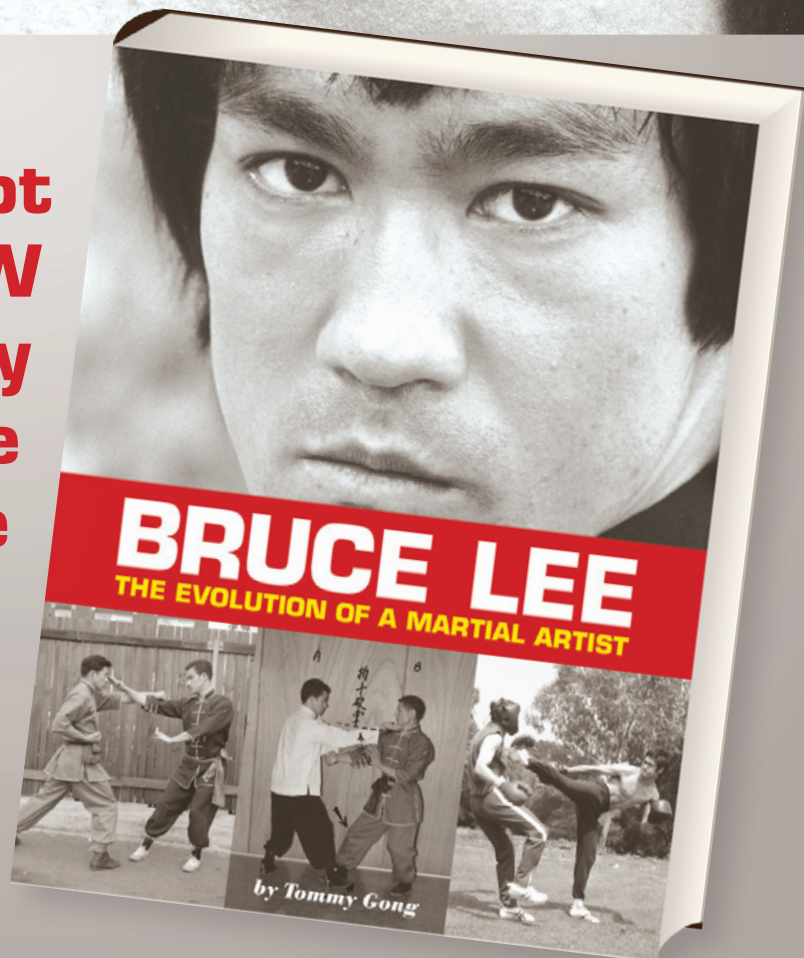


BRUCE LEE QUOTES ON PHILOSOPHY

**An Excerpt
From the NEW
Bruce Lee Biography
and Your Guide
to Four More
Bruce Lee Books**

by Tommy Gong and Raymond Horwitz



*BRUCE LEE is a registered trademark of Bruce Lee Enterprises LLC.
The Bruce Lee name, image and likeness are intellectual property of Bruce Lee Enterprises LLC.*

The following is an **EXCLUSIVE** excerpt
from the forthcoming book/e-book

Bruce Lee: The Evolution of a Martial Artist
by Tommy Gong

This new book traces the path of Bruce Lee
as he developed his martial art of *jeet kune do*
and his philosophy of self-actualization.

That path led Lee from Hong Kong to Seattle ...

... and then to Oakland ...

... and then to Los Angeles ...

... and then back to Hong Kong as he evolved
from a student of *wing chun* to the founder of *jeet kune do*.

Through his quest for the ultimate martial art,
Lee ultimately discovered himself.

This excerpt features content from
Chapter 7 — The Mind of Bruce Lee:
Glimpses Into the Soul and Psyche of the Little Dragon.

