

JKD FOR ALL...

With Kwoklyn Wan

My Aim

When I was offered the position to write for Combat magazine I asked myself what I wanted to achieve, and how I could positively use the pages to help the martial arts community? Especially the JKD community! I set myself a very simple and achievable goal, that goal was to unite ALL Jeet Kune Do Instructors and their students. For many years now there have been two factions in the JKD community “Original JKD” and “JKD Concepts”

I asked Chris Kent where he stood on the Original JKD v’s JKD Concepts debate.

Chris had this to say: Jeet Kune Do is Jeet Kune Do. There is no need to add any prefixes or suffixes to it. You either get it or you don’t. I just do what I do. I don’t ask people to agree with me. All I ask them to do is to think for themselves on the subject.

Now I like this answer, does it really matter? Does your JKD work? If yes, then what’s the problem?

If asked what I dislike about being a JKD instructor it’s the politics, can’t we all just be friends?

This is why I desperately wanted to host the UK Jeet Kune Do Summit, this was the chance for OJKD and JKDC to all teach together, with No Politics just JKD at it’s very BEST!

UK JKD SUMMIT

at THE MARTIAL ARTS SHOW 2010

By Lak Loi

1. What is the UK JKD Summit?

The UK Jeet Kune Do (JKD) Summit was showcased for the FIRST TIME EVER at The Martial Arts Show, held at the NEC Birmingham recently on May 21st and 22nd.

The purpose of this summit was to educate visitors about Bruce Lee’s teachings, bring together JKD communities, and pass on Bruce Lee’s art and philosophy of JKD to the next generation.

2. Spreading the “Right” Word

On the Sunday, four flagship JKD workshops were held free of charge. The mission was to educate visitors about Bruce Lee’s art & philosophy of JKD.

Why? Simply put, JKD is a dying art. This is because there are so many misconceptions surrounding Bruce Lee’s art and philosophy of JKD, that if we do not dispel these soon it’ll be too late and we risk losing the truth underpinning Bruce Lee’s art. So as a starting point, Kwoklyn Wan (EU Director for Tim Tackett’s Wednesday Night Group) arranged the UK JKD Summit at TMAS.

One of the common misconceptions is that people think JKD is a best-in-breed martial art, where Bruce Lee cherry-picked the fastest and most powerful techniques from 27 different martial arts. In reality this was not the case, and is far from the truth.

As Bruce Lee said, you cannot take the best parts of a Ferrari and the best parts of a Porsche, and put them together and make a hyper-car, because the parts are not designed to work with each other. Similarly, JKD is

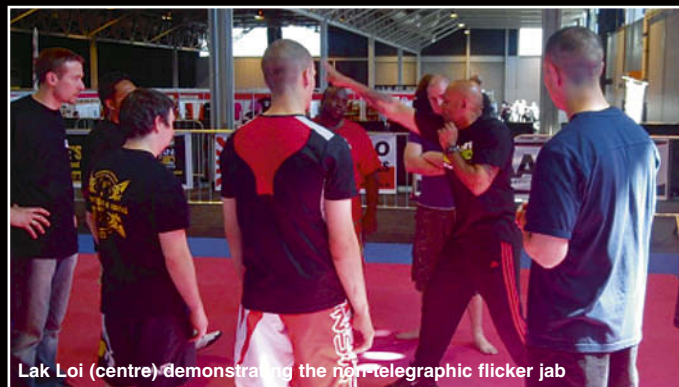


Dipak Thakor (left) and Mike McWha (right) performing a relaxation drill to reduce telegraphy

not a melting pot of best-in-breed techniques, because the hypothesis and therefore the structures underpinning the different martial arts from which you could borrow techniques vary in their form and function. Each martial art having its' own definite purpose, with its own set of pros and cons. Mixing techniques across different structures therefore raises the question of the effectiveness of the techniques, depending on whether you are: - (1) transitioning between the different structures to best deliver the technique, but being slow in its delivery; or (2) delivering them from a fixed structure but compromising the effectiveness of the underlying techniques borrowed from the different martial arts.

Bruce Lee predominantly researched three martial arts, namely Western Boxing, Wing Chun and Western Fencing. From this he took away the essence of "what worked", breaking down the biomechanics and kinesiology to develop an efficient structure for stand-up street-fighting which became known as the "ready stance", "on-guard position" or in Cantonese "bai-jong". From this structure, Bruce Lee developed a finite array of strikes for maximum speed, power & efficiency, which is the technical core of Bruce Lee's art!

