

JEET KUNE DO SOURCE

Instead of completing the straight lead, landing and then throwing the cross, you actually throw the straight lead, land with your front foot and then make contact with the rear cross before your back foot lands. You're essentially eliminating a beat, making this a half-beat technique.

Correct Sequencing in Mechanics
Similar to the principle of synchronization is the correct sequencing of movement in completing and linking techniques. Let's examine the uppercut/hook. To throw a lead uppercut, you usually come out of a crouched position. You uncoil counterclockwise and extend your legs in an explosive motion to generate ground-reaction force. Immediately after impact, your hips are the first body part to retract, not your hand. As your hips rotate clockwise, you relax your legs and collapse back into a coiled position.

Relaxation is the name of the game. Immediately after impact, the muscles that contracted to execute the punch must completely relax so you can get back into position to throw another punch. Your hips and legs move first, changing the position of your trunk. Your shoulders, arm and hand are merely along for the ride. Once you're



back in a coiled position, you're ready to fire the hook. To throw a lead hook, of course, you pivot and rotate counterclockwise. That puts you in position to follow up with a cross by rotating clockwise.

A lot of students find it difficult to throw double and triple hooks. The trick lies in the sequencing of the mechanics. Even though a double hook doesn't lend itself as well to a follow-up as a hook/cross combo does, with the right muscle programming, you can throw double hooks quite quickly. Again, once you complete the first hook,

immediately relax your hand and retract it with your hips. Your hips lead. If you lead with your hand, you'll be slow because your hand and arm will be tense while you throw the punch and when you retract it. In other words, they'll be under tension all the time. That will slow you down, not to mention make you tired.

What all three of these pointers have in common is the need for a tremendous amount of muscle memory. That's where drilling in combinations comes in. Start slowly and program your muscles correctly. Then gradually increase your speed. Once the movements and sequences have seeped into your bones and muscles, they'll be right where you need them when you need them. ✘

About the author: A registered dietitian who specializes in sports nutrition, Teri Tom is a board member of the Bruce Lee Foundation and the first woman to be certified to teach jeet kune do under Ted Wong. The Jeet Kune Do Source is the official column of the Bruce Lee Foundation. For information about ordering Bruce Lee's books, visit www.shopblackbelt.com/bruceleebooks1.html.

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