

JK: Can you tell us when you first met Bruce?

KIMURA: It was about 1959. He had moved up here from San Francisco. Ruby Chow and her husband sponsored him to move up here. We have a Sea Fair parade here in Seattle, much like the Mardi Gras in New Orleans. During the Sea Fair pageant all the different international communities demonstrate, and Bruce was part of that pageant in Chinatown. He did some martial arts and cha cha demonstrations. Some of the guys I knew saw him there and said he was unbelievable. I'd seen some of the older Japanese karate masters perform and it was hard for me to believe right off the bat that an 18-year old guy can be impressive. By that time some of the earlier students Jesse Glover, Ed Hart, and Jim DeMille were already formally working out with him on the weekends. One of the guys who came into my grocery store told me he was studying with him and I told him I wanted to meet this guy. So he arranged it for me to meet him. First thing they told me was just do what ever you want to do to him. I didn't know what to expect. So I threw this wild haymaker punch at him and... God he had me tied up and blows are coming at my head as fast as I could blink. He didn't hit me but it was close enough to make me really realize that if he had hit me that I'd have been knocked out! And that really impressed me so I decided to join the guys. During those times we didn't have any place to work out. If the weather was right we worked out in public places like parks and different places in the city or some of the students' backyards.

With Bruce being 18-years-old at the time it was very difficult for me to be with him because I was in a concentration camp during the war. My mentality was about at as low an ebb as anybody can be. It was difficult for me to relate to him being the typical teenager with all the boundless energy he had. I was in my mid-30's. I couldn't get into the groove with what they were talking about doing. You have to understand where I was coming from — by this time I was an old man at 38. I mean, that's where my mentality was. I was already a defeated person with all the mental persecution I went through.

JK: How long were you in those camps?

KIMURA: About 5 years. I was born down near the state capital near Olympia. When the war was declared upon Japan, anyone who had any Japanese extraction or blood in you, even if your mother was Japanese and your father

was Caucasian, it didn't make any difference. If you had any Japanese blood in you they'd round you up and they put us in those camps. We were there from 1942 to about '46. And they let us out as abruptly as they took us in. They said, "Go and find some place to go!" They just shipped us off. We came back to Seattle because we had nowhere else to go. When I met Bruce he was the guy that helped me to gain my sense of self. I couldn't even respect myself as a human being. On the exterior he could see me just "playing the game." But inside there was just a lot of fear and intimidation. And Bruce was the guy that helped me to restore that by helping me to develop myself physically; then once you do get some sense of physicalness, boy you feel some confidence within yourself and that helps you restore your balance inside. So that's why to this day I feel like if he did something like that for me I want to do whatever I can to try to perpetuate Bruce's memory so that it doesn't get lost, distorted, or fragmented.



Seattle Philosophy

JK: Interviewing some of Bruce's students here in LA and Seattle it seemed like there was a big difference as to what he was teaching his students.

KIMURA: That's one of the reasons we're trying to pull together the Seattle, Oakland, and Los Angeles chapters. Because it was a progression of learning what Bruce was doing. When he was here in Seattle it was a basic modified Wing Chun. Even after he came over here from Hong Kong with the foundation he had...it wasn't just Wing Chun, he had skills in other systems. I think he fell in love with Wing Chun more than others because it was a little bit more simple, direct, and less classical. So he started off with us on that. To give an example, when he was up here he told us it wasn't so necessary to be in tip top condition because he said, "When you get into a fight you're not going to make it a 15 round fight like it was a boxing match. You're going to take the guy out as quick as you can." Wing Chun represented the ability to do that kind of thing.

But when he went down to Oakland and started teaching there the San Francisco Chinatown people became particularly concerned about his claim because he was teaching outsiders. So that's when they selected Wong Jack Man to talk to Bruce to get him to quit teaching outsiders. But of course Bruce had that same feeling as up here, he didn't care what nationality you were as long as he felt that you were of good character and your philosophy blended in with what he believed in and what he taught you. I guess he got the challenge from Wong Jack Man to fight him and if Bruce lost he would not teach outsiders. Of course Bruce beat him, but in the process of beating him he found out he wasn't in the kind of condition he should be in because this guy literally ran and Bruce was chasing him around in circles trying to catch him. And when he finally did catch him and put him down he was extremely exhausted. He told me that when he had Wong down and made him admit to his seconds that he was a troublemaker in challenging him, that this guy was trying to foot sweep him while he was making him admit to that. He said, "God I was so tired I don't know how I got away from him trying to knock me down with the foot sweeps." But I think that was a wake up call for him. He recognized then and there that there is more than one range or facet of fighting.

