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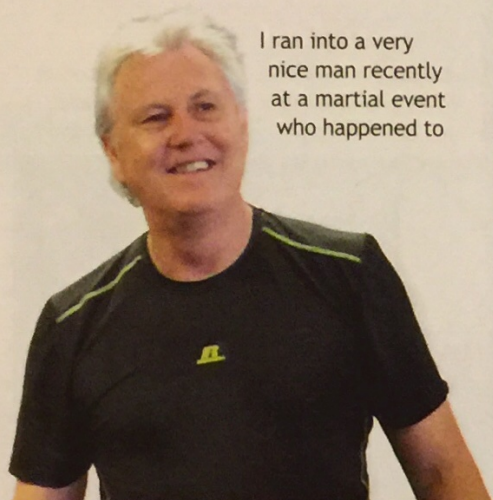
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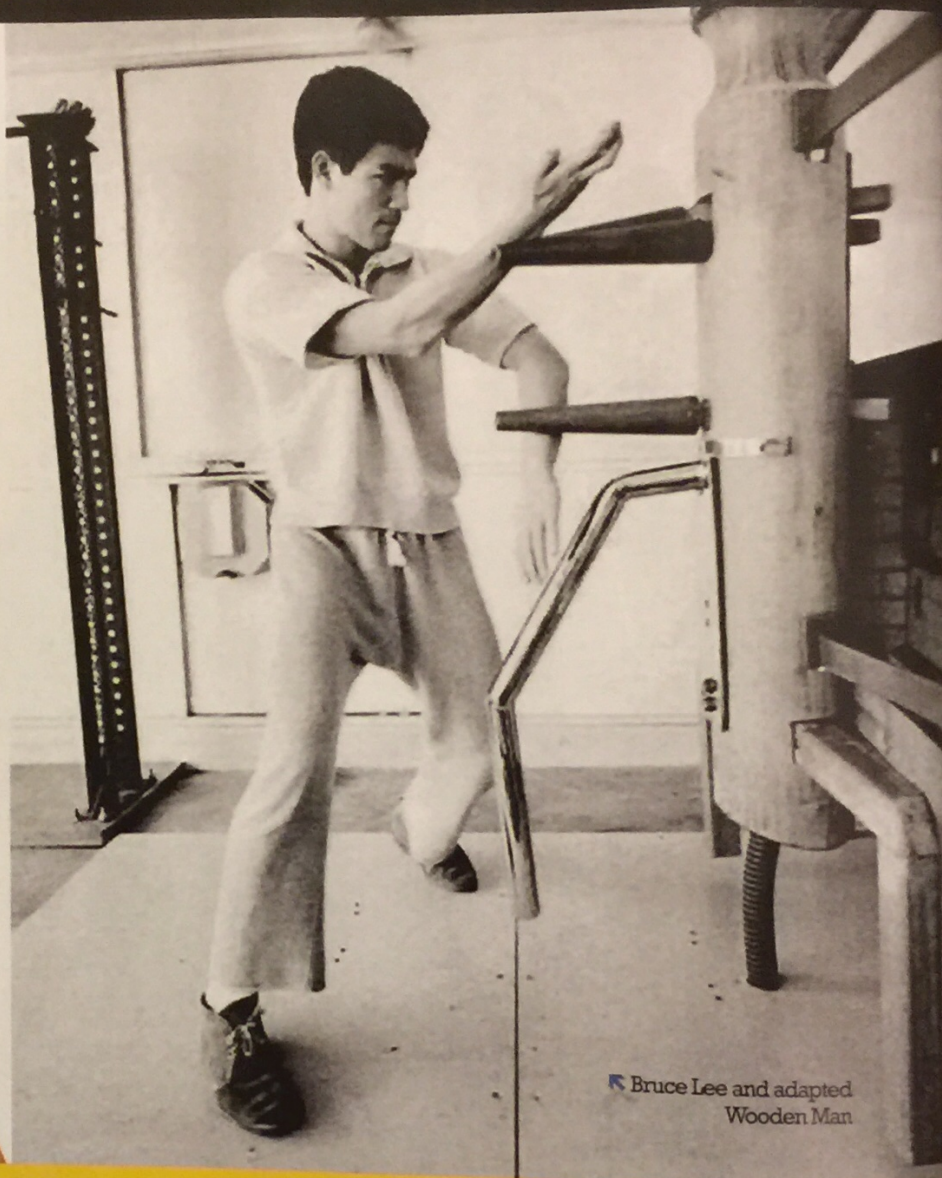
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There have been numerous comments floating around on the internet in the past several years concerning Jeet Kune Do and its relationship to Wing Chun Gung Fu. Perhaps you've seen them, perhaps you haven't. I'd like to discuss two such comments that I strongly feel need to be addressed.

