



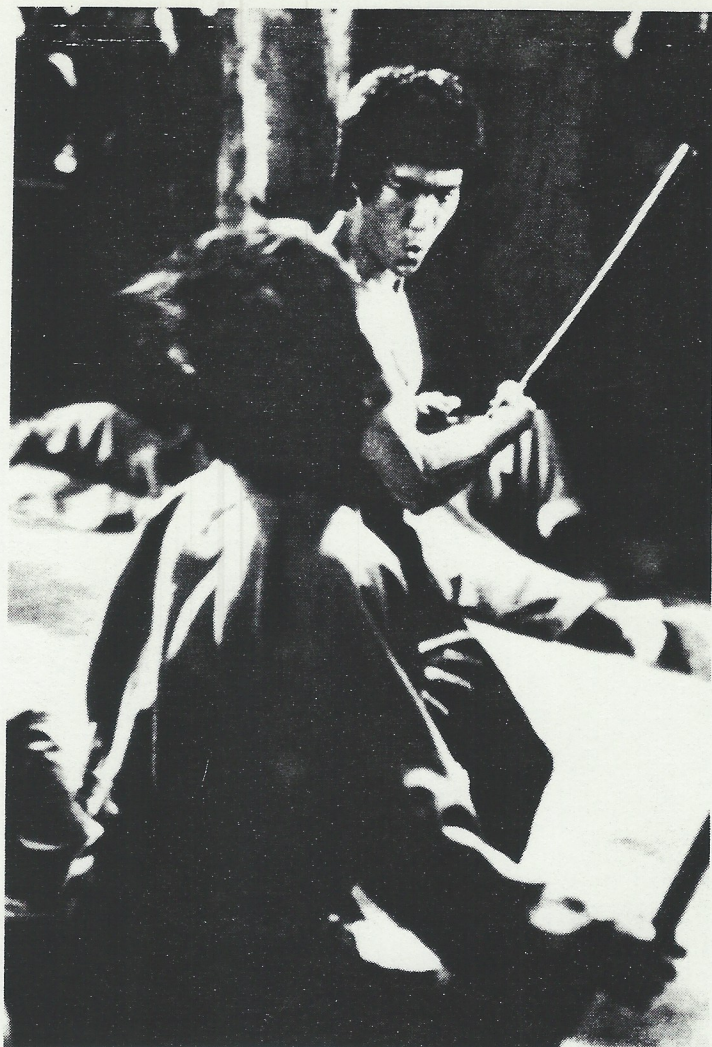
The Return of the Dragon

An Insider's Look at Jeet Kune Do

Ted Wong, famed jeet kune do student of the late, great Bruce Lee, has re-emerged to help people understand what his teacher meant by "freeing the individual from the whole."

By Ted Wong and Zee Lo

Throughout history, ordinary men have had very little choice but to somehow fit themselves into the previously set and rigidly fixed social and political order that surrounded them. Conventionalities, rigidly structured laws and outdated rules, blindly followed customs and rituals, institutions and establishments that do not even remember why they were formed in the first place, all serve only to imprison the human spirit and its possibilities. Bruce Lee wrote, "Man, the living creature, the creating individual, is always more important than any established style or system."



It has been 15 years since Bruce Lee's passing. Most people only knew of him through his films, in which the "Little Dragon" impressed us with his spectacular display of speed, agility, fluidity and sheer ferocity. He was a performer dedicated to making his movies better, more exciting, and at the same time, more realistic. But, more importantly, he was a fighter dedicated to the martial arts. He was always trying to improve his skill, to further apply himself, to become even better than he already was. Bruce Lee would take on any challenge.

Bruce proudly stood for the rights of the Chinese people and he tried to pull them into the 20th century. In a most direct and entertaining way, he showed both East and West what he, a Chinese, could do. His movies have been seen all over the world, his appearance and rise to stardom much like that of a meteorite falling to earth — sudden, brief and illuminating, and his impact on the martial arts world was tremendous. His art was called jeet kune do (aka JKD) and when he left us, he also left behind showers of confusion over his eclectic and esoteric art. Nevertheless, even today, his contribution to the martial arts world remains unsurpassed and undisputed. And every living Chinese should be thankful for what he has done for their image.