Another example was when Bruce was teaching Kareem Abdul Jabbar. When he was up here the Wing Chun concepts with the Chi Sao-sticky hands were quite an integral part of it. It teaches you sensitivity, the centerline theory, etc. The problem with it was Bruce was 5'7 and Jabbar was 7'2, and his arms were so much longer. Usually your feet are longer than your opponent's arms and so if he's taller than you, you can keep him at bay with your feet. But he told me he stuck his foot out and Jabbar could still hit him with his hands because he was so much taller. That was another case of wake up for him in that he realized these things that worked with a normal guy don't work with a guy like Jabbar. It is my belief is that he went through the journey of life with all these different people he sparred with — guys like Joe Lewis, Mike Stone, and Chuck Norris. And each one of them had a certain point of strength.

Bruce was the kind of guy that could take a look at something and within a couple of seconds he could tell you what was good and what wasn't. I remember we had the 1962 World's Fair in Seattle. They had these exhibitions with Thai Boxers. Bruce and I would go and watch them. He'd sit there and tell me point after point what was good and what wasn't. He had that keen mind where he could pick things up. When Jhoon Rhee was up here for Bruce's funeral he told me, "I showed him a Tae Kwon Do kick and the next time I saw him he was doing it better than I ever could have done it!"

After he started the school he was living in one of the gables atop of Ruby Chow's restaurant. Ruby sponsored him and had him work as a busboy to earn his keep. But Bruce, as you know, had a very dominant personality. Ruby was sort of a spokeswoman for the whole Chinese community in Seattle and she was another dominant personality. Bruce told me he was raised in a pampered manner back in Hong Kong with servants and when he wanted a glass of water upstairs he would just holler for it and they would get it for him. So I think it was difficult to fit in with his current situation. After a certain point in time he was still teaching us informally and we told him, if you want to get out of that place so bad why don't you start charging us so you can form a school? Then you can rent a place and you can get away from her. So that's what he did. We rented 2 different locations in Chinatown. During that time Chinese martial arts really was more of a secretive process.

4 Ranges of Fighting, 5 Ranges of Attack

JK: What are some of the lessons that he taught you that you still keep?

KIMURA: I'll give you the background of my mentality and how low I felt about myself. He told me, "Listen Taky, you are just as good as me or anybody else. No better but just as good. And you need to remember that!" And the other thing was by teaching me to be more capable in being able to defend myself I was able to correlate that within myself. Because it's like anything else, if you become a little more adept at whatever you're supposed to be doing you get that feeling of inner pride. And it helped me to restore that. I'm not a fighter or anything like that. I never did have any type of aggressiveness. I remember one night we came out of a theater from watching a Samurai movie in Chinatown and they started heckling us and Bruce said, "Come on, let's take 'em!" And I said, "Now wait a minute! Let's not do that!" I'm not a fighter and I'm the first to admit it. I'm not any kind of an accomplished martial artist.

I feel comfortable that Bruce has taught me some things here on a Jun Fan level; I think I have adhered to it very realistically and truthfully and I haven't thrown in a bunch of my own stuff or anything like that. But on the other hand I think each one who was exposed to Bruce, at some point in time in your development (from a student mentality), you have to transcend into your own individualism. You have to become your own individual. Each one of us that has been touched by Bruce has individualized our own memories to a certain extent. In my case I've tried to keep it pretty pure. If in fact we have done that you mustn't call it Jeet Kune Do.

I could say, well, this is my JKD and this is what I've done with it. Because Bruce is dead I think we'd be prostituting what he taught each one of us that "this is JKD." It is JKD but I think at that point everybody is going to do something a little bit differently and then that's going to distort Bruce's system so much that nobody is going to

know what it was he was doing. That's one of the things that we're trying to do with the Nucleus. We're saying, hey look, let's take the Seattle, Oakland, and Los Angeles chapter and get the core curriculum of what Bruce was teaching us because within those 3 locations there is within the system pretty much a perfect circle.

