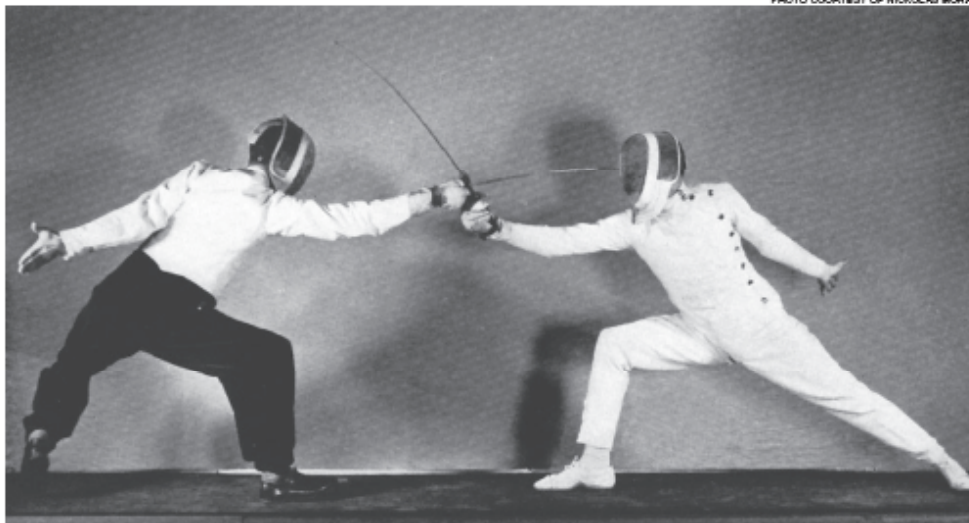


* Nadi Revisited: The Stop-Thrust

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In the July 2008 installment of Jeet Kune Do Source, I introduced Italian Olympic champ Aldo Nadi as one of the big influences on jeet kune do. If you caught any coverage of fencing at this year's Olympics, you know how fast the sport is. Stream-

or you must take the fight to him.

The stop-thrust—or stop-hit, as it's called in JKD—falls into the former category. It's a subcategory of counterattacks (see Lee's hand-drawn diagram in Bruce Lee's *Commentaries on the Martial Way*).

advances toward you."

In *Commentaries*, Lee provided some of the psychological reasons for why that's so: "An excellent moment to launch an attack is when the opponent is himself preparing an attack. His intention and hand

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lined technique is a must. Because JKD is a medium- to long-range art, it makes sense that Bruce Lee would turn to fencing tactics. In both cases, bridging the gap to the opposition is the central strategic theme. To get to your opponent, as I've mentioned before, he must come to you

The stop-thrust isn't a technique unique to Nadi, although he certainly advocated its importance. In *On Fencing*, he wrote, "Here then you have the first glimpse of one of the fundamental fencing dogmas, to wit, that the best moment to attack from immobility is when your opponent

movement will then be momentarily concentrated more on attack than defense."

It's easy to understand why the stop-thrust is such an integral part of fencing and JKD, but pulling it off is another matter. This is where technical precision becomes so important. It's also why the hand