



BRUCE'S JEET KUNE DO

CLAIMING VICTORY AFTER an exhausting battle against Wong Jack Man in 1965, Bruce was questioning the martial arts methods he had trained in for years. He felt constricted by tradition, which led to his decision to research different fighting methods and create his own form of kung fu called Jeet Kune Do. "You must be shapeless, formless, like water," Bruce said in his book *Tao of Jeet Kune Do*. The basis of the Jeet Kune Do emblem is the circular yin-yang symbol, which represents the opposites of life. Bruce added arrows around the yin-yang to emphasize movement and the constant changing of aggressiveness and passiveness in a fight. The Chinese characters roughly translate to "Using no way as way, having no limitation as limitation."



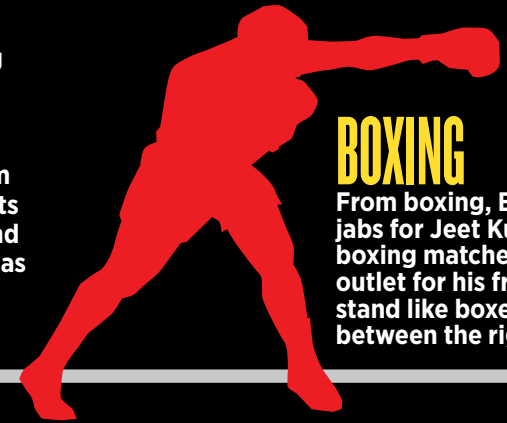
WING CHUN

Although Bruce tossed aside years of training in Wing Chun after his bout with Wong Jack Man, he still kept Wing Chun's concept of relaxation, as well as the mental battle that occurs between opponents. The martial arts legend still agreed that the body should not be tense during a fight, but focused. When he trained his students, he taught them the exercise of Wing Chun's "sticking hands" and the centerline concept, where the body is divided vertically from head to groin. Students learn how to attack and defend using this line as a guide.



FENCING

Bruce was particularly fascinated by fencing and compared attacking with fists to a foil (sword). "Before attacking an opponent who fences with an absence of touch, false attacks or feints can be used to draw his reaction," Bruce observed. One of Jeet Kune Do's fundamental moves, the stop-hit, which has the user strike an opponent who is about to launch his or her own attack, comes from foil fencing.



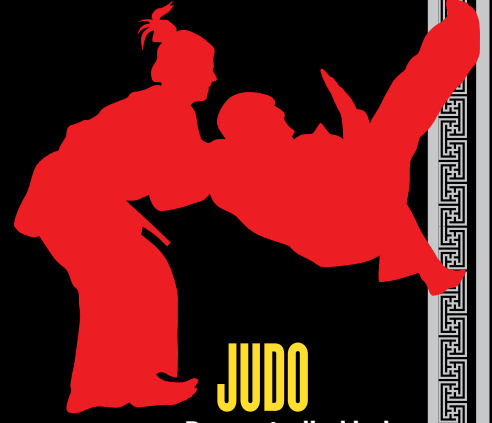
BOXING

From boxing, Bruce adopted the fast, hard punches and jabs for Jeet Kune Do. The legend himself competed in boxing matches in Hong Kong during high school as an outlet for his frustrations. Jeet Kune Do practitioners also stand like boxers, with their weight equally distributed between the right and left feet.



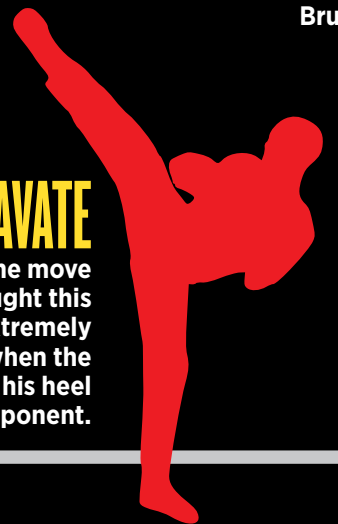
DANCING

Bruce employed some concepts from dance into his new form of kung fu. "In coordinated, graceful and efficient movement, the opposing muscles must be able to relax and lengthen readily and easily," Bruce suggested. He also believed that fighting should have its own rhythm, an influence from his teenage years. His experience learning and teaching the Cha-Cha helped improve his footwork and balance.



JUDO

Bruce studied judo along with different forms of wrestling. He admired the quickness of judo practitioners and the full-body contact associated with judo matches. Some of Bruce's first students trained in judo before taking up lessons with him, including Taky Kimura, who would later go on to be one of Bruce's three certified instructors.



SAVATE

The Jeet Kune Do founder was particularly interested in one move from French boxing called the purring kick. Bruce thought this kick was the "quickest" and "most powerful," making it extremely difficult for an adversary to avoid. The purring kick is when the fighter kicks straight up, so his leg is parallel to his waist and his heel makes contact with his opponent.