The first is that some Wing Chun practitioners have implied (some directly, others indirectly) that JKD is a synonym for, or mere variation of, Wing Chun Gung Fu. The second is that Bruce Lee never learned the complete Wing Chun system, and that if he did, he would never have developed JKD. The first is merely incorrect, the second is ludicrous.



I ran into a very nice man recently at a martial event who happened to



Bruce Lee and adapted Wooden Man

JEET KUNE DO AND WING CHUN ...NOT THE SAME THING - BY CHRIS KENT

be a practitioner and teacher of Wing Chun. During our conversation he kept adamantly saying that, "Wing Chun and Jeet Kune Do, they're the same thing..." I realized that it would take much more time than I had to discuss with him the reasons why they were not, so I smiled politely and allowed him to continue on.

The fact is, that from the time Lee arrived in Seattle, he began to modify his classical Wing Chun method. He began to adjust the stances, angles and positions of his Wing Chun techniques, also adding longer-range kicking techniques from some of the northern Gung Fu styles. Why? No one can say for certain. It may have had something to do with the fact that in the U.S. he found himself dealing with opponents who were often bigger and stronger than he had dealt with in Hong Kong. Over time, Lee discarded many 'core' elements of Wing Chun methodology as well as absorbing different

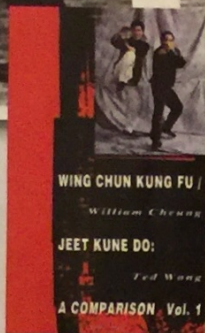
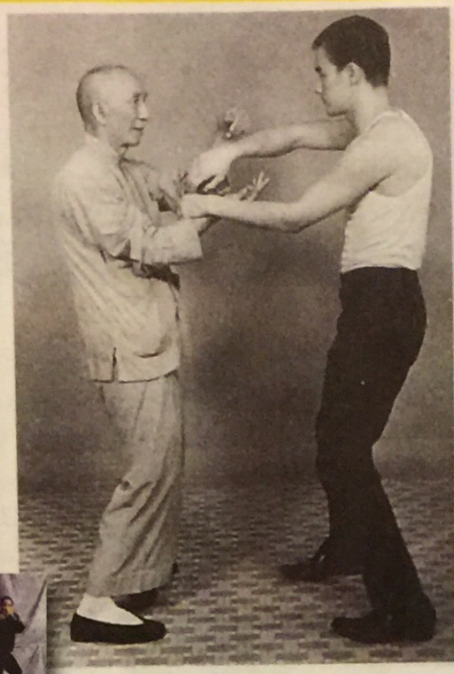
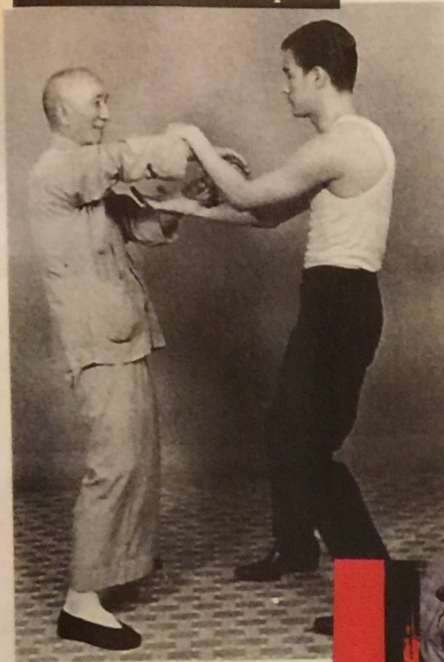
Yip Man and Bruce Lee



techniques and principles from other combative arts both Eastern and Western, developing his own training methods and philosophy that formed a massive breach between Wing Chun and Jeet Kune Do.

