then life is flowing, and like running water, when it stops it grows stale. Go bravely on, my friend, because each experience teaches us a lesson. Keep on blasting because life is such that sometimes it is nice and sometimes it is not.

2. Fear: Understanding fear - To understand your fear is the beginning of really seeing.

3. Will: The will to succeed. - It's the will that makes men-success takes perseverance.

4. Freedom: On "gaining" freedom - Who says we have to "gain" freedom? Freedom has always been with us and [is] not something to be gained at the end though following some particular formulas. We do not "become", we simply "are".

5. Self-expression, -Head toward self-expression. - Head toward self-expression and self-actualization and not just a means of mediocre functioning or repetitious drilling on a chosen pattern.

6. Truth: the man who seeks truth lives in what is, - The man who is really serious, with the urge to find out what truth is, has no style at all, he lives only in what is.

7. Truth: The realization of truth, - Truth comes when your mind and heart are purged of all sense of striving and you are no longer trying to become somebody; it is there when the mind is very quiet, listening timeless to everything.

May all your hearts be filled with a new beginning, each day you wake, and may this story inspire you as it has for me.

As Bruce Lee would say "walk on",

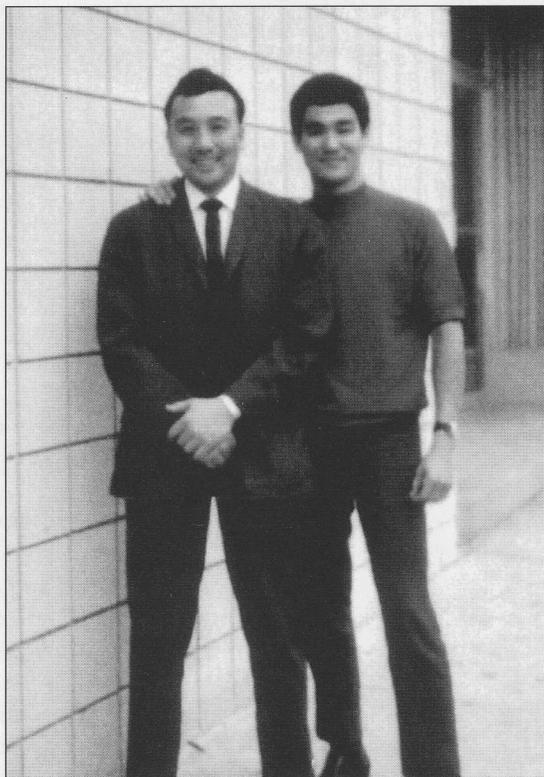
- Primo



KNOWING IS NOT ENOUGH

Interview with George Lee

GEORGE LEE AND BRUCE LEE: A FRIENDSHIP FORGED IN METTLE



George Lee and Bruce Lee in 1966.

George Lee has been a member of the Bruce Lee Educational Foundation since inception and is its most senior member until this year. George decided it was time to take an emeritus position with the organization this spring and enjoy his retirement. [See Newsworthy Notes] I recently had a chance to chat with George over the phone about his life, his relationship with Bruce Lee, and metal.

George was born in Monterey, California in 1917. At the tender age of seven, his father sent him off to China to attend military school. It was at this school that George had his first encounter and experience with the martial arts, but it was short lived. With the onset of war and the Japanese invasion, George returned home to California to continue his studies. He attended Berkeley High School and later became a machinist's apprentice. He worked with planes and drills, creating metal works and pieces for use with machinery. Little did he know that this particular skill would change the shape of martial arts the world over.

George met Bruce Lee in the early 1960's in the bay area. There was a young dynamic kid teaching Hong Kong Cha Cha, and George decided to check out his class. That kid was Bruce

Lee, and there was a lot more he could do than dance. George remembers that one time after class, Bruce got up and demonstrated some of his martial arts, which at the time he called Wing Chun. George was struck by how different Bruce's martial arts were from the martial arts he had encountered as a boy in China. Bruce was much more fluid and striking. After the demonstration, George went up to talk to Bruce about his demonstration. At the time, Bruce was getting ready to move to Seattle, but George told him if ever found himself back in the bay area, he could get together a group of students that Bruce could teach martial arts to.

As fate would have it, Bruce did return to Oakland, and George did put together the students, about six in all at the beginning. Class was held in Oakland on Broadway near 40th street until Bruce and James Lee got together. With James Lee in the mix, the class moved from that location and more than doubled in size. In those Oakland days George trained with



The Oakland pals: George Lee, Allen Joe, Bruce Lee, and James Lee.