Bruce did teach us that there are 4 ranges of fighting — long, medium, short ranges, and grappling. Those are the 4 ranges that complete the fighting possibilities. But within that he also said there were 5 ranges of attack: simple direct attack, attack by broken rhythm, attack by drawing, attack by combination, immobilizing attack. When you encompass those principles it can take care of anything you can do. Within the scope that you've got only 2 legs and arms — that's all we have. There's a limit as to what you can do. And within those constraints the variables have to come in.

Bruce took into consideration these 4 ranges of combat. And when he went down to California he told me that Wing Chun is a very strong central basis of what he developed but it was no longer the answer to all things because you can't just use the Wing Chun concept or method and win all of your fights. Then after he had the bout with Wong Jack Man in Chinatown I think it was more of a wake up call for him. That's when he realized that nutrition, strength and all these things had to be perfected and honed more. I know that after that he started talking to me more about nutritional things and he started running more. The weight training he did a lot more. He didn't do weight training to build his body up. He already had an awesome body but it was more of a natural build. I think it's agreed that Bruce had a system that's complete.

JK: Can you describe what some of your other memories of him in his earlier stages were like?

KIMURA: He was just a typical teenager. Bruce was never a brash person. Some of the people up here that kind of knew him obviously didn't know him as well as I did. Some of the guys that were up here that were his contemporaries would probably say he was a smart ass. But I hung around with Bruce more than anybody up here. He told us time and time again, "If you go to someone's studio I don't care what you think, you use your utmost respect and don't show any vulgarity or disrespect. But use your own mind; if you see something that is totally classical in nature it probably won't

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Power Program

Don Inosanto - Head instructor of Los Angeles branch

Basic KILL Around Power

- 1) Press Lockout
- 2) Press Start
- 3) Rise On Toes
- 4) Pull
- 5) Parallel squat
- 6) Shoulder shrug
- 7) Deadlift
- 8) Quarter Squat

Specialized Power---striking & kicking

Punches

- 1) Straight Punch-----the three ranges
- 2) Bend-over Punch-----" " "

Kicks

- 1) Straight Kick ---- the three ranges
- 2) Hook Kick ---- " " "
- 3) Side Kick ---- " " "



work. You can come and see me and talk about it or just use your own common sense." When Bruce walked into the room even at that age, he wasn't a big guy 5-7, 140 lbs, but there was something about him that was charismatic or something like an aura — when he walks in you notice he's somebody that has something to talk about. And if he found that you were with him in terms of having your mind open he'd talk to you for hours. But on the other hand if he felt he was in a place of incongruity he'd just walk away.

JK: Everybody I talked to said he had that presence.

KIMURA: We'd get invited go to some high schools here in the area. Some of these guys who knew Bruce real well would ask him to come to school to make an appearance. I remember one time a big black kid looked him over and said, "Who does that little guy think he is...is he going to show us something?" Bruce looked out of the corner of his eye to find out who said that. Then later when he started the demonstration Bruce would say, "I need a volunteer! How about you?" And he pointed to the kid. The guy came down and Bruce demonstrated the one inch punch on him!

His eyes were are big as saucers! He put the fear of God in him! Well, the thing was if Bruce was a big guy they'd think he's just big he doesn't have to do anything. But they couldn't figure out where this energy was coming from in this little guy. With the richness of the philosophical and cultural foundation that he came with from the Orient he could talk to anyone at any level. He told me more than once, "I can talk to anyone at any level. I can relate to a bunch of kids or a college professor at any level without any feeling of timidity." And he could. That was the type of guy he was.

Assisting in Seattle

JK: How did you get to be chosen as his assistant?

KIMURA: Jesse Glover was his first student. At that time Jesse, Jim DeMille, Ed Hart, and Skip Elsworth were guys that were all hanging out together and going to school at the same place. Bruce met Jesse at Edison Vocational School (currently it's called Seattle Community College). They traveled the same path every morning, they got to talking to each other, and that's how Jesse became his first student. During that time, as I told you earlier, we didn't have any place to workout so we'd hang out where Jesse lived and we'd practice there. There was no charge for the classes Bruce was teaching us.

When we finally got to the point where Bruce was constantly stressed out with the relationship with Ruby Chow that's when we suggested that he start a school and we could pay him dues and that way he could move out. When that happened that first bracket just eventually backed off. I think one reason is because they could not keep up with the tuition. I think more importantly, since they were close to Bruce before, once we started the school we had to go back to ground zero again. And they had already done all that so it was redundancy to them.

