

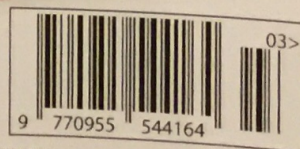
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This month we concentrate mainly on two things, first a full review of the latest Bruce Lee documentary to hit some of our TV screens, second a new journey for young and old, not just martial artists but those with a good interest in martial arts and an open mind, as Lak Loi brings to the UK a renowned JKD authority to conduct the first martial mind power workshop at the prestigious Knebworth House in May. This is a unique opportunity for a select amount of people to understand how to conquer your fears and help others too. We advise you keep an eye on this website for updates and other attractions that may be added to this event.

Other things in the world of Jeet Kune Do and Bruce Lee are building up as the 45th anniversary looms ever closer, so stay tuned to these pages for new updates very soon.

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



TOO YOUNG TO DIE - BRUCE LEE

This Bruce Lee documentary was the last of nine programmes in a series of one-hour biography shows called *Too Young To Die*. Other celebrities in the series featured Sharon Tate, Heath Ledger, River Phoenix and Judy Garland to name a few. Its first airing was at 9:00 pm on Sky Arts 1 on Thursday 8th December 2016. Although it claimed to take a look at the remarkable, enduring legacy of martial arts legend Bruce Lee, who died in Hong Kong at the young age of 32, reportedly due to a brain oedema, ultimately, it fell a little short.

This was the first documentary to be screened after the highly successful *I am Bruce Lee* made in conjunction with the Lee estate back in 2012 and has some interesting production features that we will look at later.

The film starts like every other Bruce Lee documentary out there. The first part telling where Bruce was born and grew up, this used old footage of San Francisco and Hong Kong and included clips from his early childhood films like *Kid Cheung*, and used photographs from his last teenage movie *The Orphan*.

Then we move on to Bruce's arrival in America and the birth of Jeet Kune Do. There are quite a few clips of Seattle but none of where he stayed or trained, mostly of the Space Needle and the Mono Rail.

The documentary is carried by eight talking heads, some of these well used others not

enough. The one who carries the most is our own Bruce Thomas of the well-known biography on Bruce called simple *Bruce Lee Fighting Spirit*. He fills in the life story of the 'Little Dragon' along with an English Narrator.

When you get to see the same talking heads you get the feeling that this documentary has been done on a very tight budget. Its redeeming feature are two people alone, Guru Dan Inosanto and Diana Lee Inosanto (Dan's daughter). Without these two people we could easily say this has to be a pretty poor show on Bruce, but Guru Dan turns up



Dan and Diana Inosanto

with the goods. Not only is he used a lot, there is one point where he expresses his true love for his friend and teacher and that captured on film is magic. Diana is also terrific, giving a woman's point of view and what it was like growing up with martial arts titans.

There is great tribute input given from the likes of Cynthia Rothrock and Benny 'The Jet' Urquidez who saw Bruce in action at a Karate tournament.



Too Young To Die

- the Bruce Lee biography was the last of nine



Longstreet



As the documentary progresses clips from the *Number One Son* screen-test are used along with clips from *The Green Hornet* and *Longstreet*.

Eventually the film goes over the same ground of Bruce moving back to Hong Kong and we move onto Bruce becoming a star with his first film *The Big Boss* and then going to have greater fame with *Fist of Fury*, *Way of the Dragon*, *Game of Death* and *Enter the Dragon*. There are a few short talking heads that are not long enough, one being Doug Palmer the other Guru Dan's famous Hollywood fight choreographer Jeff Imada. The other weird, fashionable one put in is some BMX professional, don't quite know why he was in it apart from he liked Bruce's quote of "Be Like Water."

There is very little on Bruce's death in this documentary and it winds up with the usual legacy tribute to Bruce from the talking heads and throughout the programme clips from films like *Kung Fu Panda* and *The Matrix* to show how influential Bruce has been in the movie industry.