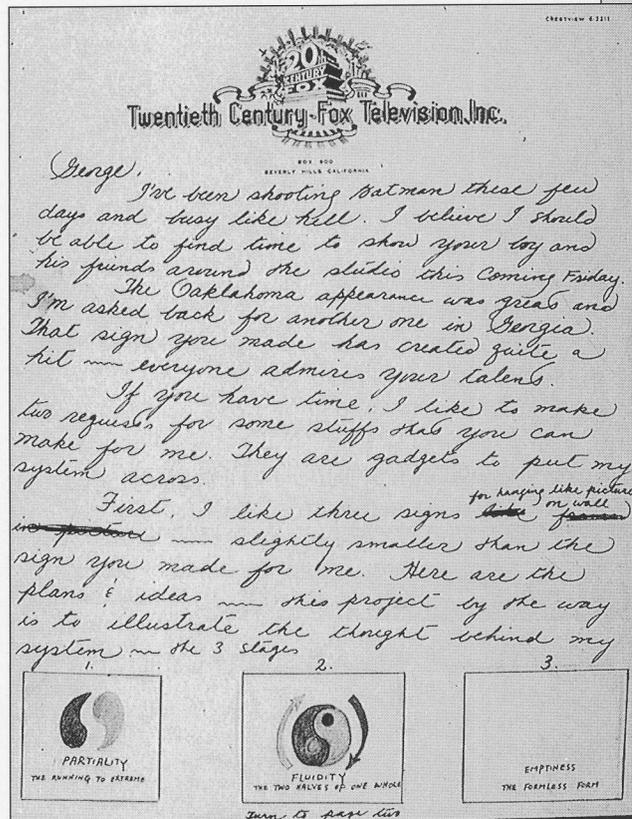
Bruce off and on as their schedules allowed. Bruce taught as often as he could but with the development of the Green Hornet series, Bruce sometimes had to take time off. But, Bruce and George also spent time together outside of class and developed a lasting friendship.

One day George was with Bruce and noticed that Bruce kept all his loose change in an old shoebox. As a gift, George decided to fashion him some metal boxes in which Bruce could keep his change as well as files and other materials. Bruce was amazed by George's metal working talents. He didn't know about this side of his student and friend. George and Bruce got to talking about metal, and George explained that he had a shop at his home. Bruce asked George if he could fashion some training equipment and from there, a creative partnership was formed.

Bruce immediately began sketching things for George to make; the completed product often times took a bit of trial and error in order to get it just right. The first thing George Lee ever made for Bruce was a pair of nunchuks. Bruce sketched them on a napkin, and George went to work. The creation of the nunchuks is a perfect example of how the two worked together to perfect their products. Bruce tried out the first set of nunchuks George made and found they were too long so George shortened them from 14 inches to 12 inches. Also the nunchuks were a bit awkward because they

One interesting thing George made was a pair of hi-top boxing shoes for Bruce who asked George to take the soles off and fashion them from aluminum. Only the front portion of the sole was made out of aluminum and then dipped in a protective coating. When asked why Bruce wanted the shoes made this way, he told George that he would use the extra-strength shoes to keep crazed fans from ripping his shirts.

Bruce thought it would be more cost effective to have tough shoes than to keep buying new shirts. George recalls that all in all he made approximately fourteen pieces of equipment for Bruce. However, George fashioned many things other than training equipment; such as, desk name plates, a brass bowl, pins and calling cards. The Bruce Lee Educational Foundation



Explanation for the three signs (same black shiny background as the sign you made)

FIRST SIGN
 Here all we need is one red half and one gold half of the yin yang symbol. However, no dot is need on either halves; in other word it is just plain red with no gold dot, or just plain gold with no red dot (this serves to illustrate extreme softness (like K. Ho) or) and extreme hardness (like it's Ho). So just follow the drawing and also put the phrase - PARTIALITY - THE RUNNING TO EXTREME on the board

SECOND SIGN
 Exact yin yang symbol like the sign you made for me except there is no Chinese characters around the symbol. Of course, the phrase - FLUIDITY - THE TWO HALVES OF ONE WHOLE will be on the black board.

THIRD SIGN
 just a skinny black board with nothing on it except the phrase EMPTINESS - THE FORMLESS FORM.

