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MARTIAL ARTS

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This month's Jun Fan Journal starts a three month series of reviews and interviews with authors of new books on Bruce Lee and Jun Fan/Jeet Kune Do. We first take an in-depth look at a new Bruce Lee inspired book which is designed to strengthen your mind as well as your body from JKD instructor Lak Loki, the book is *Master Your Mind* and I have conducted a lengthy interview with Lak to see what drove him to write it and what he thinks its worth is to the reader.

We then look at several other

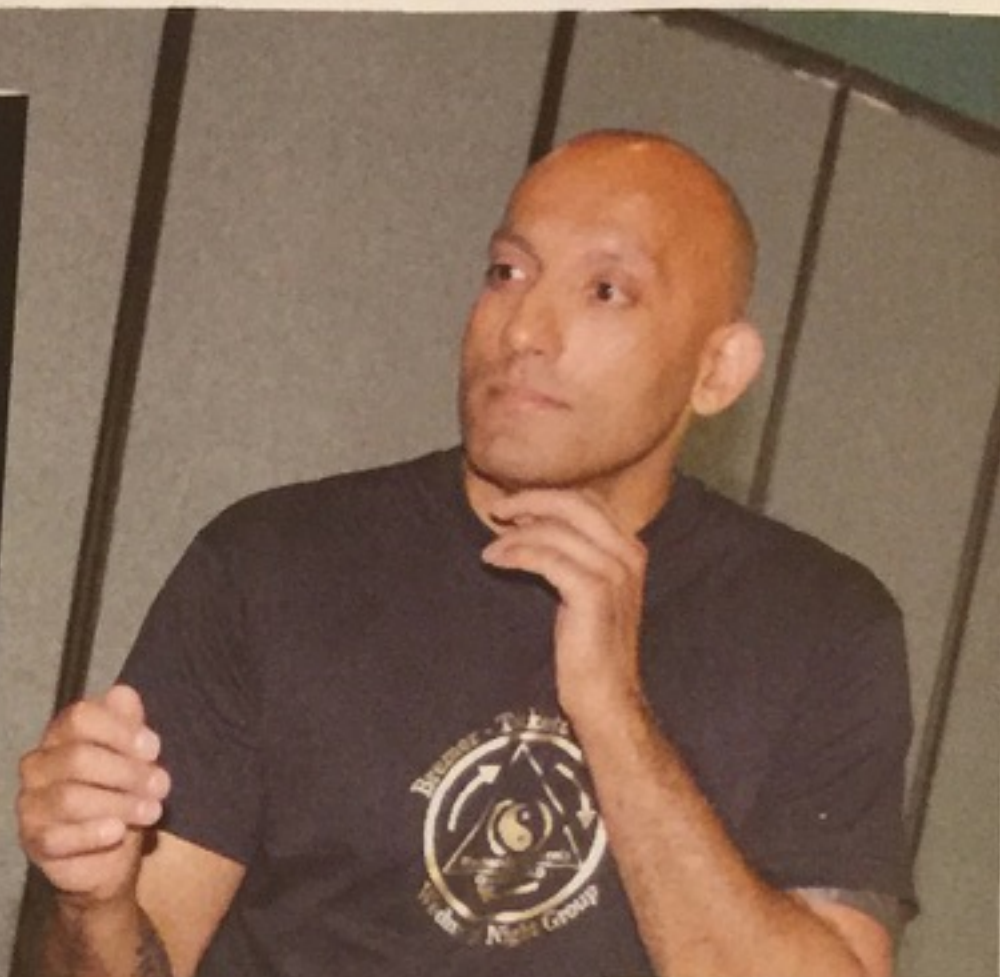
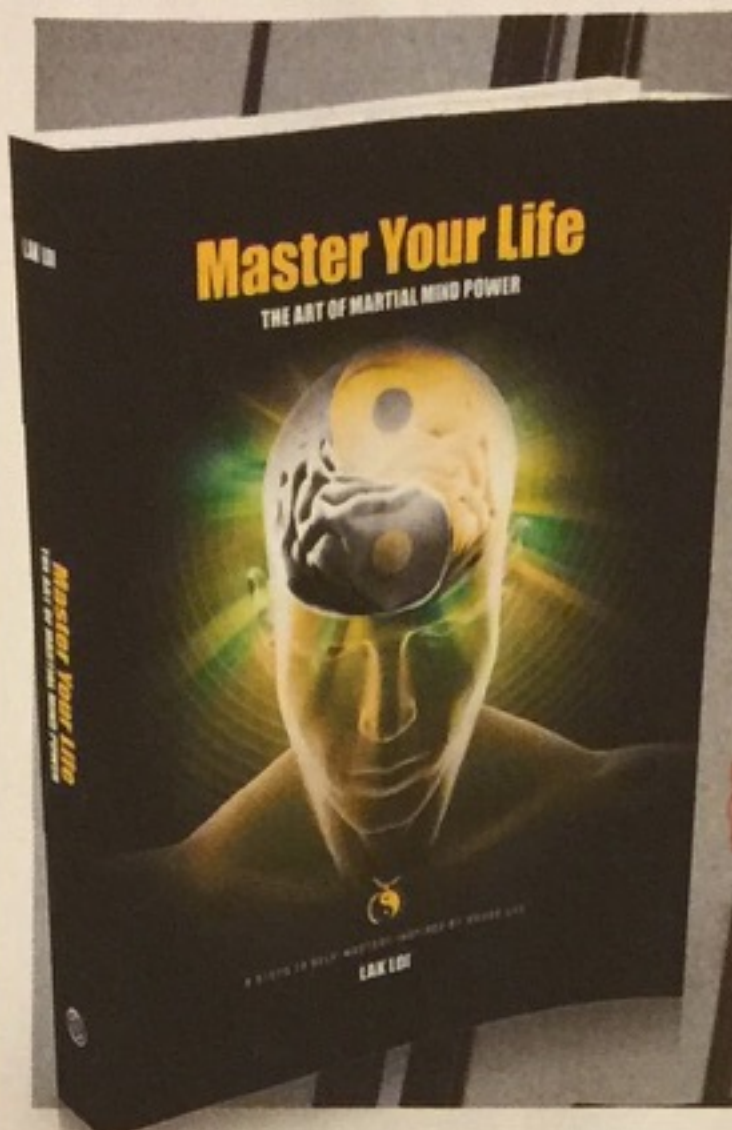