This documentary could have been a real joy to watch, but a few things let it down especially in editing and research. Firstly, a clip from *Game of Death* with Tong Lung standing in for Bruce and fighting Bob Wall, this is labelled on the screen as *The Big Boss*, the scene had no real Bruce Lee content and it was label wrongly. Secondly the narrator says *The Big Boss* was written by Bruce Lee, wrong again, if he had said some of the fight scenes were arranged by Bruce Lee then we would be closer to the facts. Plus, we think that Bruce Lee's characteristic screams were added into *The Big Boss* many years later by Fortune Star to give this film a uniformity to his other movies, but they were not originally

there, they first turned up in *Fist Of Fury*. Finally, the fourth and final big mistake was that Chuck Norris, Jean Claude Van Damme and Jackie Chan were pall bearers at Bruce's Seattle funeral, somebody must have been dreaming this one up to give the scene more impact, more fool them. Chuck Norris was at the funeral but Van Damme and Jackie weren't even in the country, plus Van Damme was still in short pants.

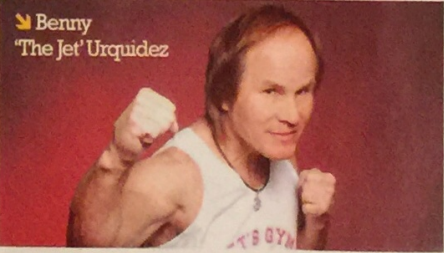
So a big lesson to be learnt here if you're going to make a documentary on a well known and loved icon, get your facts right and do not make stupid mistakes like these.

Apart for this there are a few interesting facts about this documentary production, firstly it was made in 2015 and it was a year before it was ever screened on TV in the UK. It was made by Broadview TV in conjunction with ZDF and Arte, all these companies are German and therefore Sky Art had picked this series up and had a new English narration added because its original narration was in German. This may explain some of the narration cock-ups. Finally, the director of this documentary was Annette Baumeister who was born in southern Germany. She studied contemporary history, economic history, social history and German literature at the universities of Augsburg, Grenoble and Munich. As a student, she worked in archives in France, America and Germany. After working as a freelance researcher on the ZDF retrospective *Hundert Jahre*, she completed a television traineeship at the German-American production company Story House Productions. Since 2003 she has worked as a freelance writer and director on numerous domestic and international productions. She is specialized in sensitive portraits, cultural and historical themes. In 2013/2014 she was admitted to the Masterclass Non-Fiction of

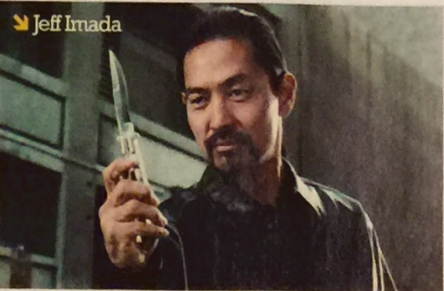
the Internationale Film School Cologne (ifs). Annette Baumeister lives and works in Los Angeles and Berlin. She not only directed the episode of *Too Young To Die* on Bruce Lee but also the one on Natalie Wood.



Benry "The Jet" Urquidez



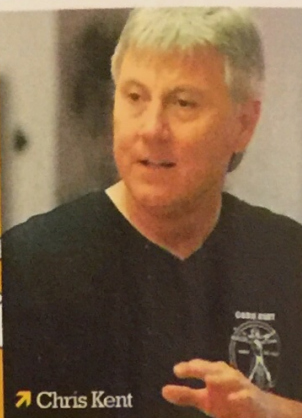
Jeff Imada



With this information you now get to see 'who, what and why' this documentary was made, so all in all its true redeeming feature is Guru Dan Inosanto. The sooner Diana makes a film or documentary on her Dad the better, this man is amazing, the man who made Jeet Kune Do come alive and available to the world deserves this tribute. As for the documentary it is same old same old, but Dan gives it that touch of magic which saves it from documentary doom.

Note: We would like to thank Kieran Clarkin, Jackie Dear, Ian Fryer and Carl Fox for informing and recording this show so that this review could be made.

If you will 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 FEARS, and encumbrances that hitherto have held you back from making use of your full potential, and come to realize what it is you want to be. Each direction is a path of true initiation, not the kind that confines you to a group,



panic and fear and don't know how to deal with it, freeze or act un-resourcefully when they sense fear, and to help those that may feel confused and do not understand why they feel scared or lose control when they experience fear and cannot see clearly.

The Storm Before the Calm

It is like a storm brewing over the lake. Eerie clouds began to collate over the lake, creating a gloomy and dark atmosphere, instilling fear and anxiety in you. You can taste the

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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 yourself. 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. It is a way of doing, a way of being and a way of becoming... it is self-mastery.

