

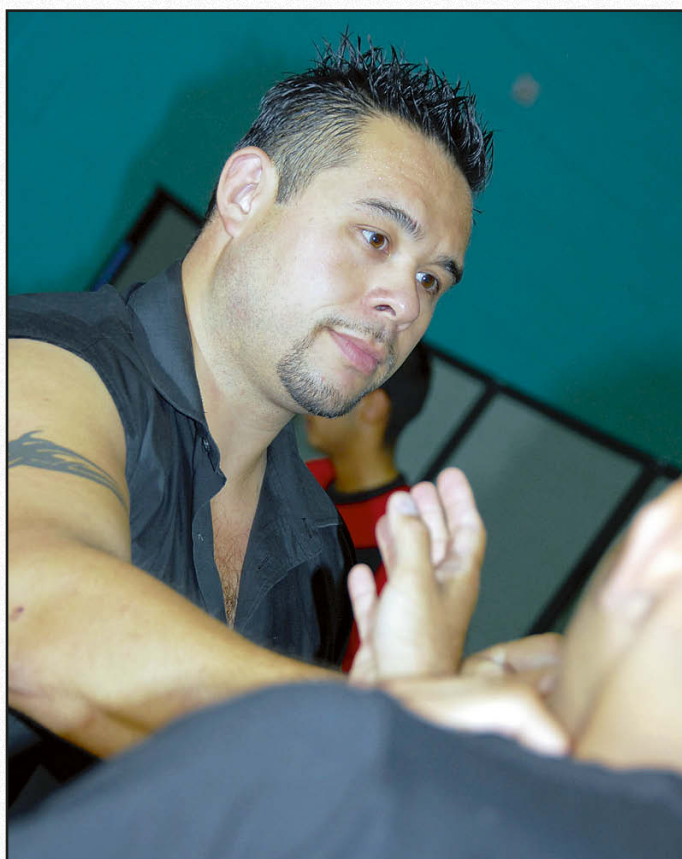
JKD FOR ALL...

With Kwoklyn Wan

Making JKD Work?

After years of training and research, my teacher the Legendary Tim Tackett developed some basic drills to see if you have the understanding, foundation and ability (under pressure) to make JEET KUNE DO work.

Since Tim started his own group (The Wednesday Night Group) back in the mid 70's his whole approach to teaching is based on the key principles of a strong foundation and attribute training. I hear all the time people asking "Does Trapping Work?", "Which stance works best in JKD?" and "Does Jeet Kune Do differ to MMA?" I hope the following pages answer some of these questions.



I guess the first place to start is STRUCTURE or FOUNDATION of Jeet Kune Do, for you to label your style/art as JKD there are some basic rules;

1. Power Side Forwards
2. Well-balanced, relaxed and functional structure.
3. Primary focus on intercepting and non-telegraphic attacks.
4. Efficient Control of Distance

So where do we go once we have a JKD structure? We have the basic tools, Straight Lead, Rear Straight, Shin/Knee Side Kick, Step & Slide, Pendulum etc..... but "How do we make them work???"

We need to look at attribute training, attribute training is taking the key principals of our martial art and ensuring it does the job right. Let's take agility and the boxer's right cross, in the hands of Mike Tyson, the right cross is a devastating weapon, but let's take away his ability to move smoothly or efficiently and be coordinated. Tyson would never get close enough to use this awesome weapon.

Attribute training will help you take your basic foundation of tools and footwork and help you build them to become part of you.

ATTRIBUTES/ELEMENTS of Martial Arts

Agility - the ability to move with coordinated quickness.

Drill: One of the drills we use in the UK WNG is shadow boxing just using footwork to music. The idea is to move along with the music, not only on the beat of the music but in-between the beats. This can also be done with a partner maintaining the "Fighting Measure" (The distance between two opponents that requires you or your opponent to step in to striking range)

Balance - the ability to move with equilibrium. There are two types of balance Static & Dynamic.