books that have been available on the Amazon market place for about a year and at a request of our readers give you an insight into their content.

It was sad news that the comic *Bruce Lee: The Dragon Rises* will finish on issue 4 but on a collectable side there is a very nice issue 3 collector cover only available from www.brucelee.com so get yours while you still can. Do not miss next month's issue or the one following for some really interesting interviews in the Jun Fan Journal.

So until next time...

May it be well with you
Andrew Staton
& Kieran Clarkin



SIFU LAK ASKS YOU TO 'EMPTY YOUR MIND'

"Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend."

- Bruce Lee

Sifu Lak Loi has just finished a new Bruce Lee inspired JKD book called *Master Your Life*. Lak uses Bruce's teachings to cultivate people mentally and physically, delivered via a series of exciting physical and philosophical classes, experiences, workshops and on-line courses. His main mission is to preserve and promote Bruce Lee's art and philosophy of Jeet Kune Do, to help define and teach the core curriculum, not to confine us but to liberate students, and to discover their own personal expression of Bruce's art and philosophy.

Like all JKD instructors they must use their knowledge to let their students grow in such a way that they can accept knowledge without limiting themselves on growth or being bound by technique or style. Lak has seen this freedom in releasing the mind from day to day restraints and passes on his passion by inspiring, educating and empowering his students so that they can live life to its true potential (consisting of peace, poise, pleasure, prosperity, purpose and passion), and aligning themselves towards personal liberation, self-actualization and achieving their personal goals. This was what Bruce Lee's main



aim was. Jeet Kune Do is just a name do not bother with it, it is the individual and limitless growth that is the true expression of life. Lak is a perfect signpost towards this direction and this book is one of his signposts. I was able to track down Lak for an in-depth interview on why and how this book came into being and how helpful he thinks it will be.