Most people do not realise, FEAR is as natural as hunger... it is a natural physiological response to a threat inducing an adrenal dump, a turbo injection of high octane energy in your bloodstream aiding you to FIGHT, FLIGHT (for self-preservation), or FREEZE (for those who do not understand fear itself). And just like the monk who curbs his hunger by fasting, fear can be mastered too. However, the secrets to conquer your fear and heal through the martial arts have been lost in the divorcing of the secret martial philosophies and their application to life to become whole, healed and happy... in pursuit of commerce, favouring only the physical element of martial arts to hurt in barbaric combat rather than to heal.

Bruce Lee understood these martial secrets all too well, and used them to overcome many of his own fears, adversities and obstacles to gain a state of mastery over his own body, mind and spirit, spreading mastery into his acting, his

martial art and philosophy, and his daily life. He is a testament to overcoming fear through his own process of Jeet Kune Do which he left behind, witnessed when:

■ Bruce recovered from being paralysed after a fitness routine went freakishly wrong which rendered him paralysed for 3 months and bed-ridden for almost 6 months. Told he would never be able to kick again by doctors, Bruce was adamant he would prove them wrong and come back kicking and punching stronger than ever before.

■ Bruce did not give up on his movie career, and his wonderful wife supported him whilst holding three jobs, so he could focus on cultivating his physique, martial abilities and acting skills. Bruce persevered with absolute belief he was going to make it, and acted 'as-if', even when the *Kung Fu* series he co-wrote was stolen unashamedly from beneath his nose.

■ Bruce was driven to be the best he could be, despite the naysayers and obstacles thrown in his way. He kept powering forwards like an unrelenting life force.

It is all too evident, Bruce Lee had massive martial mind power that gave him the indomitable warrior spirit that drove him towards his self-actualisation, by facing his fears head-on and his insatiable hunger to learn how to master his fears. Bruce went on to famously quote:

"To understand fear is the beginning of really seeing."

Sifu Lak Loi has uncovered these martial secrets and pioneered a radical new action-based personal development 9 Step 'Black-Belt Programme' to help you discover your own self-mastery. Be it in daily life or in combat, Waatah! will help those who feel anxiety,

electricity in the air, indicating that it is about to rain, and there is no shelter to protect you. Suddenly, a strike of lightning opens up the heavens, and the rain begins to pour fiercely, as the water droplets bounce off the lake's surface creating a layer of mist clouding your mind. Then — BA-BOOM! A frightening bolt of lightning comes crashing down on a tree in the far distance. The tree... still standing. The wind blows fiercely, causing you to close your eyes when the water hits your face with a cold shock like being punched. The rain runs down your face, you taste the crisp rainwater and your clothes drip wet. You started to feel colder and colder. The lake now looks like one big mud pool.

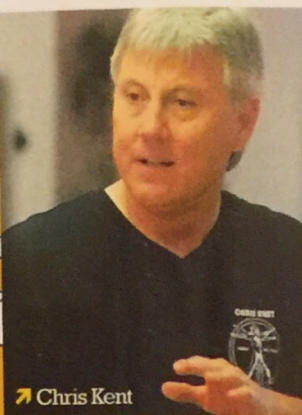
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Calm After the Storm

Over the muddled lake, almost as if by a miracle, the relentless rainstorm starts to slow down. As the clouds start to part the warm sun starts to streak through, melting the clouds away. The sun caresses your face with a soothing warming hug, making you feel safe and secure. As the clouds dissolve away into the beautiful blue skies and the winds die down, you can see clearly across the landscape. The lake starts to glisten as the sun reflects off it, and it is like you've discovered a million jewels. You can see the depths of the bottom of the deep clear blue lake clearly. You feel enveloped with an overwhelming feeling of harmony and happiness as you stand there in that moment



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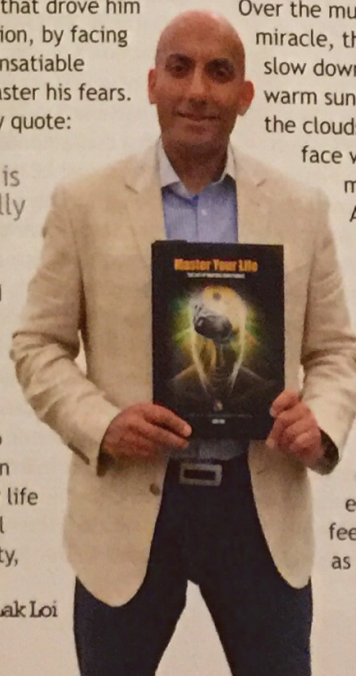
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in time, enjoying the present in nature with absolute clarity and calmness... the beginning of really seeing.