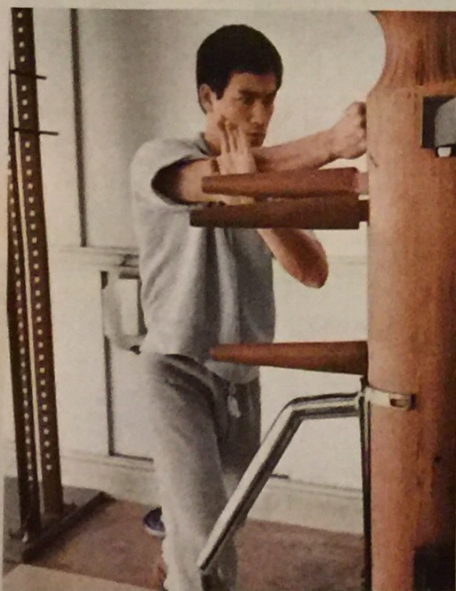
In the book *Wing Chun Gung Fu/Jeet Kune Do - A Comparison* (Vol. 1) which is co-authored by William Cheung (WCGF) and Ted Wong (JKD), under the section *Origins of Jeet Kune Do* one can read the following: "Wing Chun does indeed form the foundation of Jeet Kune Do in concept, but not in character. There are many Wing Chun principles in JKD which were taken completely unaltered or were modified: economy of motion, directness, simultaneous attack and defence, non-opposition of force, the centreline, and the four corners. But Bruce also added many new dimensions to his system. His fighting method eventually diverged so far from Wing Chun he renamed it Jeet Kune Do."

■ Bruce Lee workout with Yip Man



When I was training in the JKD class in Sifu Dan Inosanto's backyard and the Filipino Kali Academy he often used to tell us, "Remember, while JKD possesses the elements of hand immobilization and tactile awareness, you are not a Wing Chun person." (In the same way he used to tell us, "JKD has the element of boxing in it, but you are not a boxer.")

What about those individuals who put forth the notion that if Bruce Lee had really



learned the entire Wing Chun Gung Fu system he would not have developed (or needed to develop) Jeet Kune Do? Really? What do they base this idea upon? Obviously it couldn't

be based upon an understanding of Bruce Lee's mind-set or his personality. Bruce Lee came to the realization that while Wing Chun was a great art, it still represented only a piece of totality of combat (especially following his fight with Wong Jak Man in Oakland.

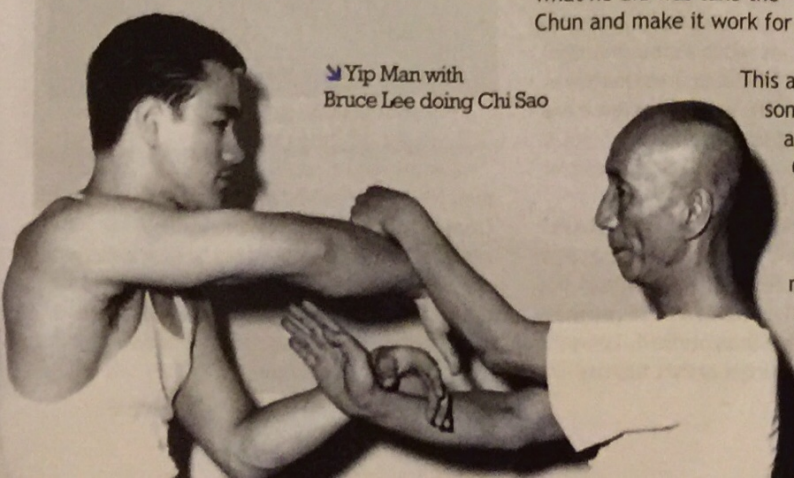
I put it down to an interesting phenomenon in the martial art world that comes around every so often. I call it 'Bruce Lee-Bashing' because that is exactly what it is - an attempt made by certain individuals to belittle Bruce Lee's achievements in martial arts, for whatever reason or reasons they may have. I guess if I felt so inclined I could respond by reversing things and say that if the people making such comments had been fully trained in JKD and truly understood what JKD is really all about, they would



know exactly why Lee went the direction he did.