As far as the school was concerned I was his first assistant. But Jesse was his first assistant before that. Before this, I remember one time we were in the backyard working out. I was in my mid to late 30's and these guys were in their 20's and I was just working my butt off trying to keep up with them. I finally got to the point where I thought, "Gee I'm learning this pretty well." So I look out of the corner of my eye to see if he was in approval of what I was doing. I heard him say to one of the other

guys, "He'll never make it!" That really hurt me. But I thought, "Goddammit, I'm going to prove to him that I can do it." So I just worked a lot harder. At least I think he recognized that I was working my head off trying to do this. I think the second factor was that we were both Asian. I think there was a blood is thicker than water thing between us. Yet I remember Bruce telling me when he was a kid he'd shake his fist at the Japanese soldiers that were taking over Hong Kong but here he was my best friend!

JK: I remember you telling me earlier that he wanted you to be in *Game Of Death*.

KIMURA: Yeah he wanted me to be in that. But unfortunately because of his death we didn't. I would have been terrorized because he was such a perfectionist. I'm glad I wasn't subjected to be in the movie because it wasn't my bag. I told him before, "You don't need me in there. You're enjoying the fruits of your success over there. I don't need to be in that. You've got a thousand guys there that could do it better than me." See, because I was his friend and I'd done some things for him when he was here. I just felt like he wanted to pay me back in his own way. That's why I think he wanted Dan and I there. That's the other thing, he didn't ask any of the other guys, he just only asked Dan and I. So there had to be something emotionally there...that closeness that he felt he wanted to share with us.

JK: What do you feel like you're doing with the art Bruce taught you?

Kimura: I have sort of put myself into a small corner with this whole thing. I have continued to teach a limited portion of what I learned from Bruce, which is the beginning, and I don't charge anything. It's not a school, it's a club. We have about 100 enrolled but on any given night that we work out have anywhere from 30-50 people. I have people call me all the time... but one of the things I've found out is if you get someone with a ranking in some other system of a black belt I usually try to discourage them from coming in any more. Because that means they have to go back to round one and do some of the basic things they have gone way beyond. One of the things we're finding out now in terms of the Nucleus is when they come to the seminars I show them the basics of what we're doing up here and everybody is beyond that. So I have to try to put it in a little different manner so



I can capture their interest.

I just tell them, "maybe I can share with you some of the things that Bruce taught us when he was here." The regimen was part of the excitement of how he taught us. And I try to expound on that more than anything so that these guys will be interested in sharing what he taught us. It's like skiing for instance. Anybody can get up there on their own and come down the hill, and pretty soon if you have a certain amount of balance within yourself you'll just be normally be able to come down the hill. But you're not going to get a gold medal because you have to learn the basics. So I think the basics are therefore very important. And that's what I'm trying to tell these guys when I teach them.

I always get these phone calls, and these guys coming to me, and I tell them first of all it's not a school it's a club. You're not going to come in here to learn Jeet Kune Do, if that's what you're looking for. I tell them you're going to get some of the basics and I will fuse some of the philosophical element to it so you can get a full picture of what the foundation really is.

I tell them if they are here to teach...there's nothing wrong with teaching commercially but I don't want to have anybody in my club that is here to learn something to teach because you're not going to get the full spectrum of what Bruce taught. I know damn well that you're going to (even unconsciously) say, "Well I'm teaching what Bruce taught Taky," and then all of the sudden it becomes Jeet Kune Do in some manner or way. I don't want anything that is going to be distorted like that.

I tell them that there's nothing wrong with teaching. I think that's fine but if you want to teach you go to Dan Inosanto or Ted Wong or someone down in LA because I don't have the qualifications to teach. All I'm here for is just to share with you my limited knowledge of what Bruce left with me. I'm not going to give you a black belt or anything like that. We're just going to be working out and that's all there is to it. These guys are satisfied with that and they never ask me, "When are we going to do something different?" So that's what we're doing here and I don't advertise because I don't need any more students. We even try to limit students watching. I don't try to keep it secretive but I don't like to broadcast what I'm doing either.

Finding the Meaning

JK: What type of philosophy did Bruce pass on to you that you try to pass on to your students?