*BRUCE LEE is a registered trademark of Bruce Lee Enterprises LLC.
The Bruce Lee name, image and likeness are intellectual property of Bruce Lee Enterprises LLC.*

DISCLAIMER

BLACK BELT COMMUNICATIONS, an Active Interest Media Publication, as publisher, does not endorse and makes no representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this document. The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this document. The purchase or use of some of the products, services or techniques advertised or discussed in this document may be illegal in some areas of the United States or other countries. Therefore, you should check federal, state, and local laws prior to your purchase or use of these products, services or techniques. The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services and techniques in the United States or elsewhere. Because of the nature of some of the products, services and techniques advertised or discussed in this document, you should consult a physician before using these products or services or applying these techniques. Specific self-defense responses illustrated in this document may not be justified in any particular situation in view of all of the circumstances or under applicable federal, state or local law. Neither Black Belt Communications nor the author makes any representation or warranty regarding the legality or appropriateness of any technique mentioned or depicted in this document. You may be injured if you apply or train in the techniques illustrated in this document and neither Black Belt Communications nor the author is responsible for any such injury that may result. It is essential that you consult a physician regarding whether or not to attempt any technique described in this document.

Walk On!



PARTIALITY

The Running to Extreme



FLUIDITY

The Two Halves of One Whole

EMPTINESS

The Formless Form



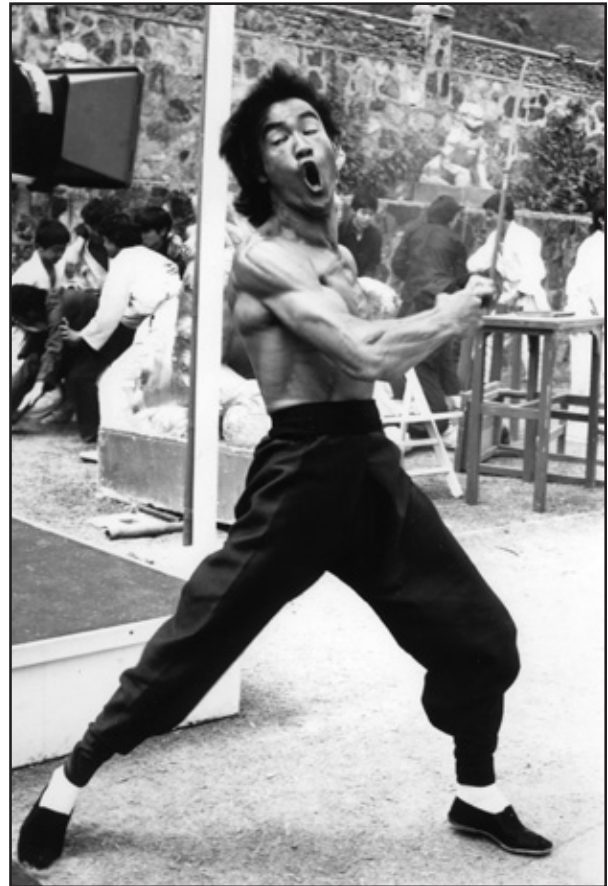
PHILOSOPHY

CHAPTER 7

The Mind of Bruce Lee: Glimpses into the Soul and Psyche of the Little Dragon

Most people need to overcome the temptation of being completely in awe of Lee's physique and prowess as a martial artist to appreciate fully everything he had to offer, including his intellect. This appreciation for Lee's physicality was especially strong due to his groundbreaking appearances on television and in movies. However, he also developed into a profound thinker, discovering the truth for himself when reading many of the great philosophers of the past and present. It was through this search for the truth that he gained the intellectual self-sufficiency and courage to break away from stifling traditions and evolve his martial arts.

Those who personally knew Lee were able to realize his genius not only as a martial artist, but as a human being. Many personal students mention how good they felt being around him and how he motivated and instilled confidence in them. Stirling Silliphant once said, "In my whole life, no man, no woman, was ever as exciting as Bruce Lee." How is it that a man could have such a positive effect on not only those who knew him, but those who were born after he passed on? Most likely it was how his self-knowledge, his supreme confidence in himself and his positive outlook on life were expressed in his presence on screen and his physical art of expressing the capabilities of the human body that inspire all of us.