Another common misunderstanding is that JKD is anything you want it to be. Bruce Lee's quote, "Absorb what is useful, discard what is useless, and uniquely add what is your own" often gets taken out of context. As a result, many people misunderstand the premise of JKD, and start gathering disparate techniques and call it their own JKD. But JKD is much more than this basic idea.

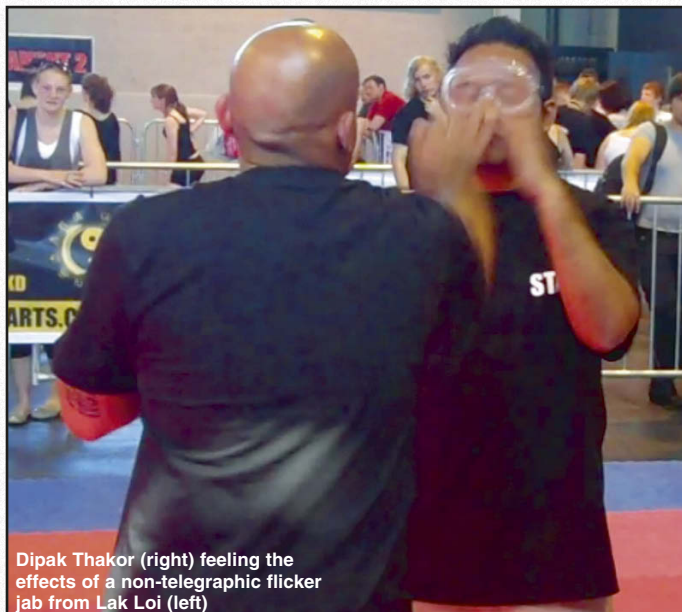


Lak Loi (centre) demonstrating the non-telegraphic flicker jab

It's like any art, there has to be a core. It's like a painter who has to learn how to hold the paintbrush, learn how much paint to apply to the paint brush, learn how to apply the paint onto the canvas, and learn the different types of paintbrush strokes to achieve the desired effect. Bruce Lee referred to this as tool development, and this is the technical core of the art.

Once you have a good understanding of how to use your tools, only then can you use them without thinking, and it is at this point that you start to express your true feelings and creativity on the canvas to create your artistic expression in the way of a portrait, landscape, abstract image, etc. In Bruce Lee's art and philosophy, it is at this level of transcendence that you start to develop your own Jeet Kune Do. As Bruce Lee said, "I do not hit, it hits all by itself". In short, if a striking opportunity presents it self or you create one using strategic tactics,





Dipak Thakor (right) feeling the effects of a non-telegraphic flicker jab from Lak Loi (left)

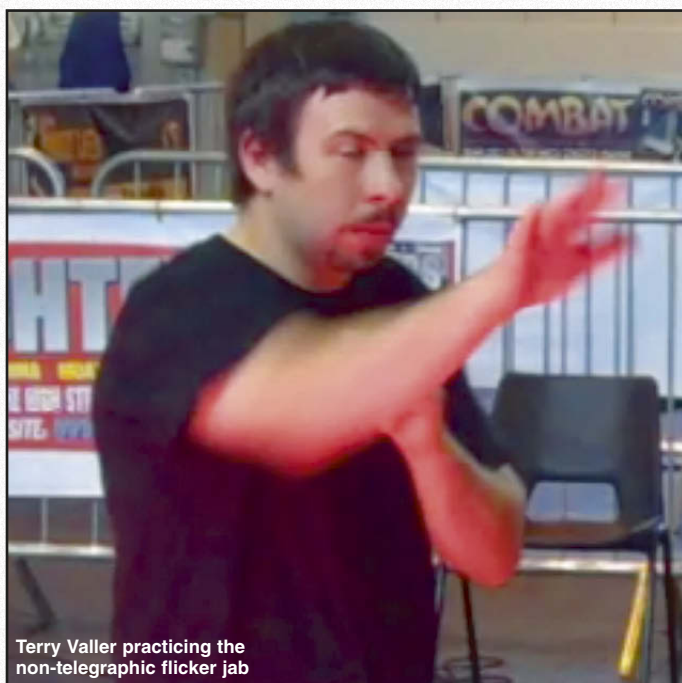
then strike using the most suitable weapon at that moment in time without thinking about it, using just your reflex action in a fluid manner.

3. Keeping Bruce Lee's Spirit of JKD Alive

The UK JKD summit also provided a rare opportunity to train with the next generation of JKD instructors that are going to carry the baton to preserve and promote Bruce Lee's teachings. These JKD Instructors have been working closely with some of the most renowned JKD Instructors in the world, all of whom have a direct lineage going back to Bruce Lee himself.

