

The Bruce Lee Training Secre

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by Grandmaster William Cheung (Australasian Blitz Magazine)

Every martial artist would like to know how and what made Bruce Lee such a devastating fighter. Even though a lot of people associated with Bruce Lee or many claimed to have trained him or trained with him, I can safely say that not many of them were privileged to his secret training method.

Bruce and I grew up together. We were friends since we were young boys. It was I who introduced Bruce Lee to Wing Chun School in the summer of 1954. In the old days, the master would never teach the new students. It was up to the senior students to pass on the Wing Chun lessons to Bruce. As I was his Kung Fu Senior of many years, I was instructed by Grandmaster Yip man to train him. By 1995, one year into his Wing Chun training, Bruce progressed very fast, and already became a threat to most of the Wing Chun seniors as the majority of them were armchair martial artists. They discovered that Bruce was not a full blooded Chinese because his mother was half German and half Chinese. The seniors got together and put pressure on Professor Yip Man and tried to get Bruce kicked out of the Wing Chun School. Because racism was widely practised in Martial Arts School in Hong Kong, the art was not allowed to be taught to foreigners. Professor Yip Man had no other choice but to bow to their pressure, but he told Bruce that he could train with me and Sihing Wong Shun Leung. But most of the time we trained together.

The first thing I showed Bruce was the Principles of being a good fighter:

1. The Heart In a confrontation, one must desire to win; when under pressure, one must maintain calm.

Famous quotation from Bruce Lee:

"No matter what you want to do, don't be nervous (you should not let your muscles nor your mind be effected by nerves). Just keep calm. No illusion and no imagination, but to apprehend the actual situation you are in and find a way to deal with it. No excessive action is needed. Just keep your body and mind relaxed to deal with the outside emergency."

2. The Eyes

The eyes should be able to pick up as much information as possible prior to and during engaging the physical struggle.

Watching the elbows and the knees is essential to get the best result.

Also at no time, should the practitioner blink or turn his head because he would give away the most important instrument which supplies him the visual information of the current situation.

Extract from taped Bruce Lee conversation with Danny Lee (one of his students) in 1972:

Danny: Have you thought of Tai Chi as a form of self-defence?

Bruce: Well, if you were there you would be so embarrassed, so it is not even a free brawl where a man who is capable of using his tools and who is very determined to be a savage legless attack whereas those SOB's are cowards. Turning their heads and swinging punches and after the second round they are out of breath. I mean they are really pathetic looking - very amateurish. I mean even a boxer because a boxer when they concentrate on two hands, regardless of how amateurish they are, they do their thing, whereas those guys haven't decided what the hell they are going to use. I mean before they contact each other they do all the fancy stances and all the fancy movements, but the minute they contact they don't know what the hell to do. I mean that's it. They fall on their arses and they .. and hold and grapple. I think the whole Hong Kong - they call it Gong Sao-

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