



the jeet kune do source

THE STANCE, Part Two

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Last month, I touched on the chronological development of the *Jun Fan jeet kune do* stance, particularly regarding foot and front-hand position. In this installment, we'll cover more essentials of the stance and the logic behind them.

Strong Side Forward: There shouldn't be any dispute over this point. The right, or dominant, hand should be placed in front. Lefties, then, will place their left side forward. Leading with the strong side is in accordance with all Bruce Lee's writ-

ings. "In this stance," he wrote, "you will attack mostly with the right hand and right foot just as a boxer in his left stance uses mainly his left jab, hook, etc."

There are several reasons for this, the first being that to reach your opponent, your front hand has half as far to travel as your rear hand. Boxers, of course, tend to place their strong hand in the back. It's their power shot. Lee's reasoning, however, was that while your lead jab may not generate as much power as a rear cross, you'll do just as

much damage because you'll land more shots. Simply put, placing your strong side forward increases your chances of tagging the opposition.

Another point is that the mechanics of the rear cross allow for greater hip rotation. So even though your weaker hand is in the back, with proper mechanics you should be able to generate just as much power with it as you would with your strong side back.

The Left Heel: Whether you're throwing a straight lead, a cross or an uppercut or evading by bobbing, weaving or pivoting, all movement in JKD is driven by a slightly raised left heel.

Bruce Lee assumes the proper jeet kune do stance, complete with raised rear heel, in a scene from Enter the Dragon.