Creative Life Force



Even at a young age, Lee felt the creative life force within him and it gave him purpose in life; it drove his being. He knew he would accomplish much since he refused to give in to failure or setbacks. It was this dogged determination that allowed him not only to become, arguably, the greatest martial artist who ever lived, but also the groundbreaking Asian actor who would be universally recognized around the world even today. In a letter to Pearl Tso in September 1962, he expressed this belief openly:

I feel I have this great creative and spiritual force within me that is greater than faith, greater than ambition, greater than confidence, greater than determination, greater than vision. It is all these combined.... Whether it is a godhead or not, I feel this great force, this untapped power, this dynamic something within me. This feeling defies description, and [there is] no experience with which this feeling may be compared. It is something like a strong emotion mixed with faith, but a lot stronger.

When you drop a pebble into a pool of water, the pebble starts a series of ripples that expand until they encompass the whole pool. This is exactly what will happen when I give my ideas a definite plan of action. Right now I can project my thoughts into the future. I can see ahead of me. I dream (remember that practical dreamers never quit).... I am not easily discouraged, readily visualize myself as overcoming obstacles, winning out over setbacks, achieving “impossible” objectives.

Reflecting on his own self-realization, Lee later wrote in the early '70s about self-discovery and harnessing the powers within one in the screenplay for the *Silent Flute*:

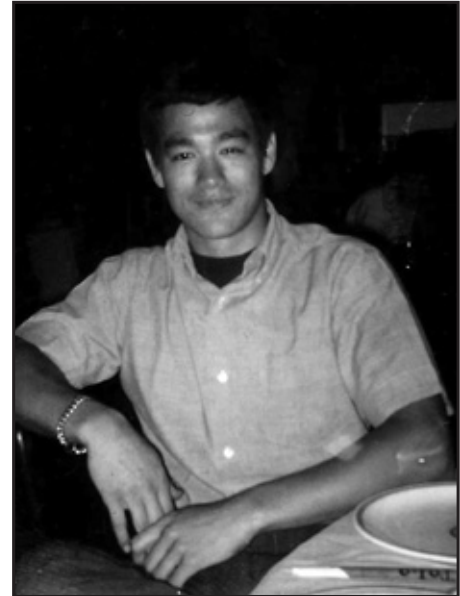
When a man comes to a conscious vital realization of those great spiritual forces within himself and begins to use those forces in science, in business, and in life, his progress in the future will be unparalleled.



Self-Knowledge and Personal Expression

Lee said all types of knowledge ultimately mean self-knowledge. He realized in all learning, whether it is in the martial arts, academia, relationships or anything in life, the experience reveals more of one's being to one's self. In this way, one must be willing to learn from the challenges in life and how to adapt to attain success. Like Krishnamurti, Lee believed learning cannot be accomplished in isolation, but rather through relationships to people, ideas and events. So, although jeet kune do is a martial art, the learning process one cultivates is to be used in everyday life:

*Self-knowledge is the basis of JKD because it is effective, not only for the individual's martial art, but also for his life as a human being.*⁷⁵



*To me, at least the way that I teach it, all types of knowledge ultimately means self-knowledge. So, therefore they're coming in [other actors] and asking me to teach them not so much how to defend themselves or how to do somebody in. Rather, they want to learn to express themselves through some movement, be it anger, be it determination or whatever. So, in other words, they're paying me to show them, in combative form, the art of expressing the human body.*⁷⁶

To know oneself is to study oneself in action with another person.

Learning is definitely not mere imitation or the ability to accumulate and conform to fixed knowledge. Learning is a constant process of discovery and never a concluding one. In JKD we begin not by accumulation but by discovering the cause of our ignorance, and oftentimes this involves a shedding process.... Truth will not come until we have come to understand personally the whole process of the working of our being. After all, ultimately, knowledge in martial art simply means self-knowledge, and JKD can become intelligible only in the vigorous and constant process of self-inquiry and self-discovery.