The three signs have to be the same size because they illustrate the three stages of cultivation. Please do make them like the sign you made for me aluminum and symbol and shiny black boards

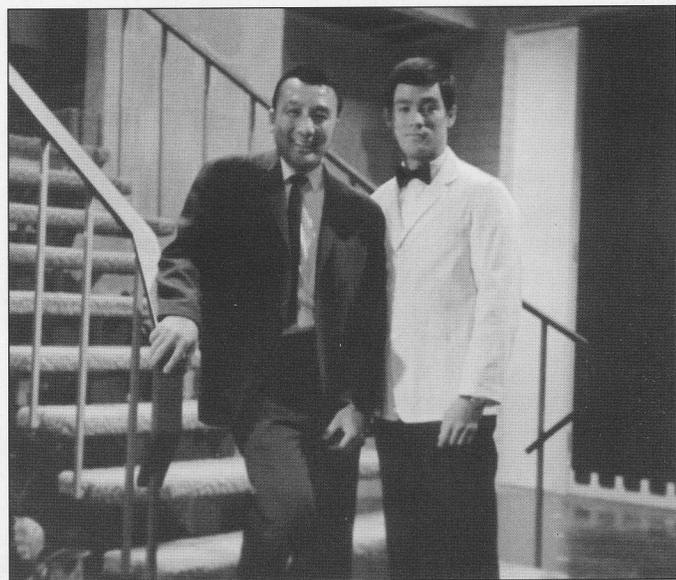
Three of the four plaques made by George as sketched and explained by Bruce.

were not tapered but rather straight wooden cylinders. George tapered them, and then for grip and flair three rings were etched around the base of each bar - a design which has been copied over and over and is standard to this day. George also strengthened the chain from its original brass to stainless steel and made some modifications to the pin which attached the chain to the wooden dowel. And so, the relationship progressed like this - Bruce would sketch, George would forge, and the two would perfect together.

In another example, George made a number of small punching bags for Bruce to use to toughen his hands. These bags consisted of a canvas cover which was then filled. The first bags contained b. b. shot, but Bruce found that while the b. b's were hard, they didn't yield enough; so, the bags were filled with other experimental materials until dried beans were found to be the solution to the problem.

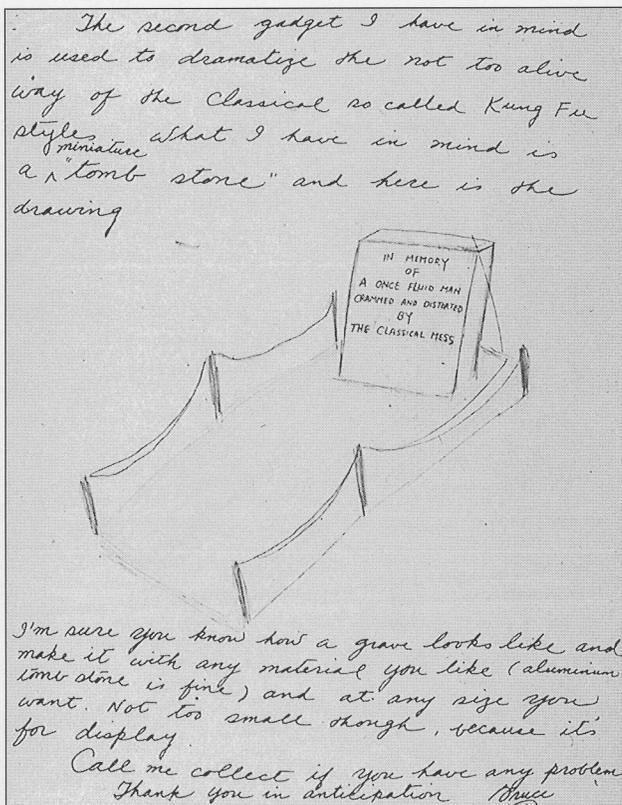
George made many pieces for Bruce, including a gripping machine, a wrist roller, a three sectional staff, a leg pulley, numerous punching bags, kicking boards of various sizes, etc.

pins are a direct descendent of the pins made by George for Bruce. George Lee also made for Bruce the four plaques with the various stages of the yin yang symbol on them culminating in the infamous symbol with the arrows and



George Lee and Bruce on the set of the Green Hornet.