But alas, Lee Siu Loong is dead.

He first met Bruce Lee late in the year 1966, shortly after the opening of the Los Angeles school. In the years that followed, from 1967 to the early 1970s, the two trained together on an almost daily basis. They were approximately the same height and weight with similar body builds and ranges of flexibility; and, because they were of the same cultural backgrounds and spoke the same mother tongue, they were able to communicate on a much more personal level. In

Before a person can say he understands JKD, he must first understand the original Chinese principles of JKD.

— The author

fact, a great deal of the innovations that Bruce discovered in his art of jeet kune do were made possible with his help. Who was he?

No one has ever been known to have handled Bruce, and very few were able to keep up with him. Yet, he was Bruce's sparring partner when Bruce was in the finest shape, when Bruce was at the very height of his skill. He was one of the few people Bruce trained who was formerly not a martial artist; thus, he could retain most clearly Bruce's original concepts of JKD. After Bruce died, he continued to train and practice JKD, the way Bruce had taught it to him. And consequently today, he is the most knowledgeable practitioner of Bruce's JKD. Furthermore, it can also be said he is the last remaining Chinese link to JKD. Who is he?

When Bruce was still alive, he was his very close friend and confidant.

His name is Ted Wong.

Bruce personally certified only three people to teach JKD (there were other excellent instructors also certified by Bruce to teach through the Tao of Chinese gung fu, and Jun Fan gung fu, but not JKD; these were mostly the earlier practitioners who studied with Bruce prior to the birth of JKD). The first was James Lee (who died just seven months before Bruce's own passing), a very close friend and co-chief instructor of the Oakland school. He was Chinese.

The second was Dan Inosanto, a friend and co-chief instructor of the Los Angeles school. He is Filipino, and since Bruce's death, he has sought his own path by practicing kali and Filipino martial arts, subsequently promoting JKD and Filipino/kali.

The third and final person certified by Bruce to teach JKD was Ted Wong. Ted is Chinese, and he has remained faithful to Bruce. For 15 years he has kept the art of JKD pure, adhering to Bruce's original Chinese concepts. For these reasons, Ted is, indeed, the last remaining Chinese link to JKD, and he continues to promote the JKD/intercepting fist style of martial arts at his JKD Sport Medicine Clinic in Southern California.

The way of the intercepting fist is the true meaning of jeet kune do. Before a martial arts practitioner can make the claim that he "knows" JKD, Wong says he must first understand the original Chinese principles of JKD; he must first acquire this firm foundation before he can "research his own experience" in JKD.

The following are the specific and determined goals of the JKD Sports Medicine and Health Clinic:

1) To give out what Bruce was doing at the last stage of his life as a martial artist (and to pay him the proper respect, thereby showing that he is not forgotten), so that his followers can catch up to where he left off, and then, go beyond.

2) To educate the athlete and the martial artist regarding their injury processes and prevention methods, and to treat and care for those injuries and illnesses.

3) To educate the martial artist to apply innovation and motivation in fighting skills, and to constantly experiment, invent, and alter fighting techniques in order to improve their combat ability.

4) To provide complete medical services, from the treatment of traumatic injuries to the improvement of personal health, with the use of, among various other methods, traditional Chinese medicine, and to provide such services by way of a holistic, drug-free approach. This approach is expressed in the slogan of the JKD Sports Medicine and Health Clinic: "Treating the Whole of the Individual . . ."

The essence of the wholistic approach to medical and health care is to treat the entire person rather than just a specific ailment or

"Man, the living creature, is more important than any established style or system."

— Bruce Lee

isolated part of the body. The clinic also hopes to extend this concept to take care of, not only the physical state of the person, but also the mental, emotional, and social well-being as well. Only by taking into account all aspects of the human being can the whole of the individual be cared for properly.

