



Q&A Jeet Kune Do

Fighting Fit's John Dennen talks to Lak Loi about Bruce Lee's combat philosophy and finds out that it's based around stand-up street fighting, effective moves focused on speed and power, and simplicity and directness.

Would you say it's a forerunner of MMA?

You can't take the best bits of a Ferrari and the best bits of a Porsche and put them together to create a hypercar. The parts weren't designed to work together. In terms of Bruce studying different martial arts, their structures don't work together. The Jeet Kune Do structure is one that is optimised for speed and mobility, while you're standing up.

Can JKD help combat sportsmen?

Absolutely yes, because it is predominately a set of principles and philosophies. If you can develop your techniques within the principles and philosophies then you will make what you have more effective as a fighter.

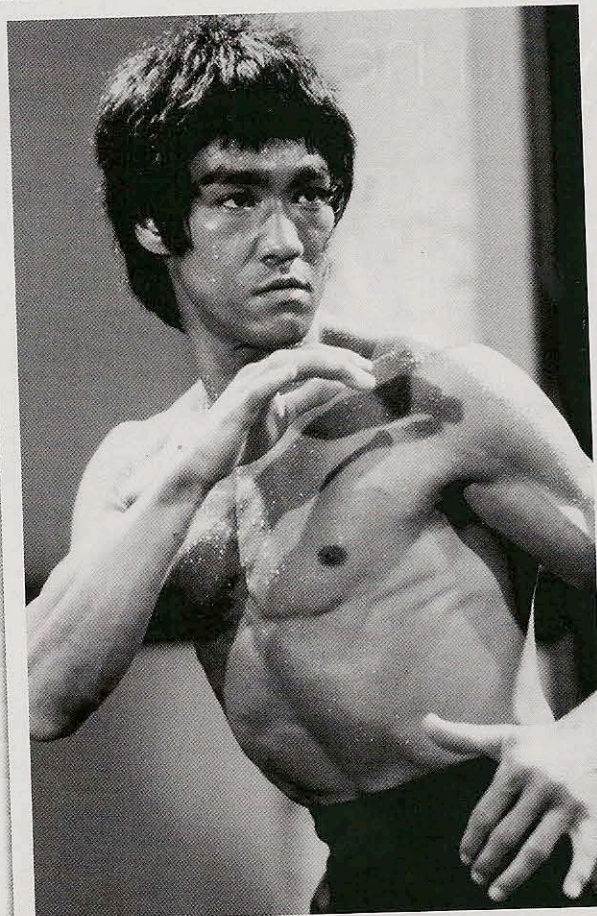
Are there JKD competitions or do JKD practioners fight in other combat sports?

Pure JKD cannot be used in the ring. But Jeet Kune Do is a thinker's art. There's a lot of techniques that can be applied in competition fighting to give you an edge. There are a couple of UFC fighters and some other cagefighters that are studying Jeet Kune Do to give them an advantage and it is working in their favour.

What would be your top training tip?

Keep it simple, keep it direct and keep it non-classical. If it's fussy, then it is fussy, it's going to take too long for you to do what you've got to do.

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THE PANEL

Is James Toney v Randy Couture a fight or a farce? And who will win?

ROSS PEARSON UFC FIGHTER

A fight's a fight.

James Toney was a great fighter. But I think he's going to struggle with Randy's style. When you're having an MMA fight, you're not boxing against a boxer. It's just so different. You don't want to see guys who were legends a few years ago just get beat up.



JACKIE KALLEN TONEY'S FORMER MANAGER

If he takes him down, James is going to have a lot of trouble getting back up again. If James is able to get in there with his shots he could take him out. Both the guys are a little bit older now and I think it's more a curiosity than it is an actual intense competition.



MARSHALL ZELAZNIK UFC UK DIVISION PRESIDENT

I'm not so sure that the very skills which make James Toney so special in the squared circle - the shoulder rolls, the parrying, the bending at the knees and slipping shots by a matter of inches - won't just play into the hands of a wrestler like Randy. Toney can knock Randy out, no question, but I think Randy is too smart to give him that chance.



WAD ALAMEDDINE MMA FIGHTER MANAGER

I definitely think this fight should be happening, to me a farce is a fight like Butterbean vs Genki Sudo. This fight is nothing like that. Both guys are a similar weight, both are skilled and respected in their own sport and own right. I'm actually leaning towards a James Toney victory in the first round.



Big Fight Diary

Four key fights to look out for in July

3

**UFC 116
BROCK LESNAR V
SHANE CARWIN**
MGM Grand, Las Vegas
The return of the champ, the mighty Brock Lesnar is back and out to prove that he's the top big man in the UFC.

Buzz Rating ■■■■■

5

K1 MAX FINAL 16
Yoyogi National Stadium, Japan.
The world's premiere elimination tournament for under 70kg fighters, featuring last year's champion Yuichiro Nagashima and former two-time champ Buakaw Por Pramuk.

Buzz Rating ■■■■

10

DREAM 15
Saitama Super Arena, Japan
The start of a light-heavyweight grand prix, Shinya Aoki v Tatsuya Kawajiri, plus Alistair Overeem.

Buzz Rating ■■■

31

JUAN MANUEL MARQUEZ V JUAN DIAZ WBO and WBA lightweight titles
Mandalay Bay, Las Vegas
The great Marquez, makes a welcome return to lightweight, taking on former foe Diaz. Let's hope it lives up to their first encounter.

Buzz Rating ■■■■■