Bruce's quote: "Using no way as way; having no limitation as limitation." But the creation which George is most proud of and which was especially cherished by both he and Bruce is the small tombstone which symbolizes the death of the "classical" martial artist.



The small tombstone made by George Lee which symbolizes the death of the classical martial artist was among the most cherished of Bruce's possessions

As Bruce progressed in his strength and training, the equipment also progressed. For instance, after Bruce moved to Los Angeles, he had to have Herb Jackson, another friend, student and equipment maker for Bruce, add 4 inches of foam to one of the kicking boards George had made to cushion against Bruce's awesome kicking power. Modifications were always being made and new ideas explored.

The last piece of equipment made by George was a medieval weapon known as a halberd. Bruce had a keen interest and love for ancient weapons and had asked George if he could make this particular weapon for him. George made the daunting axe, but Bruce went off to Hong Kong before the weapon was finished and was not able to retrieve it before his untimely passing.

George reflected on his relationship with Bruce Lee outside

of training and metal working. They used to eat together a lot, with Bruce's favorite meal being oyster sauce beef with rice and a coke. They would flip for who would pay at the end of the meal, and maybe George wouldn't have had to pay so often if it weren't for Bruce's slight of hand tricks all the time. Bruce was a joke-teller who liked to clown around a lot but he was also a man who picked his friends carefully. Bruce would eye ball people and psych them out before accepting them into his circle. He surrounded himself only with the most sincere people.

After Bruce moved to Los Angeles, George would go down and visit him there. The two picked up where they left off going to Chinatown to eat and messing around with the trampoline in the backyard. Bruce taught new moves in Los Angeles that he hadn't been teaching in Oakland. George never dreamed that martial arts could be so effective as how Bruce taught it.

"Bruce Lee was one in a million. There was never a dull moment. He was always thinking and dedicated to doing."

In closing George recalls when Bruce was first in Oakland and palling around with himself, Allen Joe and James Lee, Bruce made the decision to have a washboard stomach. He told them he would have washboard abs in six weeks. He used to lift his shirt whenever he saw them during those six weeks and show them his progress. At the end of the allotted time, Bruce had done it. George always remembers his focus and determination.

The one thing Bruce did that really impacted George's life was to change his attitude. George used to have a short temper, but Bruce taught him to walk away from confrontation. George asked, "What if someone spits in my face?" Bruce would say, "Just wipe it off and walk away." Today when confronted with a situation, George tries to think like Bruce. What he learned from Bruce Lee helped him to relax and become inwardly stronger. He thinks of Bruce often and misses his friend. It was a friendship of mutual admiration and the best kinds of mettle.

George Lee still lives in Oakland and has been married to his wife, Mary, for eleven great years.



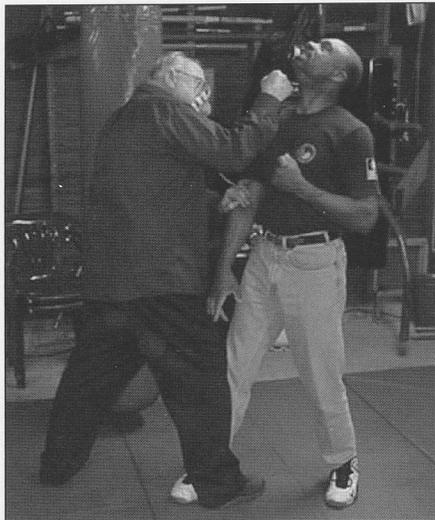
A group of students gather together in Oakland in the sixties.

FROM THE NUCLEUS

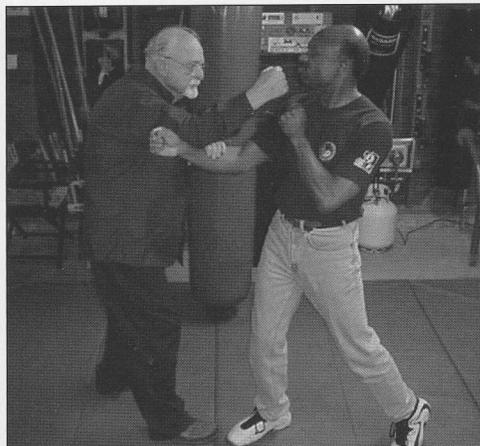
A Short Trapping Lesson From The Wed Night Group