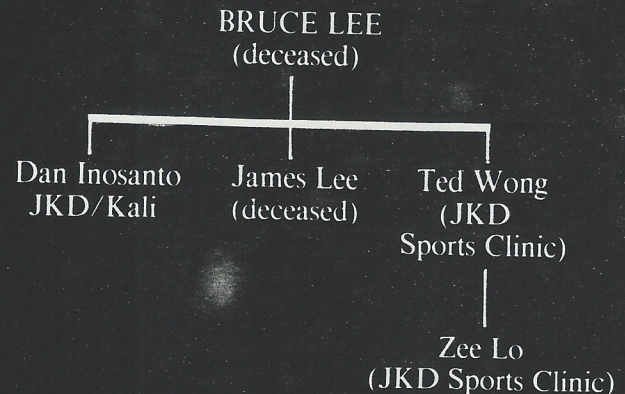
It is fitting then, that one-half of his new JKD Sports Clinic includes a martial arts division which Wong runs himself. Ted states that the practice of JKD is a highly individualized way of learning (not a fixed method), which is determined by the practitioner's personal needs, and that all the physical aspects — height, weight, body build, and range of flexibility — are instrumental in reaching one's martial arts potential. He is explicit in pointing out that the principles of JKD stem from the same roots as the ancient Chinese Taoist principles and cannot be taught in the classical sense of mass (impersonalized) teaching. Furthermore, he insists that to truly understand and practice JKD, one must first understand the principles of JKD, or JKD/intercepting fist, which arose during their training period. Quite simply, one must first understand what Bruce was doing.

According to Wong, Bruce was experimenting with direct hand-to-hand combat, and JKD was the totality of such combat. Now, for him, totality did not mean the accumulated knowledge of all possible styles — it is not the amalgamation of say, 16 or 32 or even 64 different martial arts systems. In fact, it is quite the opposite — it is the hacking away of the unessential movements of different styles; its aim is, to be simple, direct and effective. Totality is not the accumulation of technique, but the simplification of technique to make each possible approach to combat the most direct and effective.

Bruce's approach to combat was/is extremely thorough. He was highly efficient in looking at all possible angles of entry as well as

JKD Lineage — as provided by Ted Wong

(Note: There were other excellent instructors also certified by Bruce to teach through the Tao of Chinese gung fu and Jun Fan gung fu, but not JKD).



all the possible methods of striking. He realized the importance of mobility, while at the same time remaining oriented and in balance by keeping a firm hold on one's center of gravity. JKD requires being aware and alert at all times, and using simple and direct means, in particular, non-telegraphic movements. All of this was/is achieved by developing one's speed, reaction time, and methods of delivery through power and stamina, and by staying physically fit. This was what Bruce meant by the totality of combat.

Bruce was proud of his Chinese heritage and for this reason he called his art jeet kune do. If he did not take nationality into account, he would have called this totality of combat "scientific street fighting."

It is Wong's desire to share with those still truly interested and those genuinely worthy, the true, pure art of jeet kune do. And, he makes this offer with great reverence, for jeet kune do is many things; a way of learning, a way of self-expression, a way of simplifying and cutting to the core of one's existence, and it is the finest achievement of the greatest martial arts performer the world has ever known. Wong intends to pass on this, the last stage of Bruce's development as a martial artist, so that others with the similar tenacity and equal devotion to the martial arts can catch up to where he was by the year 1973, hopefully effect a quantum leap of 15 years to 1988, and to go beyond.

It has been 15 years.

Wong feels it is time to break his silence and revive the true art of JKD, the way Bruce taught it to him, the way Bruce practiced it himself, to prevent it from forever becoming a lost art.

JKD Sports Medicine and Health Clinic

Staff

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Martial Arts Instruction

Ted Wong — chief instructor
Zee Lo — instructor

About the Authors: Ted Wong is a contributing editor of Inside Kung-Fu and one of the world's foremost practitioners of jeet kune do. Zee Lo is certified in jeet kune do.