Dynamic balance is by far the most important, without it you cannot generate power. Balance must always be inherently "alive" even when you appear stationary/static.

Drill: Using the Agility drill, we then have someone shouting NOW at random, as soon as you hear the command you must stop, whilst maintaining a well-balanced functional structure. We also do the drill so when you hear the command you must strike the pads with a pre set tool (i.e. the shin/knee side kick). We also do this mixing up defensive and offensive movements only this time if we are moving in time with the beats you must react with the beat.

Coordination - the harmonious actions of the various parts of a movement or a series of movements.

Drill: One of the drills Sifu Tim teaches which helps with Balance and Coordination is: Have your partner in a Bai Jong (On Guard) position but with their eyes closed, you the pad man then circles them, (a third party then shouts go) your partner then has to immediately find you and hit the pre set combination on the pads (i.e. Jab, Cross, Lead Hook). You could also do this mixing up the combinations with no pre set combos.

Flexibility - the physical means to perform the desired move by making sure that your muscles are stretched enough to do the move.

A lot of JKD'ers neglect their own flexibility. Why? Well I'm guessing it's because they heard this; Bruce was once quoted saying "I am as unlikely to punch you in the foot as I am to kick you in the head" so immediately they convince themselves that they don't need to stretch as they are never going to kick you that high.

The truth is, if Bruce had the opportunity to round

JKD Thoughts

To me there is no debate as to whether or not Bruce Lee was the coolest man to ever pick up a pair of nunchucks, or even punch anyone in the face (which puts him against such legendary face-punchers such as Harrison Ford and Bruce Willis). The man's accomplishments not only in martial arts, but also in philosophy and cultural advancement (he was the first Asian person to portray a leading Asian character in television or film), dwarf those of nearly any living media figure, and have firmly cemented his reputation as one of the leading folk heroes of the Twentieth Century. His legacy will live on with the great icons and leaders, James Dean, Marilyn Monroe, Martin Luther King and Kennedy!

kick you in the head, he would! When training in America my good friend and WNG Instructor Vince Raimondi always has us working on kicking and flexibility. One year whilst in a restaurant in Kansas we had kicked so much during that day that my hamstring cramped and I ended up kicking Vince in mid spasm!

Now rather than giving you a bunch of stretches to perform try Googling "Flexibility Training for Martial Arts". There are loads of great sites to choose from.

Grace - the beauty of form and motion.

Before, during and after any movement in JKD there should be an effortless continuity, a flow. It should appear seamless as one technique flows into another, it should not look jittery.

Drill: The best way to practice grace is to move and keep it fluid. Practice piecing combinations together concentrating on flow, weight shift and balance. Keep in mind the natural why the body moves, core rotation, forwards and backwards, and circular movements.



Muscular Endurance - the ability to keep doing the necessary techniques and movements as long as necessary.

Bruce was once asked "Sifu how do I train to hit as hard as you?" Bruce replied "Pick any drill, let's say the lead hook/round kick. Now for the next 15 minutes kick that bag as hard, and as fast as you can. If you can do this for 15 minutes you will be able to kick as hard as me"

Drill: Well I'm guessing you get the idea, pick a drill (i.e. Lead Hook Punch) now starting at 5 minutes with perfect form, balance, coordination, grace punch that bag as hard, and as fast as you can. When you feel that you're hitting the bag with same amount as power from minute 1 to minute 5 add one minute and so on.

Power - the ability to hit hard enough to do the job.

This is one of those attributes you need a training partner. You'll need someone watching your form. Some things to look out for whilst trying to generate awesome power; Weight Shift is the weight moving to early, are

you landing the shot when the weight has already moved? Core rotation, are you rotating into the shot? Hip alignment; is your hip in line with your shot? Footwork, has your foot landed to early or too late?

Reaction - the ability to react instantly in the correct manner to an attack or an opening in your opponents defence.