By Bob Bremer

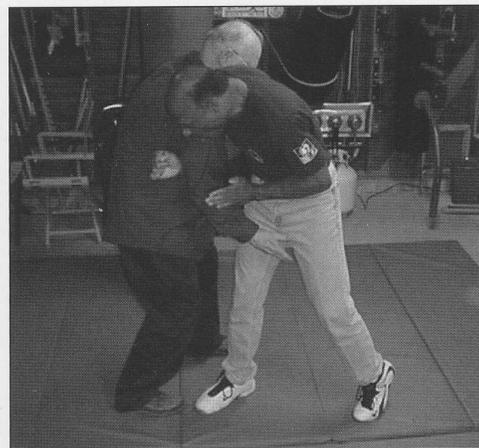
When you do a pak sao trap on your opponent you should, when ever possible, control both his front arm and leg.



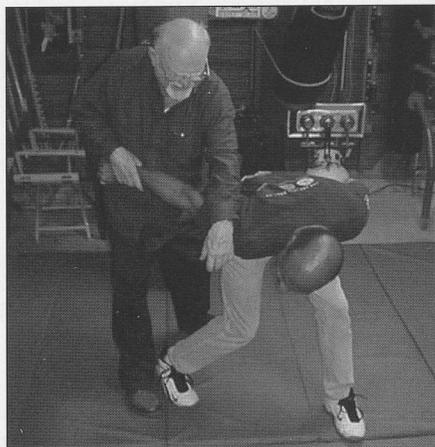
Bob Bremer traps Barry Dixon's front arm with a pak sao. Notice how Bob presses Barry's arm against his body unbalancing him. Bob also checks Barry's front leg with his own. This helps to protect you from your opponent's counter-attack.



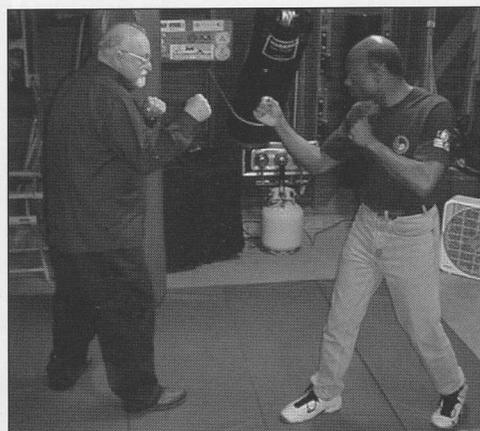
Bob starts to trap Barry's front arm, but Barry resists.



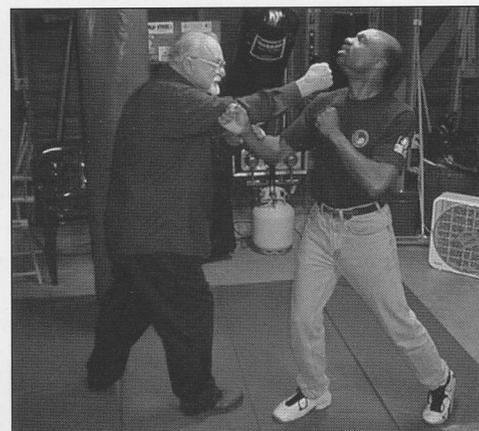
Bob, going with the flow, steps out with his left leg as he palm strikes Barry's groin,



followed by an arm break.



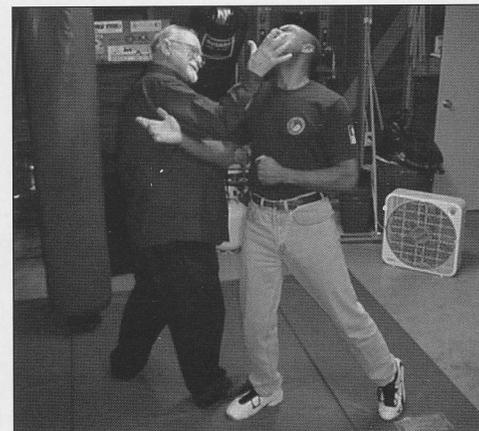
Bob and Barry square off.



Bob performs a soft pak sao to Barry's arm as he hits to his face. This sets up Bob's next move.



Bob grabs Barry's right elbow with his left hand and pulls Barry forward as he also push shuffles forward. At the same time he hits Barry's groin with a palm hit.