During the Sunday, Andy Gibney from Kettering, Northants representing Richard Bustillo (original Bruce Lee student) opened up with the first JKD Workshop covering Jun Fan Kickboxing, focusing on transition between compound strikes, dexterity of movement and weight shift for fluidity in fighting.

Next up was Ian Mudie from Bodmin, Cornwall representing Dave Carnell and Cass Magda (original member of Dan Inosanto's infamous back yard group). Ian covered the Five-Ways of Attack using one of the primary weapons, namely the straight lead.



Terry Valler practicing the non-telegraphic flicker jab

I (Lak Loi from London) representing Kwoklyn Wan and Tim Tackett (Senior First instructor under Dan Inosanto and founder of the Wednesday Night Group www.jkdwednite.com) covered Bruce Lee's philosophy of "A strike should be felt and not seen". This workshop focused on the stealthier elements of Bruce Lee's JKD, encompassing non-telegraphic striking using a flicker jab, hand-before-foot and the entering straight lead.

And finally Sunny representing Jerry Poteet (also one of Bruce Lee's original students), covered straight lead development.

The JKD workshops were certainly action packed, and drew crowds across a variety of disciplines.

4. Uniting JKD Communities

Shortly after Bruce Lee passed, JKD went undercover. The reason for this was because Bruce Lee asked Dan Inosanto to promise not to teach JKD commercially. The reason being because Bruce Lee believed, "If knowledge is power, then why pass is out indiscriminately". Bruce Lee worked extremely hard to develop JKD, that he did not want his foes to use it for the wrong reasons or against him. It was at this time that Dan Inosanto took JKD into a private group which became known as Dan's infamous back yard group, and it was here that the who's who of JKD were born. Dan Inosanto eventually closed down this group to pursue his own interests.

JKD eventually split into two main branches, which became labeled as "Original JKD" versus "JKD Concept". Over time, this created a faction in the JKD community, and it became a case of our JKD is better than yours, and a confused public perception of JKD. Not only was JKD way above most peoples heads, this added another spanner in the works.

Bruce Lee himself quoted "in reaction to the other's truth, another martial artist, or possibly a dissatisfied disciple, organized an opposite approach. Soon this faction also became a large organization, with its own laws and patterns. A rivalry began, with each style claiming to possess the "truth" to the exclusion of all other" in reference to other styles and systems. Ironically, we are in the same predicament within the JKD community right now, and this is exactly the opposite to what JKD stands for.

So what is "Original JKD" and "JKD Concepts"? Funnily enough the term "JKD Concept" was created by Dan Inosanto inadvertently. After Bruce Lee's untimely death, Dan Inosanto was in big demand to teach JKD seminars across the globe (as he is today), and since he promised Bruce Lee that he would not teach JKD commercially, he started to teach Filipino martial arts. However, Dan Inosanto's hosts often advertised the seminars as Bruce Lee's JKD to attract students, and would often ask Dan to share some of Bruce Lee's teachings of JKD at these events. Dan Inosanto would explain that he cannot really teach JKD because it is personal, and on that basis he could share with them some of the "concepts". And there it is, the term "JKD Concepts" was coined.

Secondly, since Dan Inosanto promised Bruce Lee not to teach using the JKD name, and since his instructors did not make that promise to Bruce Lee, Dan Inosanto permitted his instructors to use the term "JKD Concepts".

The term "Original JKD" arose as a reaction to the rise of "JKD Concepts", and often being referred to as the physical techniques Bruce Lee practised and taught between 1967 and 1973. Chris Kent (original member of Dan Inosanto's back yard group) quotes that the public perception of "Original JKD" versus "JKD Concepts", is that "Original JKD is what Bruce Lee was doing up until he died, and JKD Concepts is whatever Dan Inosanto and his people happen to be doing at the moment".

Chris Kent goes on to explain the issue as, "A problem that many Original JKD people have with the term "JKD Concepts" is that they feel that some Concepts people now use it as nothing more than an "umbrella" term to cover whatever martial art styles they practice or teach. If you ask them what they're doing, they'll tell you, "JKD Concepts" - But if you ask them to explain exactly what concept it is that they're doing, they can't. They just keep telling you, "It's JKD Concepts!" The problem that many Concepts people have with using the term "Original" lies in the fact that since the founder of the art has passed away, it becomes very difficult to pin down exactly what could or should be classified as "original". What does the term "original" relate to? Are they talking about actual physical techniques, philosophical understanding, proper mental attitude, or what?"

