

A black and white photograph of Bruce Lee. He is wearing a dark, short-sleeved martial arts gi. He has a serious, intense expression and is looking directly at the camera. His hands are clenched into fists, held in front of his chest in a classic Jeet Kune Do stance. The lighting is dramatic, highlighting his facial features and the texture of his gi against a dark background.

*gist*  
*from*

**TAO<sub>OF</sub>**  
**JEET**  
**KUNE**  
**DO**

**BRUCE LEE**

retold by  
*madhuronda*

*Who has no thought of himself,*

*Abiding in the no-mind-ness of Great Origin.*

### ACQUIRED TALENT AND NATURAL TALENT

Some people are born with good physiques, a sense of speed and a lot of stamina. That's fine. But in martial arts everything you learn, is an acquired skill, Absorbing a martial art is like the experience of Buddhism. The feeling for it comes from the heart. You have the dedication to get what you know you need. When it becomes part of you, you know you feel it. You succeed at it. You never fully understand all of it, but you keep at it. And as you progress you know the true nature of the simple way. You may join a temple or a kwoon. You observe nature's simple way. You experience a high you never had before.

### On ZEN

To obtain enlightenment in martial art means the extinction of everything which obscures the "true knowledge/\* the "real life," At the same time, it implies boundless expansion and, indeed, emphasis should fall not on the cultivation of the particular department which merges into the totality, but rather on the totality that enters and unites that particular department.

The way to transcend karma lies in the proper use of the mind and the will. The one-ness of all life is a truth that can be fully realized only when false notions of a separate self, whose destiny can be considered apart from the whole, are forever annihilated.

Turn into a doll made of wood: it has no ego, it thinks nothing, it is not grasping or sticky. Let the body and limbs work themselves out in accordance with the discipline they have undergone.

If nothing within you stays rigid, outward things will disclose themselves. Moving, be like water. Still, be like a mirror. Respond like an echo.

Nothingness cannot be defined; the softest thing cannot be snapped.

I'm moving and not moving at all. I'm like the moon underneath the waves that ever go on rolling and rocking. It is not, "I am doing this," but rather, an inner realization that "this is happening through me," or "it is doing this for me." The consciousness of self is the greatest hindrance to the proper execution of all physical action.

The localization of the mind means its freezing. When it ceases to flow freely as it is needed, it is no more the mind in its suchness.

The "Immovable" is the concentration of energy at a given focus, as at the axis of a wheel, instead of dispersal in scattered activities.

The point is the doing of them rather than the accomplishments. There is no actor but the action; there is no experiencer but the experience.

To see a thing uncolored by one's own personal preferences and desires is to see it in its own pristine simplicity.

Art reaches its greatest peak when devoid of self-consciousness. Freedom discovers man the moment he loses concern over what impression he is making or about to make.

## Facts of jeet kune do

The economy-tight structure in attack and defense

(attack: the alive leads / defense: sticking hands).

The versatile and “artless-artful,” “total” kicking and striking weapons.

The broken rhythm, the half-beat and the one or three-and-a-half beat

(JKD’s rhythm in attack and counter).

Weight training and scientific supplementary training plus all-around fitness. The “JKD direct movement” in attacks and counters — throwing from where it is without repositioning.

The shifty body and light footwork.

The “un-crispy” stuff and unassuming attacking tactics.

Strong in-fighting — a. shifty blasting

b. throwing

c. grappling

d. immobilizations

All-out sparring and the actual contact training on moving targets.

The sturdy tools through continuous sharpening.

Individual expression rather than mass product; aliveness rather than classicalism (true relationship).

Total rather than partial in structure.

The training of “continuity of expressive self” behind physical movements. Loose power and powerful thrust-drive as a whole. A springy looseness but not a physically lax body. Also, a pliable mental awareness.

The constant flow (straight movement and curved movement combined — up and down, curved left and right, sidesteps, bobbing and weaving, hand circles).

**End of Preview.**

**Rest of the book can be read @**

**<http://kinige.com/book/Gist+From+Tao+Of+Jeet+Kune>**

**+Do**

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