KIMURA: I find a lot of people like myself that have certain insecurities within themselves. I tell these guys it's not to go out there to try to beat the hell out of somebody. What you're trying to do is to try to find out who you are so that you can then relate to others without trying to have the image that you're a John Wayne. Because everyone wants to be a John Wayne or somebody like that. You're always trying to emulate somebody else. But each one of us is born and given the thing of being yourself. And I do believe we're all here to represent some kind of a legacy that you're going to leave with the peers around you. Therefore it has to have some kind of meaning to it. That's what I try to tell these guys. You're not in here to learn how to fight. If that's what you want to do go somewhere else because they can teach you far better than I can. These are pretty decent and passive type guys. There's not a night that goes by after we have a workout that afterwards they don't all applaud. Then they go out and clean up my parking lot. They tell me they've gotta do something for what I taught them. I tell them, you don't realize what you're doing for me. I'm an old man — I'd be an old doddering fool if I wasn't around you guys and the vigorousness of your youth. And that's true. I just turned 74.

I've got a friend that I go to breakfast with every Saturday who is 80, a guy that has been my mentor all these years, but now he's retired and and I see him becoming a negative person. He's negatively telling me everything that's happening in his life. I don't want to get like that. But being around guys who are young keep me in that main stream of life where I feel young. I want people to see me as a person who is positive and I want to set an example for these guys to the best of my ability so they can say, "Gosh I want to be like this guy!" My son is going to be 27 and he's married, I try to pass on these things to him. There's not a night that goes by when we're together that he doesn't hug me, kiss me, and say, "Dad I love you and respect you." That's more reward than you can ever get from any amount of money that they can pay you. That's the kind of thing that I try to share with the guys that come in.

PAR - TO NECK
CRACKING.

A Moment Of Understanding

Gung fu is a special kind of skill; a fine art rather than just a physical exercise. It is a subtle art of matching the essence of the mind to that of the techniques in which it has to work. The principle of gung fu is not a thing that can be learned, like a science, by fact-finding and instruction in facts. It has to grow spontaneously, like a flower, in a mind free from emotions and desires. The core of this principle of gung fu is Tao — the spontaneity of the universe.

After four years of hard training in the art of gung fu, I began to understand and felt the principle of gentleness - the art of neutralizing the effect of the opponent's effort and minimizing the expenditure of one's energy. All these must be done in calmness and without striving. It sounded simple, but in actual application it was difficult. The moment I engaged in combat with an opponent, my mind was completely perturbed and unstable. And after a series of exchanging blows and kicks, all my theory of gentleness was gone. My only thought at this point was "somehow or other I must beat him and win!"

My instructor at the time, Professor Yip Man, head of the Wing Chun school of gung fu, would come up to me and say "Loong, relax and calm your mind. Forget about yourself and follow the opponent's movement. Let your mind, the basic reality, do the counter-movement without any interfering deliberation. Above all, learn the art of detachment."

"That was it!" I thought. "I must relax!" However, right then I had just done something contradictory against my will. That occurred at the precise moment I said "I < + > "must" < - > "relax." The demand for effort in "must" was already inconsistent with the effortlessness in "relax." When my acute self-consciousness grew to what the psychologists refer to as the "double-bind" type, my instructor would again approach me and say "Loong, preserve yourself by following the natural bends of things and don't interfere. Remember never to assert yourself against nature; never be in frontal opposition to any problems, but to control it by swinging with it. Don't practice this week. Go home and think about it." (Continued to next page)

The Circle of Combat

Stand still and extend one leg out in front of you as far as it will go. Mark this spot with a piece of chalk. Now slowly pivot your extended leg around while simultaneously drawing a chalk circle around the circumference, the length of your extended leg. Make a mental image of this circle, realizing that as long as your opponent remains outside of the radius of your circle, he can do you no damage. Therefore, it is silly to jump and waste energy if he gestures or makes threatening movements outside of your circle. Additionally, you can move your circle backward should he advance so that he is, again, no threat to you. Let your opponent do all the walking around the circle and simply adjust yourself to his movement with economical moves. Keep in mind that if through movement and adjustment you can keep your opponent on the outer periphery of your circle, he will never get close enough to do you any harm, which should allow you to relax somewhat in this situation. However, when your opponent is inside your circle and you cannot or will not retreat or adjust any further, then you must fight. But until then, you should maintain your control and your distance.

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JK: It's amazing with what you've learned with Bruce that you were a person with very low self-esteem but look at yourself now.

Kimura: You know, I'm one of the few guys that is not doing this for a living or making any money from this. There's nothing wrong with making money but I just absolutely could not take a penny. Anything connected with Bruce — it would be a terrible, terrible thing on my part to take any money, when Bruce gave me what I've developed within myself.