The bottom line is, you need to understand what Bruce Lee was trying to achieve. JKD groups like Tim Tackett's Wednesday Night Group have spent over 30

years doing exactly this, and their mission statement sums it all up, "The purpose of this group is to preserve and promote Bruce Lee's art of Jeet Kune Do, to help define and teach the core curriculum, not to confine us but to liberate us, and to discover our personal expression of Bruce's art". So there is still hope that the real truth about JKD does exist out there, and can be sought if you go to the right places.

So it's no surprise that one of the objectives for the UK JKD Summit was to breakdown some of these barriers, and re-unite JKD groups across the Original and Concept schools of thought, with a common mission to share our passion for Bruce Lee's art and philosophy of JKD.

One such group was headed by Terry Valler, JKD instructor under Neil McCloud, Ralph Jones and Michael Wright. He bought along eight open-minded and friendly students to participate in both Ian Mudie and my JKD workshops. For an instructor to put on the student hat shows open-mindedness, humbleness and humility, and Bruce Lee would have been proud. Terry's teacup was definitely empty. It is these exacting qualities that would help re-build the disbanded JKD communities. We can only hope that we will see more JKD groups follow suit, and rebuild the broken JKD family that was once. I'm sure that's what Bruce Lee would have wanted.

5. The Bottom Line

It has been quite a journey so far, and we're not done yet. There's a lot of work to do to perpetuate Bruce Lee's JKD legacy. To dispel the misconceptions, we need to keep spreading the right word about Bruce Lee's art and philosophy of JKD, before it becomes totally misunderstood and dies out. We can amplify this effect by JKD groups aligning themselves with this common purpose, and entrusting the next generation of JKD Instructors to keep Bruce Lee's Spirit ALIVE for generations to come!

Walk On!
Lak Loi - Urban Martial Arts London
URL: www.jkdlondon.com

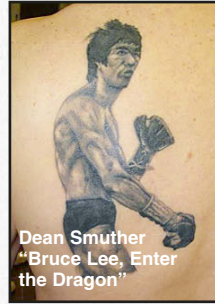




Luke Huntley "Bruce Lee's, A Finger Pointing"



Luke Huntley "A Finger Pointing" Close Up



Dean Smuther "Bruce Lee, Enter the Dragon"

Bruce Lee Tattoo: Just to recap Shannon was inspired to learn of a Yankee Base ball player having a Bruce Lee Tattoo, and in the belief (after a freak accident) it actually saved his career by him channelling Bruce's energy!?!?!?

Above are some of Combat readers own Bruce Lee Tattoo's:

Keep Blasting until next time
Kwoklyn Wan

Kwoklyn Wan is a Certified Instructor under Tim Tackett and is the WNG European Representative. Kwoklyn is also on WNG Board of Directors

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BRUCE LEE & JKD NEWS

Filmmakers cast Hong Kong singer as Bruce Lee

HONG KONG - Filmmakers have cast a rising star from Hong Kong to play Bruce Lee in an upcoming biopic that focuses on the late kung fu icon's youth.

Aarif Lee rose to fame by playing a high school track star in the recent hit "Echoes of the Rainbow," a nostalgic look at 1960s Hong Kong. The 23-year-old was a physics major at London's Imperial College.

The actor bowed to a statue of Bruce Lee on Hong Kong's waterfront at a press conference. He said he was preparing by watching Lee's films and practicing the wing chun fighting style he learned as a teenager in Hong Kong.

"Bruce Lee: My Brother's Story" is funded by a consortium of studios from Hong Kong and mainland China. It is scheduled to start shooting in June 2010.

JKD Summit launches at "The Martial Arts Show" NEC Birmingham

May 21st and 22nd saw the launch of "The Martial Arts Show" at the NEC (Birmingham), bringing to life the very first UK Jeet Kune Do Summit.

Instructors were invited to teach at the show and showcase their own unique take on Jeet Kune Do. The aim was to try and cover all of the different development periods of Jeet Kune Do between 1965 to 1973. I for one would have jumped at the chance to experience teachings from Instructors who have different pieces of the JKD Jigsaw puzzle. We invited 4 Instructors who although all teach Jeet Kune Do have very different backgrounds, Lak Loi (representing Kwoklyn Wan & Tim Tackett), Andy Gibney (representing Richard Bustillo), Ian Mudie (representing Dave Carnell & Cass Magda) and Sardara Singh Khalsa (representing Jerry Poteet). The summit was a great success and I shall be ensuring that at next year's T-MAS Live (NEC) that the summit is bigger, better and brings the JKD community together.

