



## \* Strain Energy



Ted Wong holds the focus mitts while author Teri Tom executes a JKD hook kick.

Last month, I presented an overview of several types of energy: kinetic, which is energy of motion, and potential, which can be divided into the subcategories of gravitational and strain energy. This month, I'll explore how strain energy applies to hooking techniques.

As you'll recall, strain energy is energy that comes from the deformation of an object and the ability of that object to return to its original shape as quickly as possible. A slingshot offers a prime example. The more you deform the bands by stretching them, the more energy is stored. That gives you the potential for greater force

production. As we saw from the equation in last month's column, potential strain energy is directly proportional to the amount of deformation of the object.

This is one of the keys to effective hook punching and kicking and a reason *jeet kune do* practitioners are such sticklers for form when it comes to techniques. As shown in the photo of Ted Wong that ran in this space last month, the very first motion in any hook punch is a slight turning of the hip away from the shoulder. The hip moves, and the shoulder doesn't. That creates a tension at the shoulder that should be maintained throughout the impact.

You're releasing all that tension into the punch. Bruce Lee's reference to this initial move can be found on Page 108 of *Tao of Jeet Kune Do*:

"In loose hooking, the whip of the arm is caused by the turning of the body away from the arm until the range of movement in the shoulder is completely used. Then the arm must turn with the body. Executed quickly, this causes the arm to whip forward as if released from a bow."

This passage echoes a similar explanation on Page 8 of Edwin Haislet's *Boxing*, which was published in 1940 and served as the source for some of the information