Andrew Staton: Tell me about yourself and how you first got involved in martial arts?

Lak Loi: I am a true White Collar Warrior. I have been a City and Wall Street consultant since 1997, and currently work in the City of London as a Senior Consultant. I spend my evenings practising and teaching Bruce Lee's martial art and philosophy of Jeet Kune Do ('The Way of the Intercepting Fist'). I have a direct lineage to





Bruce Lee himself, being a third generation instructor in Jeet Kune Do, certified under the famous Wednesday Night Group under the living legend, Sifu Tim Tackett, and his European director, Kwoklyn Wan.

What drew you to teach Bruce Lee's style of Jeet Kune Do?

Just before my first child was born, I had a compelling urge to get back into martial arts. There was something inside me that was trying to get out, and I kept on feeling an indomitable sense that I had to pursue Bruce Lee's martial art. Back in the day before Google had any information on Bruce Lee and his martial art and philosophy of Jeet Kune Do, and the fact that I did not even know Bruce Lee left a martial philosophy called JKD behind, this was a challenge. It just happened that whilst I was consulting in Manhattan for a client in mid-town, I popped into a local health club, being an avid gym goer, I walked past the studio whilst making my way to the gym floor and I noticed in the corner of my eye the words 'Learn Bruce Lee's Martial Art'. The rest is history.

In what way do you feel the practise of martial arts can help a student with personal development?

As Bruce Lee famously quoted:
'As you think, so shall you become.'
Therefore, to become what you dream of requires the ability to master your mind and body, so that your physiology and mind allow yourself to think the thoughts which are aligned towards your end desires.

Gandhi summed it up beautifully when he described the process of becoming as:

'Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.'

Self-mastery therefore is a process of cultivating your mind and body by looking within, only then to express outwardly your true essence with a certain aliveness and fluidity that allows you to get on top of your game, control your own life and soar to success.

In Bruce's own words:

'You are the commander of your mind.'

I've always been buffeted by circumstances because I thought of myself as a human being [affected by] outside conditioning. Now I realise that I am the power that commands the feeling of my mind and from which circumstances grow. To achieve this, this will take a lot of practise, and when tackled using a martial mind-set and motion, it is what I call The Art of Martial Mind Power. The *Master Your Life* book will help you to improve everything.

Tell me about your experiences running a school in London?

My experience of running a martial arts school and guiding people has taught me... If you walk the martial path in accordance with the guidelines given, you will come to know a great deal of truth about yourself, discover how to rid yourself of many hang-ups and encumbrances that have held you back from making use of your full potential, and come to realise what it is you want to be. Each direction is a path of true initiation, not the kind that confines you to a group, club, school, style, method, system or cult, or shackles you with rules and regulations, doctrines and dogmas devised by others, but one that admits you into the reality of your 'self' by your self. Unlike many philosophical teachers, religious teachers, spiritual guides and gurus, the true martial arts teacher seeks no followers. A wise man once told me: 'Never try to follow me, look up to me, or bow down to me. You have asked me to be your guide, and this I will be because you asked from your heart. As a guide I will be a friend and we can share discoveries. But this is your path and you are on it to discover your own truth and to be empowered in your own 'medicine' and only you can find it and be responsible.'

When we parted after several days together, he looked in my eyes and repeated advice I had been given earlier: 'Walk your talk, my brother. Walk your talk.'

Walking the martial way can never just be verbal adherence to a set of beliefs. Martial art is a way of doing, a way of being and a way of becoming.

Tell me about your new book.

'Move your body, move your mind, move to your success.' That's my way of saying that my book *Master Your Life* is a unique, motivational literary experience for readers, inspired by the teachings of Bruce Lee. In my book I help you to tap into your ultimate potential, align yourself towards your personal liberation and self-actualisation, achieve personal success and connect to your authentic higher self and nature.