One must be free to express one's self honestly, whether it be in martial arts or acting. The truly great painters and sculptors of the past had a vision in their souls and it was reflected in their works of art. Despite the political pressure they may have experienced, their patrons' intentions or the beliefs of their contemporary artists, the true masters expressed themselves on the canvas or marble. Lee expressed himself in physical form and he realized the need to be devoid of styles or systems in order to have the complete freedom truly to express himself:

⁷⁵ Ibid. p. 208.

⁷⁶ Excerpt from *The Pierre Berton Show*, "Bruce Lee: The 'Lost' Interview." 1971.



I do not believe in styles anymore. I do not believe that there is such a thing as “the Chinese way of fighting” or “the Japanese way of fighting,” or any other “way of fighting,” because unless a human being has three arms and four legs, there can be no different form of fighting. Basically, we have only two hands and two feet. Styles tend to separate men, because they have their own doctrines, and the doctrine became the gospel truth that you cannot change! But, if you do not have styles, if you just say, “Here I am as a human being, how can I express myself totally and completely?”—that way, you won’t have a style, because style is a crystallization. This approach [means] continuing growth.... To me, ultimately, martial art means honestly expressing yourself.⁷⁷

When I look around, I always learn something and that is to be always yourself. And to express yourself. To have faith in yourself. Do not go out and look for a successful personality and duplicate it.... Start from the very root of [your] being, which is “how can I be me?”⁷⁸

As a result, Lee had a personal approach for individual growth:

*Research Your Own Experience
Absorb What is Useful
Reject What is Useless
Add What is Specifically Your Own*

Contemporary Western Thinking

Whereas Lee’s philosophy was a melding of Eastern and Western thought, Ted Wong liked to refer to JKD as contemporary Western thinking. While Lee began his search for truth in martial arts with the Chinese classical philosophies such as Taoism and Zen, he took the extra steps to open up his thinking extensively to many different philosophers. The very fact that Lee was willing to look “outside the box” and not be bound by tradition followed the practical approach of the Western world. For Lee, jeet kune do was nonclassical, not traditional, so its approach was contemporary.

⁷⁷ Ibid.

⁷⁸ Ted Thomas audio interview with Bruce Lee, part 2, 1971.

Lee also realized he possessed unique physical capabilities that many of his students did not. Jeet kune do, as Lee performed it, is not for everyone because the average person simply does not possess the skills and has not invested the amount of training Lee had. Therefore, Lee encouraged his students to find what worked best for them, exploiting and capitalizing on their strengths in their training. This was a nonclassical approach to gung fu, as opposed to the rigid style or system that insisted its followers fit a mold.



Lee and Wong

The Responsibility of a Teacher



Enter the Dragon

*“A good teacher protects his pupils from his own influence.”*⁷⁹

When considering his role as a teacher, Lee taught that he was merely a “pointer of the truth” instead of a giver of truth. As he taught the young man in that early scene from *Enter the Dragon*: “Like a finger pointing a way to the moon. Don’t concentrate on the finger or you will miss all that heavenly glory.”

Lee realized students often came for training because they were looking for something they were missing. However, the systematic approach to standardized teaching would only serve to make students conform rather than pinpoint the personal need.

*Unfortunately, most of the students in martial art are conformers. The student seldom learns to depend upon himself for expression. Instead, he faithfully or blindly follows an instructor, the authority figure, and his instructor’s imposed pattern. That way, the student feels he is no longer alone and finds security in mass imitation. However, what is nurtured is the dependent mind rather than independent inquiry, which is so essential to genuine understanding. So through daily conditioning a student will probably be skilled according to a pattern, however, he will not come to understand himself.*⁸⁰

⁷⁹ Lee, Bruce. *Bruce Lee: My Martial Arts Training Guide—Jeet Kune Do*. London: Universal-Tandem Publishing, 1974.