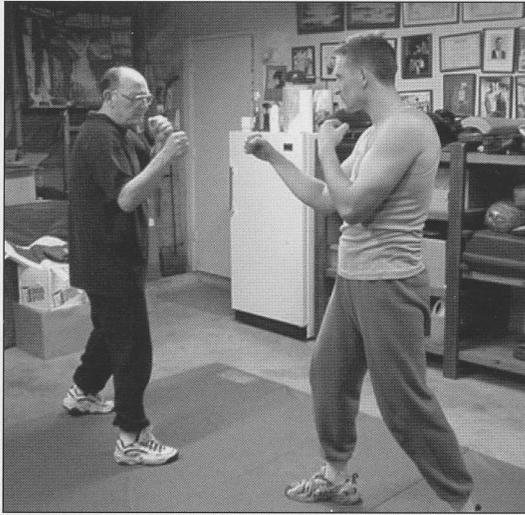
Bob follows up with a heavy palm strike to Barry's head.

FROM THE NUCLEUS

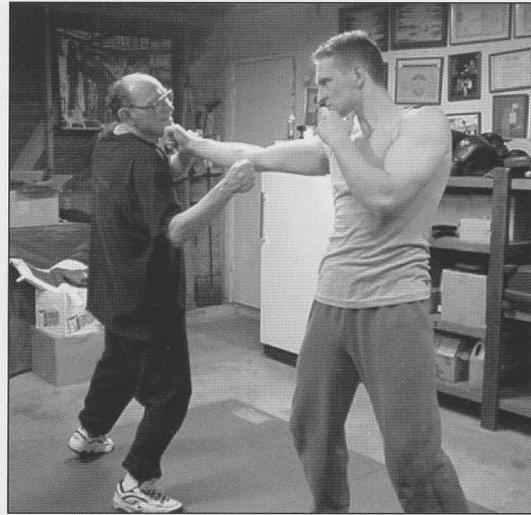
A Short Single Angular Attack Lesson From The Wed Night Group

By *Tim Tackett*

The Single Angular Attack is an important sub category of Single Direct Attack. It is essential to use when you are up against an opponent who uses a stop hit as his defense. Since you should always assume that your opponent is a worthy one, SAA is one of the safest ways to attack.

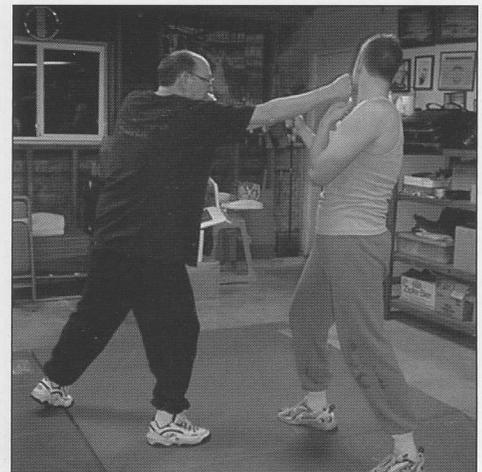
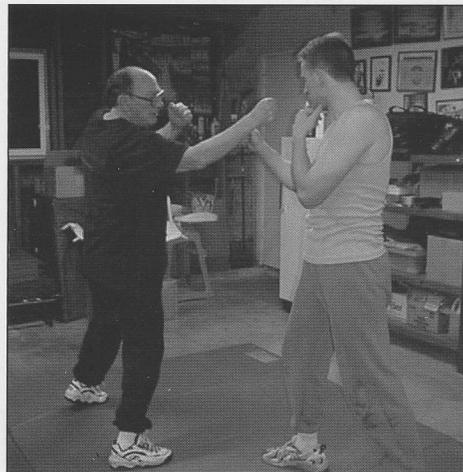
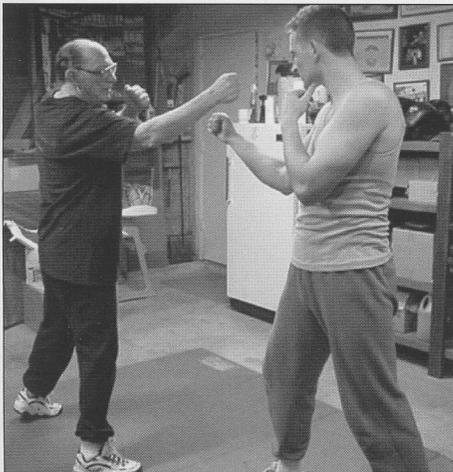


Tim Tackett squares off at the fighting measure against Jeremy Lynch. Both are in right lead.



