

JEET KUNE DO SOURCE

must always move first. In Nadi's words (*On Fencing*), which can also be found in the *Tao*: "The arm must extend before the right foot moves for the execution of the lunge—a rule that must remain engraved in your mind forever. Hand before foot, always. Equally important, arm extension always means raising the hand to shoulder height."

The second part of that passage is something I cover in *The Straight Lead* using a test called "the gun sight." At long range, your straight lead very much resembles a fencing thrust. And just as Nadi described it, you extend your arm at shoulder height so your counterattack is aimed straight at your opponent's face.

One of the biggest problems I see when students first learn the straight lead is dropping the hand—or the opposite, which entails keeping the hand too low and then raising it and shooting out. That wastes time and energy.

To correct it, try the following: In the on-guard position, make a fist and extend your index finger. Without bending at the wrist, adjust your forearm until that finger is pointing directly at your target. Now extend your arm. It indicates the shortest path to the



target. If you're pointing to the ceiling, you have to lower your forearm before shooting out your punch. If your finger is pointing to the ground, you have to raise your forearm. Be careful or you'll miss the window of opportunity—you have only a split second to stop an attack once it's initiated.

From long range, if you plan to stop-hit your opponent in the fastest way possible—or to launch a simple angle attack—your form and technique should always adjust so that your target is in your gun sight. This adjustment is accomplished

by using precise footwork, which determines your external alignment with your opponent, and by internal alignment (the integrity of your on-guard position, which includes your posture, the distribution of your weight, the raising of the left heel and the height of your front hand). And don't forget to stay relaxed. Any unnecessary tension expends energy and slows you down. Imagine a sword as the extension of your arm. Extend your limb just as if that sword was really there, and you'll stop a lot of attacks dead in their tracks. ✘

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