I have taken the reader on a nine-stage self-mastery journey, focusing on a different area of development in each chapter. I use the secrets of the martial arts to help you live a life of excellence - by cultivating not only your body, but also your mind. I call this Martial Mind Power. This exciting expedition will help you create a state of aliveness and fluidity that allows you to get on top of your game, control your own life and soar to success.



As Bruce Lee said:

'Self conquest is the greatest of victories. Mighty is he who conquers himself.'

Who is this book for?

This book is for the non-martial artist as much as it is for the martial artist. Whether you are a Bruce Lee fan, a martial philosopher or simply a martial arts and action movie buff. If you love martial arts and action movies, and have been endeared by the likes of Bruce Lee, Jackie Chan, Sammo Hung, Bolo Yeung, Steven Seagal, Jean-Claude Van Damme, Cynthia Rothrock, Jet Li, Chuck Norris, Donnie Yen, Tony Jaa, Michelle Yeoh, and many more amazing martial arts actors and actresses on the big screen, or if you love practising martial arts and have focused mainly on physical cultivation rather than mental cultivation using the secret martial philosophies that are seldom taught, and have not learned how to apply them to your life, then this book is for you.

Many believe that 'Kung Fu' just refers to Chinese martial arts and combative styles, systems, methods and so on. This is INCORRECT! The meaning of 'Kung Fu' or 'Gung Fu' is: 'To develop expertise or excellence in skills and abilities, through hard work and practice over time.'

This means any martial artist like a Judoka,

Jun Fan Journal

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Karateka, Jitsuka, Aikidoka, Boxer, Wrestler, etc. or even a non-martial artist like a Doctor, Dentist, Cook, Painter, Plumber, etc, can cultivate Kung Fu. The idea of *Master Your Life* is to help all people like you to cultivate their own excellence, so they too can live a life of excellence.

What inspired you to write it?

Bruce Lee said, 'Life is your teacher, and you are in a constant state of learning.' When life serves you pain and suffering, the big idea is to take the insights from that experience so that you can discover your gift. Once you have realised your gift then you have an obligation to share it, to replace other's pain with pleasure. So here it is in the form of my book.

What is next for you? Are there any other ambitions you want to achieve?

My main mission is simply to share this message to create a positive change in people's lives and Mother Earth.

What advice do you have for anybody starting their own journey in the martial arts?

In Bruce's own words, 'Knowing is not enough, one must apply. Willing is not enough, one must do'. So just go out there and DO IT.



How does the book work?

Master Your Life is an experiential learning process, so you have to ENGAGE with it and DO IT to experience it and become it. It is the first ever programme to cleverly combine:

1. Martial arts motion
2. Martial art philosophy
3. State-of-the-art personal development techniques

I hope to create a unique and easy way to re-programme the way you think so you can be a better version of your-self.

The book is split into nine key chapters, each relating to a definitive step of the self-mastery process. Each stage has a belt colour associated with it, making it easier for you to track your progression.

In each chapter, I pose a number of Do-It-Yourself Interactive Challenges so you get a first-hand experience of the teachings by



means of questions, exercises and drills - both mental and physical. These interactive challenges are scattered throughout the book, and are to be carried out in one of three ways, explained within the 'activity boxes' and they are either:

- Think - to be completed on your own.
- Pair - to be completed with a partner.
- Share - to be completed in small groups with family, friends or colleagues.

In some of the group interactive challenges, there is an appointed Leader that directs the rest of the group through the exercise to get the best results, and often the person who is at the centre of the exercise is nominated as 'it', being the key person going through the learning experience like in a children's game of 'tag'.

Anyone can take part in these challenges, even without any prior martial arts experience. All that I ask is for you to keep an open mind for the possibility to tap into your infinite potential, and give 100 percent of yourself for the best results. As I like to say:

'The more you put in, the more you will get out!'