This is one of those attributes that takes time to perfect, hours upon hours sparring and coming up with as many drills as you can to get you to react that millisecond faster. We have hundreds of drills based around this one attribute, when building your own drills look at Attacking, Offensive and Defensive drills.

Drill: Facing your partner in an on guard position at the fighting measure, partner steps in with a very wide lead hook as soon as you see their movement burst in with a straight lead, thus interrupting the delivery of your partners attack.

Rhythm - the ability to recognize the rhythm of your movements and that of your opponents so you can better control the rhythm of the fight.

To understand rhythm you need to create rhythm, then once created you need to break rhythm.

When two opponents fight in cadence (rhythmic flow of movement) of one another you'll find very little happens, but once the rhythm is broken then we start to see shots landing.

Drill: Bruce had set patterns he would use when training rhythm;

1. 1, 2, 3 (Rhythmic Flow)
2. 1 2, 3 (fast fast, slow)
3. 1, 2 3 (slow, fast fast)
4. 1 - 2 (Rhythmic Flow)
5. O, N, E - 2 (Delayed 1, 2)
6. - 1, 2 (Very Fast 1 "full speed, full power but no depth", 2)
7. + 1, 2 (Extra deep in depth 1, 2)

Speed - the ability to react quickly and the ability to move fast enough to avoid an attack or to score on your opponent.

Speed can be trained in many ways, Perceptual, Mental, Initiation, Mechanical, Interruption, Retraction and Recovery.

When fighting, martial artists must constantly sense and respond to various stimuli. Mastering the ability to perceive the subtleties in an opponent's movements, is he attacking, retreating, punching or kicking? Simply seeing the opponent's movements is not enough. You must learn to hear, feel and smell the opponent's intentions.

Perception speed is defined as the time it takes you to mentally register the opponent's intentions once you first sense his offensive or defensive stimulus. To increase your speed of perception, it is important to maintain an attitude of "emptiness," or what Bruce Lee called "no-mindedness." You must learn not to concentrate too much on details. Look at nothing, but sense everything. According to Lee, "A concentrated mind is not an attentive mind, but a mind that is in the state of awareness can concentrate. Awareness is never exclusive, it includes everything. A mind must be wide open to function freely in thought."

This Month's Bruce Lee facts!

The very name Bruce Lee reminds us of a well built muscular martial arts hero with lightning-fast hands, and devastating kicks. Not only was he a Hollywood movie star but Bruce had accomplished many things in his very short life. Here are just a few Bruce Lee facts thanks to www.google.com

1. At the age of 18 Bruce won a major Cha-Cha dancing championship.
2. During High school in America Bruce became the High School Boxing Champion.
3. Bruce wasn't full Chinese he was also part German.
4. Bruce attended the University of Washington, where he majored in philosophy with focus on the philosophical principles of martial art techniques.
5. Bruce supported himself in college by teaching martial arts. Later, Bruce dropped out of college to open his own martial arts school.
6. In 1964, Bruce was invited to a karate championship in Long Beach, California. There he performed his famous "One Inch Punch," where he would deliver a devastating blow from only an inch away, sending his opponent flying back!

In 1964 the Chinese community got Wong Jack Man (A Chinese Martial Arts Instructor) to challenge Bruce because he was teaching the Caucasians martial arts. After the fight (which Bruce won in around 3 minutes) he sat with his head in hands and was extremely upset with his performance in the fight.

Bruce felt that he had become very winded in the fight; and that his physical condition wasn't good enough and had let him down. Bruce felt his classical martial arts training had not served him well during the battle, and he was no longer fluid and couldn't get the job done quickly enough.

At this point he decided to do away with his traditional training and let it "die". As a symbol he asked George Lee to make him something as a reminder. George created a miniature Grave Stone with the words etched on "In memory of a once fluid man crammed and distorted by the classical mess" Thanks to this silly phrase the birth of Jeet Kune Do was born.