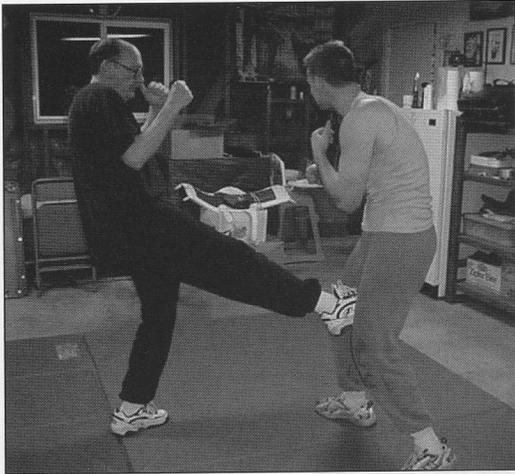
Tim, neglecting to credit his opponent with any skill, steps directly forward to attack and is met with Jeremy's stop hit.

The Single Angular Attack

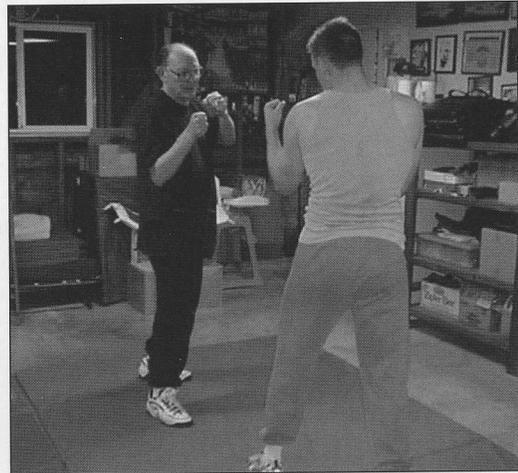


The following 3 photos should be done as 1 continuous motion. It's punch as you use curve right footwork. It's start punch, step out with right foot, and drag rear foot as you hit with a crispy (snappy) front hand lead. Notice how your front foot is between his feet and his groin is open.

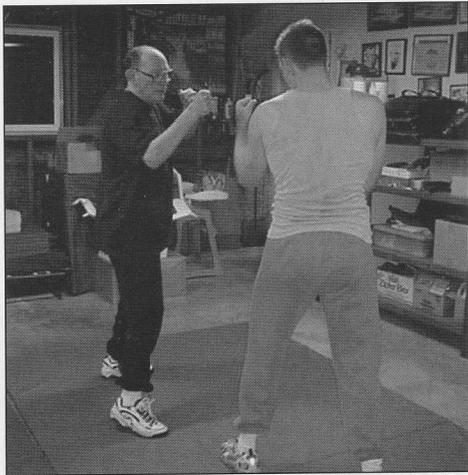
The same footwork and attack can be done from an unmatched lead.



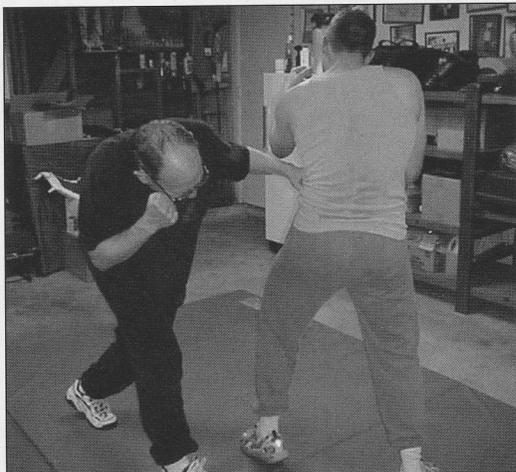
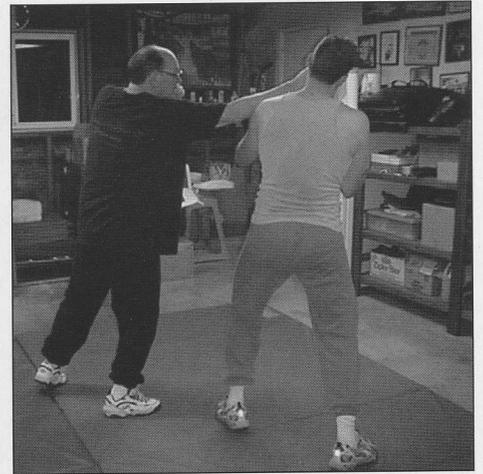
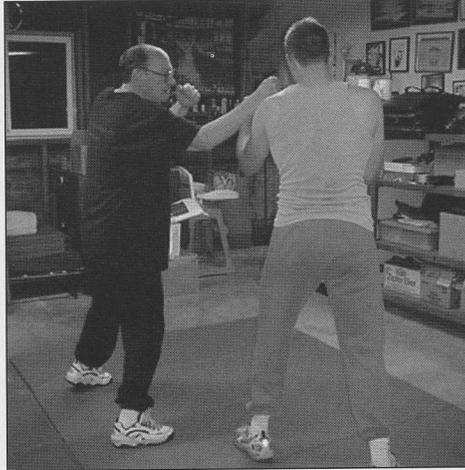
Using the JFJKD principle of taking what is offered you, kick your opponent in the groin.