What if the book does not work?

Have you ever heard the saying, 'If you do the same thing, you get the same outcome.' Well to create a different outcome, you have to do something different now. You change your attitude, when you:

- Want to create a different outcome
- Want a different experience
- Want to become a better person
- Want a different life

A life which is designed to allow you to: 'Do what you love, and love what you do.' The buck starts and stops with you. When you

start to take responsibility for your own life your journey of self-mastery starts.

Can any martial arts school use this book?

Bruce Lee famously stated:

'I have not invented a 'new style', composite, modified or otherwise that is set within distinct form as apart from 'this' method or 'that' method. On the contrary, I hope to free my followers from clinging to styles, patterns, or moulds.'

In keeping with Lee's philosophy, I have used a 'Style of No Style' to connect with all and every martial artist and human being. The book is based on what I call 'Universal Principles and Philosophies' which I have identified as the commonalities between all styles, systems and methods, to throw away boundaries and bring together martial artists and people interested in martial philosophy to help them grow and prosper.

I believe that this is what Bruce would have wanted, and I have tried to stay true to this virtue. In Bruce's own words:

'When one has reached maturity in the art, one will have a formless form. It is like ice dissolving in water. When one has no form, one can be all forms; when one has no style, he can fit in with any style.'

When and where can readers pick up a copy of your book?

The *Master Your Life* book will be available in all major high street bookstores and online retailers such as Rowan Vale books www.rowanvalebooks.com/store and <https://www.amazon.co.uk/> at the end of August. To pre-order your book checkout www.MartialMindPower.com for more information.

THE LAST OF THE FOUR MUSKETEERS

ALLEN JOE'S LIFE AND FRIENDSHIP WITH BRUCE LEE

BY ALLEN JOE (AUTHOR), SVETLANA KIM (CONTRIBUTOR) AND DMITRI BOBKOV (CONTRIBUTOR)

In this book, Allen Joe tells an extraordinary personal story of his family, true love, triumph, heartbreaks, and his best friends. Here is the true story told with enormous honesty, keen insight, passion, and essence of the human life.

Allen takes us inside his family in Oakland's Chinatown before World War II and shares his experience of war and meeting his best friend, Bruce Lee. When Bruce and Linda were married in 1964, they moved to Oakland and lived with James Lee, his wife, and two children. As you read the story of Allen's life, you will learn how Allen's long-time friendship with James led to a meeting with Bruce in Seattle during the World's Fair in 1962. Bruce spoke with Allen at length, but when the topic turned to Gung Fu, he recalls that Bruce became very relaxed and really opened up. During the course of the initial meeting, Bruce asked Allen to show him some of his techniques. "I did a form and suddenly Bruce reached in and Lop-sao me all over the place," he recalls. Later Bruce met James Yimm Lee who was in Allen's words 'very impressed'. Allen had a grocery store and after Bruce moved to Oakland, Allen and James tried to help him out financially. After moving to Los Angeles, every time Bruce came to Oakland, James Lee would call Allen and say "Hey, the Master's here!" This meant

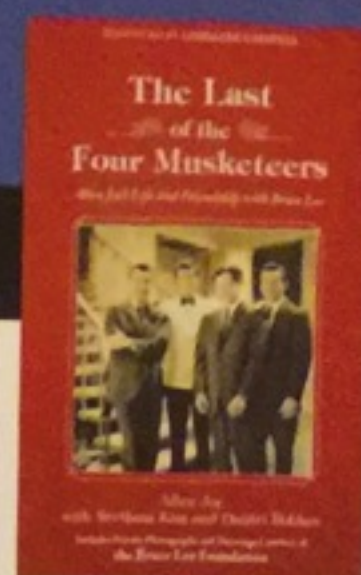
that Allen had to go pick up Bruce from the airport. Allen says, "You can never forget Bruce once you have met him." Indeed, he still carries a picture of Bruce in his wallet.

As a reader, you will enter Bruce Lee's world and get to know James, Bruce, Allen, and George, the Four Musketeers.