JKD NEWS

Dear JKD'ers,

Chris Kent is widely acknowledged as one of the world's foremost authorities on Jeet Kune Do, and has gained international recognition for his knowledge and leadership in perpetuating the art, training methods, and philosophy developed by the legendary Bruce Lee.

Dan Inosanto's last student (and youngest) to be accepted into his Legendary Backyard Group, Sifu Chris Kent, is coming to the UK (from the USA) for his first UK Tour in over 10 Years!

"Yes Chris was here last year in Stoke and then a couple Months later in Leicester, but you could hardly call that a TOUR!"

Sifu Chris Kent joined Dan Inosanto's legendary backyard group at the young age of 17. Dan Inosanto was Bruce Lee's closest friend & confidante, and ran the LA Chinatown School until the untimely death of Bruce in 1973.

The Legendary Sifu Chris Kent has featured extensively in the Original JKD Textbooks written by Dan Inosanto back in the 70's, and co-authored numerous JKD Textbooks with The Living Legend Tim Tackett.

We are very fortunate to present Sifu Chris Kent in his first UK JKD Tour in 10 years!

PLACES ARE LIMITED, so to avoid disappointment, BOOK NOW!!!

Seminar: Bruce Lee's Jeet Kune Do with Chris Kent

Dates:

- * LONDON Saturday 26th & Sunday 27th June 2010
- * CORNWALL Monday 28th & Tuesday 29th June 2010
- * (To Be Confirmed) Wednesday 30th June 2010
- * MANCHESTER Thursday 1st & Friday 2nd July 2010
- * LEICESTER Saturday 3rd & Sunday 4th July 2010

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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!?!?!?

Shannon said "It started me thinking that I would like to see some of the tattoos of my Dad that are out there. Maybe we will do a contest for the best Bruce Lee tattoo". So all you UK Bruce Lee fans if you have a Tattoo of Bruce Lee, send me a picture via Email, I'll print some in the JKD column and will personally forward them to the Bruce Lee estate. Email me your pictures to kwoklynwan@yahoo.co.uk

As we write the column a couple of months in advance, here are some I have found via the World Wide Web.



Bruce Lee Competition

Make sure you pick up next month's copy for your chance to win some Bruce Lee goodies supplied by Mr Wai Man at www.onesixthbruce.co.uk

Mental speed is the time it takes to mentally register and select the appropriate action.

Initiation speed is the time it takes to initiate the action you chose.

Mechanical speed, (the easiest speed to train) is the ability to move the body as fast as you can to score or defend.

Interruption speed is the ability to be able to adapt to the interruption of one technique and flow.

Retraction speed is the time it takes for you to begin to recover your balance/centre or limb after your movement.

Recovery speed is the time taken to be balanced and ready to go again.

Other attributes you should include are; Skill, Strength, Timing, Fitness, & Knowledge. The drills I have included above are just examples; it is up to us as martial artists to come up with drills that can help build our own ATTRIBUTES in our martial art.

So going back to some questions we are asked as JKD practitioners "Does Trapping Work?" the answer is if I train all of my trapping, incorporating all of the above attributes then YES.

"Which stance works best in JKD?" The basic structure for the ON GUARD position is power side forwards, feet approximately shoulder width apart in a Heel, Toe alignment. Weight balance is around 50/50. Now as an individual student in JKD make it yours, you may need to widen the stance, you might want slightly more weight on the rear foot (I would not recommend to much weight on the lead). Then work through the attributes above and make it WORK!

"Does Jeet Kune Do differ to MMA?" As a JKD'er do I train to hit someone as hard as physically possible in the pretence of knocking them out? Yes, as do MMA Fighters. Would I submit my opponent with a rear naked choke or arm bar? NO but I would try and snap the neck or arm if given that situation. So to ask me, I'd



say YES MMA does differ from JKD, In MMA the athletes train within set rules and regulations where as JKD there are NO such rules.

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

For further details on workshops, seminars and regular training please contact Kwoklyn Wan on:

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