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# TECHNIQUE / JEET KUNE DO SOURCE

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



## \* **To Change With Change**

As always, during this year's U.S. Open, John McEnroe and his commentating cohorts had plenty to say about the changing nature of tennis. Over the past few decades, the switch to composite racquets has meant more power and speed. Even though an attempt was made to slow things down with different court surfaces and engineered balls, the game is still faster and more powerful than it was in the 1970s and '80s. Players had to ad-

just. The serve and volleyer is virtually extinct. Ground strokes have morphed into shots that are more rotational than linear. Everyone is bigger, stronger, faster. Some players are unable to keep up with the demand. Injuries are rampant, and conditioning is more crucial than ever.

From tennis to baseball to track and field, the performance bar is always being raised. New technology, training methods and ergogenic aids (legal or not) require

continuous adaptation. Bruce Lee wrote about life as a "constant changing process," explaining that "to change with change is the changeless state." It seems strange, then, that the martial arts tend not to adapt to change at the same pace as other sports.

Perhaps it's because the aptly named "arts" are steeped in cultural tradition. Or maybe it's because the combat arts are just that—combat and not sport. >>

