

[by Teri Tom, M.S., R.D.]

## \* Attack by Combination, Part Two



PHOTOS BY RICK MUSTAD

When her left cross hits the focus mitt, Teri Tom's hips are not fully rotated (1). Final rotation occurs when her arm is fully extended. Upon completion of the cross, her arm is just starting to retract, but her left hip is leading the way (2). Note the position of the stripes on her shorts. As Tom's hand retracts, her eyes fix on the target of her next move: the hook punch (3). The hook is a natural follow-up to the cross.

In the June 2007 issue, we explored one of Bruce Lee's five ways of attack, the attack by combination. I argued for the necessity of combination drills—not for the purpose of memorizing set patterns but for developing muscle memory. In *Tao of Jeet Kune Do*, Lee wrote:

"Use natural follow-ups between the lead hand (jab, hook, backfist, shovel path) and the rear hand (straight, cross, overhand, hammer). Likewise, find the natural follow-ups between the lead leg (side kick, hook, straight, upward, reverse, vertical, horizontal) and the rear leg (straight thrusts at various heights, spin kicks, hooks at various heights). What are the natural follow-ups between hand and leg or leg and hand?"

In this installment of Jeet Kune Do Source, we'll look at a few ways you can

refine your transitions between techniques to provide the most natural follow-ups he was referring to.

**Foot Position** This one is nonnegotiable. Your technique starts with your foundation. Each punch and kick in the *jeet kune do* arsenal requires its own unique footwork. For straight leads, precision is key. Always return to the stance upon completion of a straight punch. If you're caught with your feet too close together, you'll be unstable. If they're too far apart, you'll compromise your mobility. You won't be able to fire another shot.

For rear crosses, ideally your feet should be angled slightly outward to open up the stance and maximize hip rotation. With your feet in this position upon completion of the cross, you can fire a hook by merely pivoting in the opposite direction.

This is what makes crosses and hooks so complementary. Throw a cross, pivot and hook. Cross, pivot and hook. You can do that all day with minimal effort.

**Synchronization of Weapons** For any combination you create, synchronizing your hands and feet can make a huge difference. For instance, when throwing a jab/cross, as your lead hand is retracting, your rear hand should already be on its way out. Your footwork is also crucial.