This physical and mental cultivation workshop is to be delivered using martial motion and philosophy by two acclaimed Jeet Kune Do martial artists and personal development coaches who will help lead you towards your own self-mastery, so you can cultivate and live a life of excellence.

The first of these pioneering trainers is Sifu Chris Kent, a first generation instructor in



Bruce Lee's martial art and philosophy of Jeet Kune Do (JKD), trained by Bruce Lee's closest friend and confidante, Dan Inosanto, author of 'Personal Liberation' and magazine writer, including the UK's favourite martial arts publication, *Martial Arts Illustrated*.

The other is Sifu Lak Loi, a third generation instructor in Bruce Lee's martial art and philosophy of Jeet Kune Do, published author of *Master Your Life - The Art of Martial Mind Power*, founder of Martial Mind Power, pioneer of Personal Development action-based learning inspired by Bruce Lee's martial art and motion, and winner of the 2016 Award for Professional Coaches, Teachers and Consultants (APCTC).

This Martial Mind Power Workshop is to be held at Knebworth Park, famous worldwide for its rock concerts, home of Victorian novelist Edward Bulwer Lytton, and 250 acres of extravagant parkland home to wild life such as roaming deer.

This Idyllic training facility is located just north of London with direct access from the A1(M) motorway. This is the perfect place for you to cultivate your body and mind in harmony with nature using the principles and philosophies of martial arts inspired by the legendary Bruce Lee and two of his leading scholars.

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JUN FAN JOURNAL 'STOP PRESS' NEWS

FANTASTIC BIG SCREEN PRESENTATION OF ENTER THE DRAGON AND EXHIBITION

Kudos Memorabilia present an exhibition of timeless iconic photographs, fine art prints and ephemera celebrating the remarkable life and career of martial arts legend, Bruce Lee at The Apex Gallery, starts Thurs 26th Jan - Sun 5th March 2017.

This prestigious handpicked collection captures unforgettable moments of 'The Little Dragon' at work and play, including stunning publicity photos, biographical glimpses behind-the-scenes of his celebrated film career and revealing insights into his personal training regime.

Don't miss the opportunity to view Bruce Lee's world-famous Vale Tudo Gloves, which are famously featured in the opening fight sequence of *Enter the Dragon*. These iconic screen-used combat gloves are on display for the first time ever in the UK.

A selection of prints meticulously framed with genuine Bruce Lee business cards or authentic Jun Fan Gung Fu Membership Cards are available for sale during the course of the exhibition.

Each landmark image has been reproduced to the highest available standards.

They are also delighted to offer for sale a brand-new and exclusive collection of limited edition fine art prints signed by key players from the life and career of Bruce Lee. Works in this category are meticulously produced on Hahnemühle Photorag fine art stock and are registered using a unique certificate and hologram regime to ensure authenticity and exclusivity.

To celebrate this rare exhibition, The Apex will be screening one of Bruce Lee's most iconic films *Enter the Dragon* on Monday 13th February, which will also include an exclusive extended exhibition of memorabilia from the film.

Enter the Dragon is a 1973 Hong Kong/American martial arts film directed by Robert Clouse, starring Bruce Lee, John Saxon and

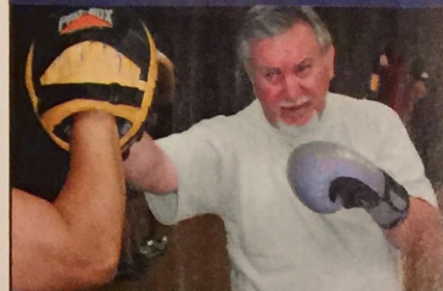


Jim Kelly.

For further information on the exhibition and event please go to:- <https://www.theapex.co.uk/whats-on/event/3193/bruce-lee-exhibition>

■ ANDREW 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.