I've got a guy that was in my club 15 years ago and he disappeared. People come and go in my club. About 5 years ago his mom brought him into the store and said, "Do you remember this young man?" I told her, to be truthful I couldn't. She said, "He was in your class 15 years ago and the reason he stopped coming was he contracted diabetes and he lost his sight. All his friends vanished and he lost his kidneys. He was on dialysis for a long time and finally got a donor to donate a kidney. And after about 3 years the doctor told him his body seemed to have accepted it so he thinks he can go out and do some exercise. And the reason I brought him down was because he doesn't have any friends anymore and I was wondering whether if you could accept him back in the club?" I told her, "He's part of our family. You're damn right he's invited. You bring him down to work out with our club tonight!" So she started bringing him down every Monday night and finally he got himself a seeing-eye dog and now he comes in every Monday night with the dog and works out. This guy has a tremendous amount of balance and he's developed the senses that you develop when the eyes are taken away.

Then there's this kid from Belgium that comes to train with me about a month every year. Two years ago he went back home and found this dilapidated building in the middle of the city and he found the owner and asked him if he cleaned and fixed this place up if he could rent the place from him. The owner agreed. So he spent 6 months and a lot of money cleaning the place up. When he got the place done he told the owner he wanted to rent it from him. The owner told him no, he changed his mind. He was so devastated he said, "Taky there were 3 times I almost committed suicide. But each time you came into my mind and I didn't do it." You know, that kind of feeling you can't capture that with money. I don't take credit for that. I just passed on something that Bruce helped me with. That's the essence of what we're trying to do.

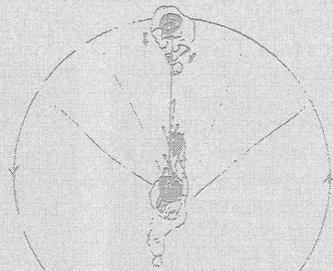
JK: Wow that's beautiful. I'm speechless.

KIMURA: These guys come in just shaking and they can't believe that they were here talking to me. I tell them, "Look I'm a simple old man. All I'm here for is that I want to try to get the word out as to what Bruce has done for me and maybe I can do it for you through me." But I also tell them that my knowledge is limited. Don't come here thinking I am the answer to all things. I've got guys calling from somewhere like New York telling me that they want to move out here to learn from me. I tell them that if you want to pick up your bags then move to California and learn it from Dan Inosanto or Ted Wong. That's where you'll get it all. That's the scope of what I'm doing up here. There's nothing extravagant, it's just simple things.

Philosopher & Warrior

JK: For Bruce's first book *Chinese Gung Fu: The Philosophical Art Of Self Defense*, do you have anything to tell us about that time period?

Kimura: It was all part of the goal of what Bruce was trying to do. I think he had other books he had in mind had he lived. But that was the first one and it was just sort of a basic thing that he felt that at that time had a message he wanted to get out as to what his view of realism was. It was sort of a beginning for him. In the very beginning Bruce put forward a lot of the wise sages of ancient times, like talking about water or the bamboo leaning against the solid oak tree and the yin and yang not being positive and negative but something harmonious. I think in those days Bruce learned a lot out of things from those books



face forward in the center and hit someone's chest

he read, but later on it really became Bruce himself that was talking and making those quotes. It didn't come from Lao Tzu or somebody else like that anymore. It was stuff that he felt himself. So I think that was the making of a great philosopher as well as a warrior. In his case he had that tremendous skill and determination of a warrior. He never gave up.

He wrote me letters time and again from when he was down in Hollywood to reach that goal of trying to create equality for his people and trying to harmonize the spirit of all people. He wrote me letter after letter... he would have things he was looking for and they would flake out on him. He'd write me a letter telling me something like...the project with Stirling Silliphant fell through because we couldn't get enough backing or whatever. But before the letter was over he was already on another track. He never accepted defeat. He was always going and going... courageously going for that gold. That's another thing that I took out of his book for myself and that is failure begets failure. You've gotta just take it and just move on.

Basic All Around Power

JK: It seems like he was just so above failure. Was there ever a time where he just gave up and feel like he couldn't go on?

