

◀ JEET KUNE DO SOURCE!

this is the right idea. But relaxing doesn't mean dropping the hand. You relax the muscles involved in throwing the punch, but you retract the hand along the same straight line as the punch and let your hips do the work of moving your torso—and the arm attached to it—back to the on-guard position.

Distance: Wong likes to start his seminars with a distance drill. You and a partner practice moving around while maintaining the fighting measure. Because there's no hitting, a lot of students don't see the importance of this drill. It does, however, have a useful application. Remember that if your opponent merely has to extend his hand to hit you, you're too close. *Jun Fan jeet kune do* is a long- to medium-range art. Your opponent should have to extend his hand and take a step toward you to make contact. When you practice this drill, be careful not to crowd your partner or let him crowd you. If that were to happen in a real fight, both of you would be in no man's land.

The other thing to watch is the pacing of the drill. In Italy, I kept saying, "Non troppo veloce! Non troppo veloce!" Take it easy. Don't rush this one. You should go at the same pace as two boxers when



they're feeling each other out. Remember that when you're at this distance, you're sizing up each other and trying to find a way to time your opponent and close the distance.

Focus mitts: I see a lot of static pad work in seminars. Even if it's crowded and there isn't much room to move, you should still try to work the space you've got. In a fight, even at close range, you have to shift position. If you hit someone and he falls back, you should advance after him. I really believe that the pad holder dictates your

performance. A lousy pad holder makes for lousy technique. If you're holding the mitts, make it as realistic as possible for your partner by moving around. Make him hit while advancing, retreating or pivoting. And be sure to hold the mitts as close as you can to your center. If you hold them too far apart, it's not very realistic unless the opponent has two heads.

In learning a physical art, of course, you must learn by doing, but if you pay special attention to the points mentioned here, you can save yourself some time and make more efficient use of your training sessions. ✘

About the author:

A registered dietitian who specializes in sports nutrition, Teri Tam is a board member of the Bruce Lee Foundation and the first woman to be certified to teach jeet kune do under Ted Wong. For more information, visit www.blackbeltmag.com/archives/who/. *The Jeet Kune Do Source* is the official column of the Bruce Lee Foundation. To order Lee's books, visit www.blackbeltmag.com/bruce_lee_books.



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