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FIGHT OF THE CENTURY

Bruce **LEE** vs Muhammad **ALI**

The fight that never happened,
but 'WHO'D WIN?'

PLUS:

SAMURAI LEGEND
WING CHUN IN BJJ MMA
BRUCEploitation
WRESTLING IN INDIA
SELF DEFENSE
JUDO: TIMING THE ATTACK
FIGHTING IN THE VOID
AIKIDO CHAMPIONSHIPS
TRADITION VS STREET
NO RULES OF COMBAT
BRUCE LEE NEWS
SECRET WING CHUN
ORIGINAL TRUTH:
RETREAT SURRENDER?
IKO INVESTIGATED
FIGHTING FILM
REVIEWS

Alan Kywan
DELABIE GRACIE

ACTION MOVIE STAR

JIU JITSU ROYALTY WITH
ADDED WING CHUN

Article: Lak Loi
Photographs: ©Lak Loi
Info: www.MartialMindPower.com



Original Truth... **SURRENDER** *No Retreat!*

When the Student is Ready, The Teacher Appears

The foundations of a student-teacher relationship are built on surrender and when there is no surrender, then one of them will eventually retreat (or disappear).

Lak Loi explains more...

In the Chinese language, the word 'Sifu' refers to someone who has attained excellence in their chosen discipline through hard work over a prolonged period of time, i.e. has cultivated excellence, which is the true meaning of **Kung Fu**.

However, there is a common misconception that **Kung Fu** refers to various styles of martial arts only. In China, when you excel at something to the highest standard, you are referred to as having attained **Kung Fu** in that discipline, whether you be a martial artist, musician, actor, doctor, lawyer, etc.

Therefore a **Sifu** is a teacher in that discipline of **Kung Fu**, a true role model, that takes his/her skill, knowledge and wisdom, and shares it with his/her students to educate, inspire, empower and liberate them to be the best they can, without imposing his/her bias.

As Bruce Lee stated:
'A good teacher protects his pupils from his own influence.'

WHEN THE STUDENT IS TRULY READY, YOUR
TEACHER WILL APPEAR IN THE FORM THAT WILL
BEST SERVE YOU BASED ON YOUR INTENTIONS AND
SEAT OF YOUR WILL AND CONCENTRATION.



A Sifu therefore has a massive responsibility to act selflessly in the best interest of his/her students at all times.

When the Student is Ready, The Teacher Appears

There is a firm belief, that when you set your intention and act through the seat and concentration of your will, then that which you wish for comes true.

As the famous proverb goes:

'When the student is ready, the teacher appears'

When I wanted to learn Bruce Lee's martial art and philosophy, believe it or not, I did not know Bruce had actually left his teachings behind, nor did I know he had called his martial philosophy and process 'Jeet Kune Do' following his untimely passing. All I knew was that my intuition was compelling me to find and learn Bruce's teachings, not even sure why at that time.

In the early noughties, Google was in its' infancy, and other well established internet search engines like Lycos and Netscape had little to no information on 'Bruce Lee' let alone 'Jeet Kune Do' as keyword searches for that matter. I searched for months with no success.

At the time I was working as an IT Consultant in Manhattan, and as an avid gym goer, I would frequent the nearest health club. One day I was consulting in mid-town, and after work I popped into the local gym. I remember walking past the studio on my left, and in the corner of my left eye I noticed the words 'Learn Bruce Lee's Martial Art' vividly pop out at me, written on a scruffy white A4 piece of paper stuck on the studio window. I snapped my neck back and turned abruptly to read it... and low and behold Jeet Kune Do classes were

held there every Monday and Thursday evening. I can confidently say, I willed it so hard that my teacher finally appeared.

And just like that, when the student is truly ready, your teacher will appear in the form that will best serve you based on your intentions and seat of your will and concentration. Remember to stay alert and aware, you never know how that sign may appear (literally in my case).

When the Student is Unready, the Teacher Disappears

There can also come a time in your student-teacher journey, when the student turns from 'ready' to 'unready.'

In my experience several reasons can be the root cause of the student becoming 'unready', which includes (but not limited to) the following:

- The student 'knows it all,' and there is nothing else the teacher can teach. As Bruce Lee said: *'The usefulness of the teacup, is in its' emptiness'.*
- The student 'dishonours another student, the teacher, the school, its' property &/or the code of conduct,' and no longer is deemed fit to be a student and represent the teacher &/or the school, and
- The teachings are no longer having a positive impact on the student, and the teacher can no longer help the student.

That is when the teacher retreats by withdrawing his/her services, and liberates the student from the student-teacher bond.

When the Teacher is Ready, the Student Appears

There are three learning positions in order of advancement, which are:

1. Student,
2. Teacher, and
3. Observer or examiner.

Every student who aspires to become a teacher one day, having trained for years, invested extensive amount of time, effort and energy to cultivate his/her skills and knowledge, developing the foundations for excellence... the time to move onto the second learning position as a teacher is an honour and a privilege when that time eventually arrives.

And when the new teacher finally qualifies to teach, it is at that moment, the s/he plucks up the

courage to put him-/her-self out there and pass-on their skills and experience, and decides to set up his/her school, and put the word out that they are Open to teach.