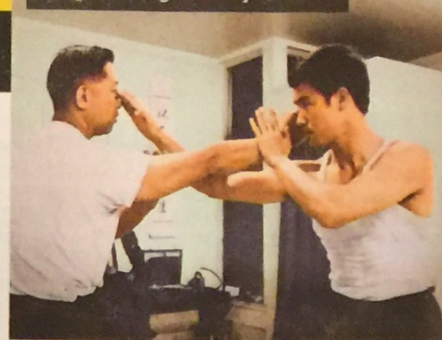
In an interview on one of his training videos, Dan Inosanto makes the following comment concerning Bruce and Wing Chun, "Bruce never learned the complete system, but what he did was take the 'essence' of Wing Chun and make it work for you."

■ Yip Man with Bruce Lee doing Chi Sao



This article is not some form of attack against the Wing Chun system (although I'm sure that some of those individuals making the comments I have discussed may take it as such).

■ Dan Lee and Bruce Lee doing adapted Wing Chun Eye Strike

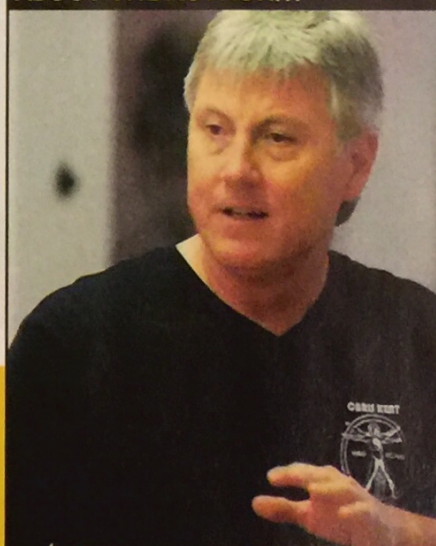


Through my years training with Sifu Inosanto I had the opportunity to meet and train with a number of excellent Wing Chun teachers. And I have great respect for the art. Rather it is an indictment of those individuals (both within the Wing Chun system and elsewhere) who attempt to distort the truth and attempt to manipulate it to fit their own agenda and support their own actions.

I'm not saying that Jeet Kune Do is better than Wing Chun, nor is Wing Chun better than Jeet Kune Do. What I am saying is that JKD is not Wing Chun, and Wing Chun is not JKD. Each is an entity unto itself.

■ CHRIS KENT

ABOUT THE AUTHOR...



CHRIS KENT

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

He has authored 3 of the highest rated books on Jeet Kune Do: *The Encyclopaedia of Jeet Kune Do*, *Jeet Kune Do - The Textbook*, and *Jeet Kune Do Kickboxing*. In addition, he has written for numerous martial art publications both nationally and internationally including *Inside Kung Fu*, *Black Belt*, *Martial Art Masters*, *Budo International*, *Combat and Martial Arts Illustrated*. Chris is married with a daughter and lives in Boise, Idaho, U.S.A.

For further information on Chris please go to: <http://www.ckjkd.com/>

This month we look at the final chapter in the release of Andy Gibney's book *Punching Above My Height* which was rounded off at a celebratory meal after dinner speech and book launch, with Grandmaster Richard Bustillo being guest of honour. All who attended had a great time, from here we inform you of yet another Bruce Lee philosophical and self-help book from Elvis Costello's base guitarist and Bruce Lee biographer Bruce Thomas. This is his fourth Bruce Lee book and takes the Lee legend in yet another direction.

As you may have noticed from the M.A.I. website we have an exclusive offer on the Bruce Lee Estate endorsed *Bruce Lee Forever* magazine which is primarily down to the sterling work of Bruce Lee historian Steve Kerridge. Here we have a run-down on what stage this great magazine is at, how to get our exclusive offer and where to get the mags on a regular basis.

