

Lee's sparring partner until just before his death, that's exactly how Lee positioned his front hand when they trained. There are several advantages to this, the first of which is that the arm is more relaxed. If you're constantly holding your arm up and, however slightly, away from your body, it puts tension on the muscles. Your deltoid will get tired. And because you won't be starting from a relaxed position, you'll be slower because you'll have to relax your arm before you can contract the

muscles to fire off a punch.

The second advantage has to do with options. Even though keeping the hand so low isn't conducive to throwing the fastest possible jab, it does give you more choices. You can execute a straight punch, an uppercut or a hook. If you opt to kick, having your hand in a low position will help you maintain your balance and prevent vision obstruction.

This doesn't, by the way, mean that you would never keep both hands up. Remember that the normal range for

JKD is greater than it is for other arts like boxing. That distance allows you to safely keep that hand low. However, once you've bridged the gap, you'll definitely want to keep both hands up just as you would for any kind of fighting.

The second major change in the JKD stance pertains to the position of the feet. Over the span of Lee's film career, his stance evolved. In *The Big Boss* and *Fists of Fury*, it was very wide, probably, in part, for dramatic purposes. And while the lowered front hand is pretty much as it appeared in the latest stages of Jun Fan JKD development, you'll see in *Return of the Dragon* that the stance, although somewhat narrowed, is still wider than it appeared later. In Lee's final films, however, it narrows significantly. The decreased distance between the feet allows for greater mobility, as demonstrated in Lee's lively, light and lightning-fast footwork in *Game of Death*. This is also something that can be seen in his last film, *Enter the Dragon*. In fact, some of the best-known stills from the movie are picture-perfect examples of the most advanced stages of the Jun Fan JKD stance.

One final note: There are slight variations to the stance that I'll discuss in detail in the future. For example, if you're in kicking range, you may widen your stance. At close range, you may open it up and square off slightly. Your relationship to your opponent is always shifting. You're never static. So keep in mind that what's discussed here and in upcoming installments of *The Jeet Kune Do Source* is the foundation. Once you've mastered the basics, you can address how certain situations may call for variations. ✘

*About the author: A registered dietician who specializes in sports nutrition, Teri Tom is a board member of the Bruce Lee Foundation and the first woman to be certified to teach jeet kune do under Ted Wong. Jun Fan jeet kune do is a registered trademark owned by Concord Moon. The image and likeness of Bruce Lee are used with the express permission of Linda Lee Cadwell and Concord Moon LP. All rights reserved. For information about ordering Bruce Lee's books, visit [www.blackbeltmag.com](http://www.blackbeltmag.com).*

## High Kicks and Splits with No Warm-Up!

Take a Test of Flexibility Potential at [www.stretching.info/test.html](http://www.stretching.info/test.html) to see if YOU can achieve splits.

**Thomas Kurz at 35**



**STRETCHING SCIENTIFICALLY**  
A Guide to Flexibility Training (book) by Thomas Kurz  
The best book on stretching with photos & drawings to guide you to full flexibility!  
**\$25.00 + \$4 s/h (\$8 foreign)**

Use our method to kick at maximum height with no warm-up and get your splits within months!

**SECRETS OF STRETCHING: Exercises For The Lower Body** by Thomas Kurz on DVD & VHS  
The best video on both strength and flexibility!  
98 min., \$49.95 + \$4 s/h (\$8 foreign)

Follow our "do-along" video with four ready-made exercise routines (from beginners to advanced).



**Power High Kicks with No Warm-Up!**  
The best video on learning powerful high kicks!  
80 min., \$49.95 + \$4 s/h (\$8 foreign)

Use the most effective and scientific method of training to add height and devastating power to your "cold" kicks!

**SECRETS OF STRETCHING DVD**  
A SERIES OF 4 DVD'S

NOTE: DVDs are in NTSC, but play in nearly all PAL DVD players.

**ORDER TODAY!** Toll-free, 1-800-873-7117  
Fax, 1-802-723-6171

Outside USA & Canada call 1-802-723-6175 Money-Back Guarantee VT residents add 6% sales tax.

CHECK OR MONEY ORDER, SEND PAYMENT TO:  
Studson Publishing Co., Inc., P.O. Box 447-022, Island Pond, VT 05846 USA

Order online: [www.stretching.info](http://www.stretching.info)