

wrote, "Teaching people a large number of sword techniques is turning the way into a business of selling goods, making beginners believe that there's something profound in their training by impressing them with a variety of techniques."

The path to progress doesn't lie in outside sources, different arts or a catalog of techniques. Once you have the basics, you need to look inward. Your kinesthetic perception is a complex network of muscle spindles, Golgi tendon organs, alpha and gamma neurons, and the nervous system. So when you train, always train with good form. Look beneath the surface of the gross movement. Take the time to understand the sensory information you're processing about how your limbs are moving through space. If you're throwing a hook punch, ask yourself how you feel while transitioning from the stance into the punch. Are you transferring your weight properly? Are you balanced at the end of the punch? Is your hand traveling at maximum

speed at impact? What happens if you pull your weight back as you hook? What happens if you step forward? How can you improve all these things? How do you generate more power? Shed extraneous motion? Become faster?

It doesn't really matter which activity or art you choose as long as you can engage your entire self in the process. My clients who've been successful over the years with maintaining their fitness—from runners to surfers to martial artists—don't look at exercise as a chore. They look at it as a necessity, a necessary release from the stresses of the day and an endeavor that puts them in touch with something innate and primal.

I like to call this "something" simply the joy of moving. We are physical beings, and we were designed to walk, run, jump and throw. While we may have different levels of kinesthetic gifts, we can all take part in the natural pleasures of movement. And what each of us does with those gifts is an act of self-

expression, what Bruce Lee called the "art of expressing the human body."

Like Musashi, Lee was quick to point out the folly of going to outside sources: "Don't look for secret movements. If you're always hunting for secret techniques, you're going to miss it. It's you. It's your body that's the key." ❧

About the author: A registered dietician 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. Jun Fan Jeet Kune Do is a registered trademark owned by Concord Moon. The image and likeness of Bruce Lee are used with the express permission of Linda Lee Cadwell and Concord Moon LR. All rights reserved. For information about ordering Bruce Lee's books, visit www.blackbeltmag.com.

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