KIMURA: I never saw that in him. Yeah, he was down a lot of times but I never saw him say, "Aw shit! I give up!" I never ever saw that in him. He was always turning onto another page. It's like fighting, if you try to tackle a guy from the guy's strength you're not going to get him. You've gotta flank him somehow and catch that soft belly underside one way or another. That's what that taught him and he used that philosophy to the fullest extent.

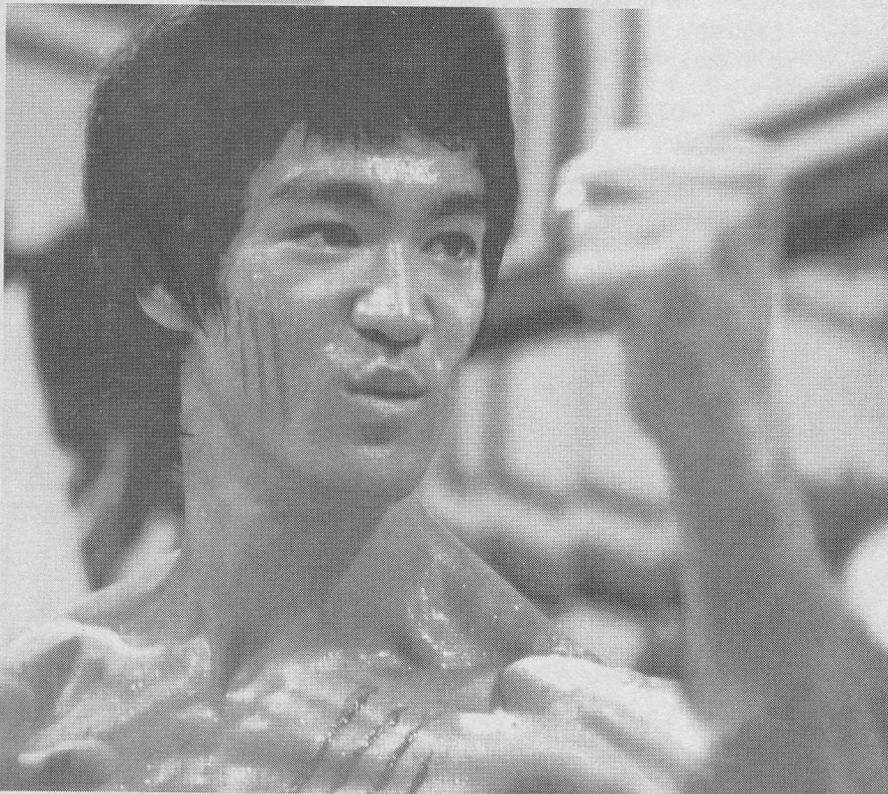
5) Parallel squat

JK: You know it seems so simple yet it's so hard.

KIMURA: Well it is. And the more difficult you make it the more unrealistic it is. And that's human nature. We try to create something that becomes so classical in itself that it's not workable anymore. And that's when Bruce said, "Hey keep it simple!" And those are the words that just echo in my mind all the time. Besides I'm so damn simple right now I can't make it difficult anymore!

Specialized Power---striking & kicking

Punches



A Moment Of Understanding continued...

The following week I stayed home. After spending many hours of meditation and practice, I gave up and went sailing alone in a junk. On the sea I thought of all my past training and got mad at myself and punched the water! Right then - at that moment - a thought suddenly struck me; was not this water the very essence of gung fu? Hadn't this water just now illustrated to me the principle of gung fu? I struck it but it did not suffer hurt. Again I struck it with all of my might - yet it was not wounded! I then tried to grasp a handful of it but this proved impossible. This water, the softest substance in the world and what could be contained in the smallest jar, only seemed weak. In reality, it could penetrate the hardest substance in the world. That was it! I wanted to be like the nature of water.

Suddenly a bird flew by and cast its reflection on the water. Right then as I was absorbing myself with the lesson of the water, another mystic sense of hidden meaning revealed itself to me; should not the thoughts and emotions I had when in front of an opponent pass like the reflection of the bird flying over the water? This was exactly what Professor Yip meant by being detached - not being without emotion or feeling, but being one in whom feeling was not sticky or blocked. Therefore in order to control myself I must first accept myself by going with and not against my nature.

I lay on the boat and felt that I had united with Tao; I had become one with nature. I just laid there and let the boat drift freely according to its own will. For at that moment I had achieved a state of inner feeling in which opposition had become mutually cooperative instead of mutually exclusive, in which there was no longer any conflict in my mind. The whole world to me was as one.

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