Tim and Jeremy square off in a right to left lead.



Start punch, step out, hit as you drag your rear foot.



This time the follow up is a low rear uncrispy (heavy) body punch.



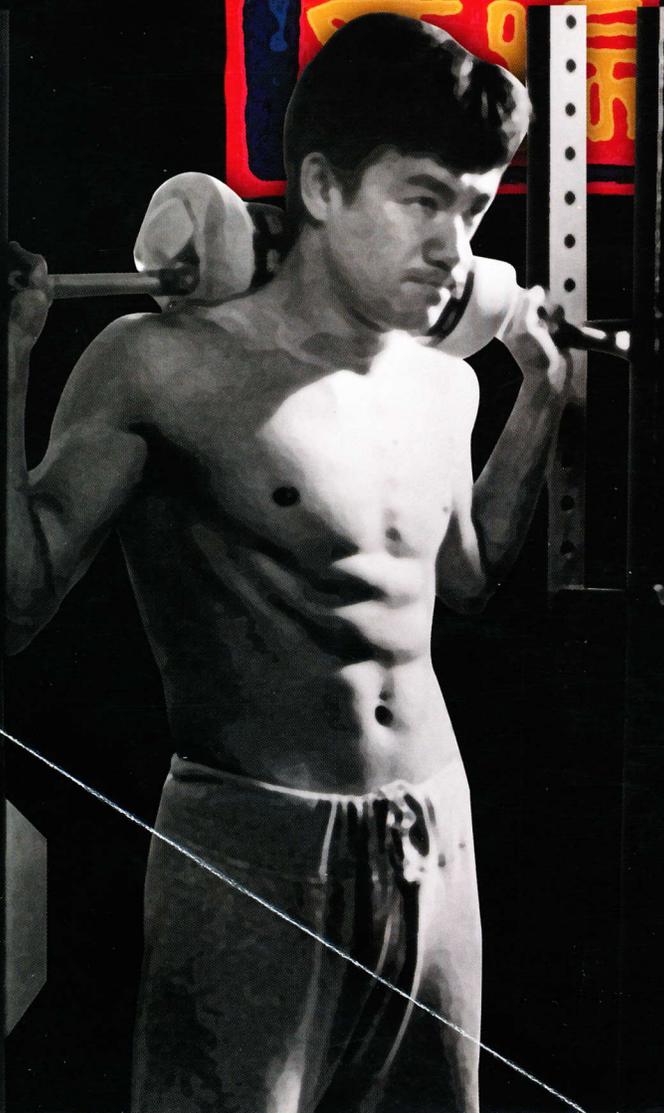
Followed by a heavy body punch to kidney.

Announcement from the Jun Fan Jeet Kune Do Wednesday Night Group

The JFJKD Wednesday Night Group is happy to announce that there is an addition to their instructors with Del Pollard coming on board. Del becomes the 9th Wednesday Night teacher. Del started his martial art training in 1962. He started his Jeet Kune Do training under Larry Hartsell in 1974. He later moved to Los Angeles and became an essential part of the old Kali Academy. Training under both Dan Inosanto and Tony Luna. Big Del will be an outstanding to our non-profit group.



JFJKD Wednesday Night Group Instructors. Bottom Row from left to right: Jeremy Lynch, Lloyd Kennedy, Tim Tackett
Top Row from left to right: Bob Bremer, Barry Dixon, Louis Berard, Del Pollard, Jim Seweli, Dennis Blue.



*"To strive actively to achieve
some goal gives your life
meaning and substance."*

— Bruce Lee