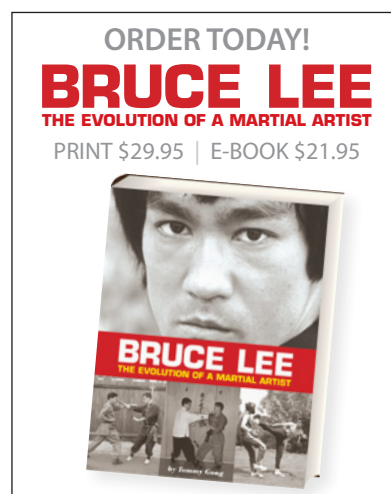
⁸⁰ Ibid.

CHAPTER 7

Lee understood that teaching was highly specialized and lessons must be customized to the needs of each unique student: “There is no fixed teaching. All I can provide is an appropriate medicine for a particular ailment.”⁸¹

Lee also realized the teacher must be careful not to instill all of his personal preferences on the student, so that, ultimately, the student must determine what will work for him:

A teacher, a really good teacher, is never a giver of truth; he is a guide, a pointer to truth. Therefore, a good teacher, or, more appropriately, a guide, studies each student individually and helps to awaken the student to explore himself, both internally and externally, and ultimately to integrate himself with his being.... All in all, a teacher acts as a catalyst, and not only must he have a tremendous understanding; he must also possess a sensitive mind with great flexibility and adaptability.



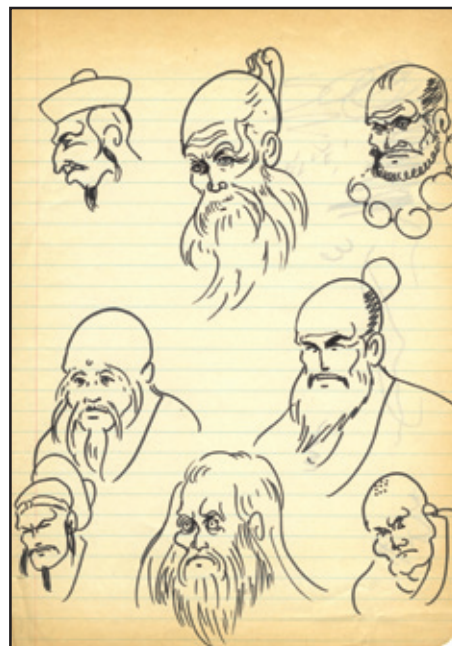
While Bruce was in Hong Kong, extremely busy dubbing one of his films, he expressed the culmination of his thoughts on martial arts in a letter to an individual named John who was interested in learning jeet kune do:

...I'm willing—when time permits—to honestly express or “to open myself” to you, to act as a sort of sign pole for a traveler.

My experience will help, but I insist and maintain that art—true art that is—cannot be handed out. Furthermore, art is never decoration or embellishment. Instead it is a constant process of maturing (in the sense of NOT arrived!).

You see, John, when we have the opportunity of working out, you'll see that your way of thinking is definitely not the same as mine. Art, after all, is a means of acquiring “personal” liberty. Your way is not my way nor mine yours.

So whether or not we can get together, remember well that art “LIVES” where absolute freedom is. With all the training thrown to nowhere, with a mind (if there is such a verbal substance) perfectly unaware of its own working, with the “self” vanishing nowhere the art of JKD attains its perfection.



⁸¹ Tao of Jeet Kune Do. p. 9.

