



## the jeet kune do source

### THE STANCE, Part One

BY TERI TOM, M.S., R.D.

**M**artial artists have asked me a lot of questions regarding the *Jun Fan jeet kune do* stance, which I briefly mentioned in last month's column and described in my book, *The Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do*. Before I jump into the specifics of the stance, I'd like to address a few of those inquiries.

The first has to do with its evolution. You may have noticed that the stance presented in *The Straight Lead* differs

slightly from the one shown in some books. You'll also notice that Lee's stance changed considerably over the course of his film career. Because he was always looking for ways to improve his abilities, those changes should come as no surprise. It's not my intent to say that one is correct and one is not; it's to analyze the later stages of Jun Fan JKD.

The two most obvious developments are the position of the lead hand and the width of the stance. In the earlier

books, both hands are placed at chin height, much like in a boxer's stance. Furthermore, there's quite a bit of space between the elbows and ribs. The photos for the books were taken in the mid-1960s. In still photos from *Enter the Dragon* and *Game of Death*, a much more relaxed stance, with the front hand very low and virtually no space between the elbow and ribs, is shown. The arm is completely relaxed, ready to strike at any moment. *Game of Death* was filmed in 1972 and *Enter the Dragon* in 1973.

According to Ted Wong, who was

*Bruce Lee (right) displays his jeet kune do fighting stance on the set of Enter the Dragon.*