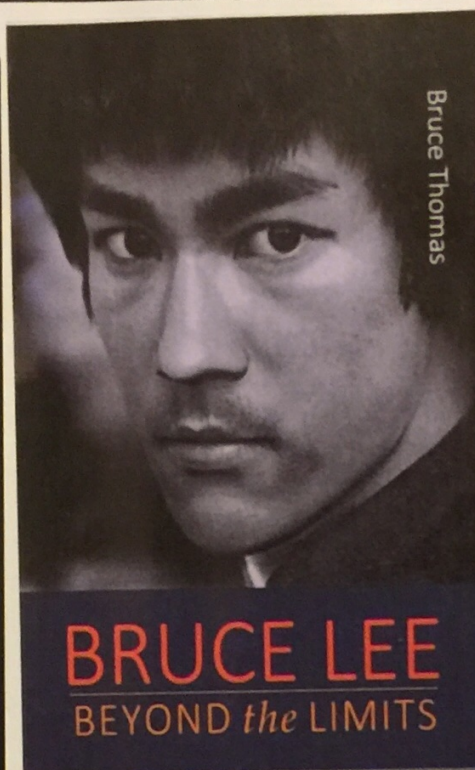
We have some great news about a new Green Hornet movie. Maybe it will have more luck getting the Bruce Lee image right than *Birth of the Dragon*.

Finally, Kieran and I are trying hand our at social media, we are not saying we are going to get it right but sometimes we find out about things and need to let the Jeet Kune Do and Bruce Lee communities know what is going on so you do not miss something be it media or events, as a lot can happen in a month. We also want you to share new and relevant news that we may miss. So if you wish to join us be our guest and we hope to hear from you soon on Facebook page:- <https://www.facebook.com/junfanjournalu.k/> Eventually I will be making available old Jeet Kune Do and Bruce Lee memorabilia to buy as eBay prices are ridiculous and I want fans to buy things at a reasonable not extortionate price. The site became active on the 27th of November 2016 to celebrate Bruce Lee's Birthday,

Next month do not miss our tribute to Jim (*Black Belt Jones*) Kelly and his thoughts on Bruce Lee!

So more news next time with new features.

May it be well with you,
Andrew J. Staton and Kieran Clarkin



BRUCE THOMAS'S FOURTH BOOK ON BRUCE LEE BRUCE LEE: BEYOND THE LIMITS... HIS TEACHING FOR LIFE

Bruce Thomas is best known as bassist for the Attractions; the band formed in 1977 to back Elvis Costello in concert and on record. He has written a book about these times called *Rough Notes* which is both an autobiography and cultural history, covering his entire career in music it includes many of the events, some previously unknown, about his twenty years (on and off) as an Attraction.

Before he penned this and with some advice from his friend Bey Logan he wrote *Bruce Lee Fighting Spirit* which is his best-selling book and widely recognized in layman's eyes as a great biography about the martial arts star Bruce Lee. The original book took four years of research in the UK, US, Australia and China, drawing from over 1500 sources. It's currently in its third completely revised and rewritten version, which took a further year.

Bruce Thomas was introduced to martial arts by the late master Derek Jones and trained with him for several years in Body, Mind and Spirit Martial Art, at the west London school. Derek himself was taught by men who trained alongside Bruce Lee in Hong Kong, in the Wing Chun style of Kung Fu and just as Bruce Lee went on to evolve his own martial art, so Derek Jones' BMS grew from the same roots.

Once Bruce Lee did two simple drawings of himself to illustrate the two sides of his life and work. In the first, he pictured himself as a square-jawed action hero, looking as he would at the height of his fame as the world's supreme martial arts movie star and

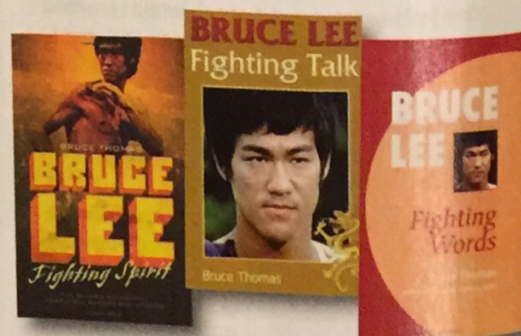
most-recognized face on the planet, in the second, he pictured himself as a Taoist sage a wise teacher. Thomas's first biographical book *Fighting Spirit* told the story of the 'first' Bruce Lee and his rise to stardom and his great achievements as a trailblazing martial artist.

This fourth book from Thomas on Bruce called *Beyond the Limits* reveals the 'second' Bruce Lee by using his own words to prove beyond doubt that he wasn't simply teaching a fighting method, or promoting his worldly ambitions, but presenting a revolutionary means of self-transformation.