Linda, Bruce Lee's widow, says, "I know Allen's story will help people better understand Bruce Lee's story - the story of achieving excellence against all odds. That is what this book is about."

"There are certain friends of my father I have gotten to know throughout my life that hold their friendship with my father in such a place of pure love. Their radiance blesses me every time I see them. Uncle Allen is one such friend. Thank you, Allen, for being such a bright light in my life." - Shannon Lee, Bruce Lee's daughter and Chairman of the Bruce Lee Foundation

"Allen Joe's story reveals how, when faced with long odds of success, persistently cultivating physical strength and mental strength enables us to overcome enormous odds. The bonds of friendship between Allen Joe and Bruce Lee offer every reader a powerful philosophy of living, innovating, and thriving." - Sarah Miller Caldicott,



great-grandniece of Thomas Edison; author of *Midnight Lunch* and *Innovate like Edison*.

Allen Joe was the first Asian American to win the title of Mr. Northern California Bodybuilding Champion in 1946. He was one of Bruce Lee's closest friends and inspired Bruce to build up his body through proper training. Allen is a role model for the young martial artists, demonstrating not only physical skills but also the values of friendship, respect, and hard work. Allen has continued to love and support Bruce's family over the decades since Bruce passed away. At ninety-two years old, Allen still lifts weights and stays in good shape.

After serving in World War II, Allen married his high school sweetheart, Annie, and they have been together for sixty-nine years. Today, Allen serves on the board of the Bruce Lee Foundation. He is esteemed as an ambassador for the preservation of the legacy of his old friend Bruce. He also moderates an online network for dialysis patients.

Dmitri Bobkov lives in the San Francisco Bay Area.

This great book is 110 pages and paint a picture of Bruce Lee in the Oakland years published by Balboa Press and available from www.brucelee.com and www.amazon.co.uk

SPELLBINDING WORDS OF THE DRAGON: BRUCE LEE QUOTES FOR EVERYONE - BY G. SREECHINTH

To the man in the street Bruce Lee is an icon, the figure head of all martial arts and fighting in the movies. What is less known about him is his passion for Chinese

philosophy. This book reveals the depth of his passion and shares it with the world. Bruce reflected philosophy in the way he talked and expressed himself and also in his movies, the TV shows he appeared in and in the books he

wrote. The 'Be water my friend', from the *Longstreet* TV series with James Franciscos and 'A Finger pointing a way to the Moon',

from *Enter the Dragon* are just a few of the famous quotes he shared with the world.

This book is a compiled collection of his famous quotes from various genres and topics, which cover motivational thoughts, martial arts self-disciplines, self-development inspiration and then goes on to give his most precious quotes on spiritualization, love, compassion, learning and hard work.

With more than a hundred quotes the reader will experience the mind-set of a martial arts and free thinking master and through the quotes get to understand his philosophical wisdom we sample his thought patterns and what drove him to be a scholar and influential icon in the world today. His words will give empowerment to readers to go forward and explore their own potentials.

The book was released on 25 Aug 2015; it has 80 pages and was published by Create Space Independent Publishing Platform

■ ANDREW J. STATON

ABOUT THE AUTHOR...



ANDREW J. STATON

Jun Fan Journal author Andrew J. Staton has been involved with the Bruce Lee phenomena since 1974. He was a major organiser of 'The Bruce and Brandon Lee Association' which closed a few years ago. He has run many Bruce Lee conventions with guests Van Williams and Jonn T. Benn to name a few. The associate producer of *Bruce Lee Martial Arts Master* he has worked on many other TV and film documentaries including *Bruce Lee A Warrior's Journey*. He's editor of all MAI Bruce and Brandon Lee supplements featured in MAI including *Bruce Lee: The Man the Legend* and *Jeet Kune Do: What's in A Name* with the late Dave Carnell. Andrew has trained in Shotokan Karate, Aikido, Wing Chun and Jeet Kune Do. He is married and has one son.