A new intention is set with the power and concentration of the teachers will to spread his/her light to illuminate paths for new students, so they too can cultivate **Kung Fu** in that discipline they have chosen to specialise in. The time for the teacher to educate, inspire, empower and liberate others selflessly is upon them now.

As they say:

'If you build it, they will come.'

...and new students most certainly will start to appear, just like I showed up.

When the Teacher is Unready, the Student Disappears

And finally, there can also come a time when the teacher has served his/her purpose, and no longer adds any value to the student, so it is time for the student to retreat.

In my experience several reasons can be the root cause of the teacher becoming 'unready', which includes (but not limited to) the following:

- The student has completed the course,
- The student is no longer progressing, for example his/her peer group has left and they have no one suitable to train with,
- The teacher does not have **Kung Fu**, and is not fit, qualified &/or experienced enough to teach,
- The teacher is abusing their power and authority over the student,
- The teacher is acting in a selfish &/or rude manner, and
- The teacher is casting his/her own influence on the student, potentially corrupting the values and virtues of the teachings.

That is when the student retreats by withdrawing his/her surrender to the teacher, and liberates the teacher from the student-teacher bond.

Surrender, No Retreat

I am a firm believer, that a teacher should not aim to keep students for life, but to equip them with the ability to think so they are liberated.

The foundations of a student-teacher relationship are built on surrender, which has implicit mutual respect and trust.



The student must appear with an open-mind.

As Bruce Lee famously quoted:

'The usefulness of the teacup is in its emptiness.'

Without the students surrender with an 'open-mind' and 'unconditional trust' in the intention and ability of the teacher to help cultivate his/her **Kung Fu**, there is no hope of pouring the teachers tea into the students teacup for him/her to taste. Of course, the student must do his/her due diligence to find the right school and teacher for them before the student surrenders to join the school.

Bruce Lee famously quoted:

'A teacher is never a giver of the truth, He is a guide, a pointer to the truth, That each student must find himself.'

Likewise, without the teachers surrender with a 'selfless' and 'unbiased excellence' to help the student cultivate their Kung Fu to bring the best out of him/her, the student will be reluctant to taste the teacher's new tea. Likewise, the teacher must also do his/her due diligence to evaluate whether the student will be a right fit for the him/her and the school before the teacher surrenders and takes the student on.

It all starts with an unconditional surrender from both the teacher and the student. And when there is no surrender, then one of them will eventually retreat (or disappear).

Steve Jobs hit the nail on the head when he famously said:

'Treat your employees [students] so well, that they don't want to leave.'

I say: '**Surrender, No Retreat**'.

**PEACE, RESPECT & LOVE,
SIFU LAK LOI**

WITHOUT THE STUDENTS SURRENDER WITH AN 'OPEN-MIND' AND
'UNCONDITIONAL TRUST' IN THE INTENTION AND ABILITY OF THE TEACHER
THERE IS NO HOPE OF POURING THE TEACHERS TEA INTO THE STUDENTS
TEACUP FOR HIM/HER TO TASTE.

TAKE ACTION AND MASTER YOUR LIFE

Learn the Art of Surrender by following these 10 top tips...

For Students...

1 Empty your teacup, so you can taste new tea. Open your mind with humbleness and humility, and do not show off.

2 Respect and trust your fellow students/training partners and teacher (until they give you a 'just' reason not to), and immerse yourself into the community to get the best out of your experiential learning. Remember, when your training partners/teacher can no longer serve you, you have the right to retreat.

3 Be grateful for the teachings you are receiving. Even the negative experiences are your teachers, for example when you get hit, you get your ass kicked during sparring, you end up with bruises and bumps, these are all part of the process.

4 Detach yourself from outcomes, and be gentle on yourself allowing yourself sufficient time and space to learn and grow.

5 Walk before you can run. Perfect practice calmly first makes perfect, imperfect practice rushed takes more time to correct. And remember, keep practicing.

6 Respect the school, its' rules and property at all times.

7 The more you put in, the more you will get out, so... work hard, fight easy.

8 Remember martial arts is a way of life, so take your lessons from the dojo and apply them to all areas of your life, which include (but not limited to): justice, courage, benevolence, politeness, honesty & sincerity, honour, loyalty, character and self control.

9 Look for the lesson in every experience and keep growing throughout your whole life, and...

10 Go with the flow.

For Teachers...

1 Treat each student as if they were a loving member of your family, with a great sense of duty of care and responsibility for their health, safety and wellbeing.

2 Act through love, not fear, even when you are disciplining your students.

3 Act selflessly to genuinely help your students learn, grow and prosper, getting your own biases and influences out of the way.

4 Respect your students and teachers at all times, even if you have conflicts with their personality or otherwise. Remember, when you can no longer serve your student/teacher, you have the right to retreat your service to them.

5 Respect your own schools rules - no one likes a hypocrite.

6 Remember one day you will get old, so nurture students who will want to hold your hand in your old age.

7 Let your ego go, and aim to make your students better than you.

8 Give the students wings, so one day they can fly on their own.

9 Look for the lesson in every experience and keep growing throughout your whole life, and...

10 Go with the flow.