Beyond the Limits uses Bruce Lee's own words to reveal that his ambitions were far greater than achieving fame and fortune as a movie star, or creating a revolutionary new fighting method. Behind everything he did was an understanding that can lead any of us to our fullest potential and greatest

possibilities and into what he himself called 'a circle without limits'. Bruce Lee's art and teaching is an authentic 'way' that embraces both Chinese wisdom and quantum physics as well as being fifty years ahead of its time by foreseeing the discoveries of cutting-edge sciences like epigenetics and neuroplasticity.

This book really does go far beyond the limits of anything that's ever been presented on Bruce Lee's life and work. Packed full of

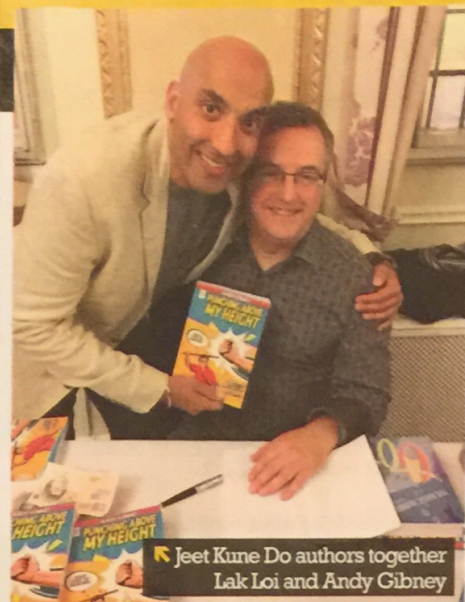


inspiring new insights into what motivated his whole life, it explains his true legacy and greatness. You will see Bruce Lee in a whole new light.

Through 196 self-published pages Thomas covers things that John Little did in the early 2000 but makes it an easier read for the man in the street to understand. It is suggested that if you read this book you may then want to move onto the John Little library published by Tuttle to get a deeper insight into where this book is going. It was released on the 26th October and is available from Amazon.



Andrew Staton with his friend Richard Bustillo



Jeet Kune Do authors together
Lak Loi and Andy Gibney

PUNCHING ABOVE MY HEIGHT

- THE FINAL CHAPTER

BY
ANDREW
STATON



Richard Bustillo in J.K.D. action



James Staton with Richard Bustillo

As many of you will know, one of the last Bruce Lee Jeet Kune Do students, Grandmaster Richard Bustillo, gives one seminar a year and this was held on the 12th - 13th November in Northamptonshire for Andy Gibney. The training event was limited to around 100 people, it was a special event as not only was it a rare and interesting seminar but a great platform for Andy to launch his new book *Punching Above My Height* at a fantastic Saturday evening dinner with Richard, which was held at the Hind Hotel, Wellingborough, again there were only 80 spaces available. There was a screening of old Jeet Kune Do demonstrations by Bruce Lee's original students during the meal followed by a great after dinner speech

given by Andy Gibney, mainly surrounding the reasons why he had written this new book. This was followed by a signing session of his new book. After this I gave a short talk about my life surrounding the works of Bruce Lee and how I am trying to set up a Jeet Kune Do conference to help perpetuate a true understanding of the art and raise some funds for Cancer Research, as a lot of the Jeet Kune Do instructors are dying from this dreadful disease, which included my friend and colleague Dave Carnell and affects other great luminaries such as Anthony Sean Pillage who is a real trooper and has survived to write a book, *Breaking Bob*. Looking magnificently well he also attended the event and showed his support for Richard and Andy, a true fighter in all sense of the

word, so watch this space as things hopefully materialise.

Finally, Richard gave a great speech and there was a Q&A with the audience which brought the house down. During the evening Richard and the rest of us circulated the audience and many pictures were taken as mementoes of the great evening. I was also pleased to see Jeet Kune Do instructor Lak Loi support Andy's event and several of Richard's instructors were there as well. I was also pleased that my son James got to meet Richard as he is the first original student of Bruce Lee that he has ever met, apart from Joe Lewis whom he met when he was much younger. It was a great tribute to Richard and Andy for hosting the event and I hope it is not too soon before Andy can get Richard over again so others may experience these terrific occasions.