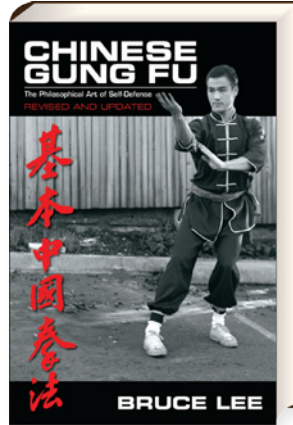
YOUR GUIDE TO BRUCE LEE'S ESSENTIAL BOOKS

by Raymond Horwitz

Chinese Gung Fu: The Philosophical Art of Self-Defense — Revised and Updated

Why this book matters:

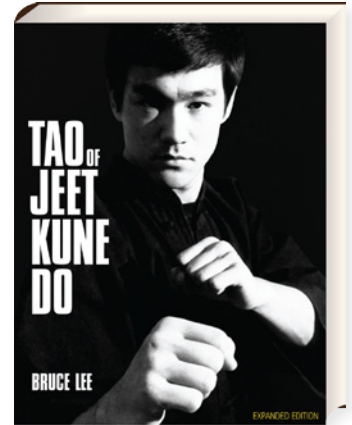
- digitally restored Bruce Lee pictures from the early 1960s, before he was “Bruce Lee: martial arts icon at large”
- previously unpublished Bruce Lee pictures with handwritten annotations
- contains an early glimpse at the early evolution of Bruce Lee’s philosophy before his later work in *Tao of Jeet Kune Do*
- new editorial entries by Shannon Lee and Linda Lee Cadwell for the 2008 edition, offering context for the refurbishment project itself and the new content added by Black Belt Books as provided by Bruce Lee Enterprises
- original sketches and handwritten Chinese characters by Bruce Lee himself, painstakingly scanned and cleaned for maximum clarity in print



Tao of Jeet Kune Do: Expanded Edition

Why this book matters:

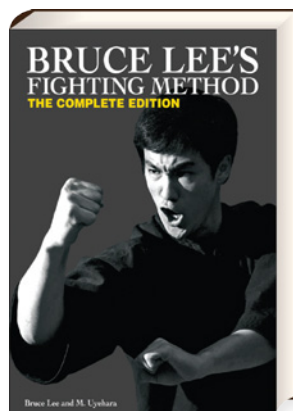
- Bruce Lee philosophy pulled from hundreds of sources in his personal library and from his personal notes on life, martial arts and their real-time intersection
- original Bruce Lee sketches painstakingly scanned for maximum clarity in print
- editorial commentaries by Linda Lee Cadwell, Shannon Lee, Tim Tackett, Jerry Poteet, Richard Bustillo and many others
- the best glimpse into Bruce Lee’s mind, where all the books Bruce Lee read and all the training Bruce Lee went through came together into an epic treatise referred to and studied by martial artists of all styles around the world



Bruce Lee's Fighting Method: The Complete Edition

Why this book matters:

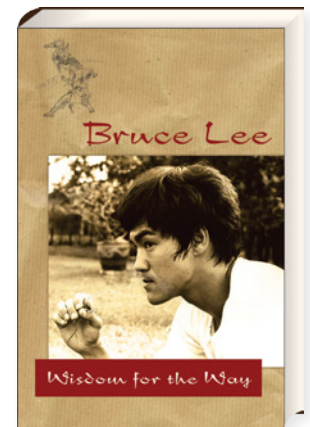
- one word: economy ... this is four Bruce Lee training books in one
- the most explicit, step-by-step, detailed presentation of Bruce Lee’s training methods out of all the Bruce Lee books available on the market
- references many of the concepts later found in the Bruce Lee philosophy book *Tao of Jeet Kune Do* and shows you Bruce Lee’s training methods for experiencing them on a physical level
- it’s certainly the largest of the Bruce Lee training books available, clocking in at nearly 500 pages
- more than 900 Bruce Lee pictures featuring jeet kune do founder Bruce Lee training, working out, executing stances and drills, fighting — you name it, it’s in there



Bruce Lee: Wisdom for the Way

Why this book matters:

- ideas from Bruce Lee’s philosophy paired with Bruce Lee pictures, woven into beautiful artistic displays reflective of the concepts presented in his quotes
- perfect for meditation practice
- the smallest of our Bruce Lee books — it can fit in your pocket



BRUCE LEE is a registered trademark of [Bruce Lee Enterprises LLC](#). The Bruce Lee name, image and likeness are intellectual property of Bruce Lee Enterprises LLC.