

“KNOWING IS NOT ENOUGH”

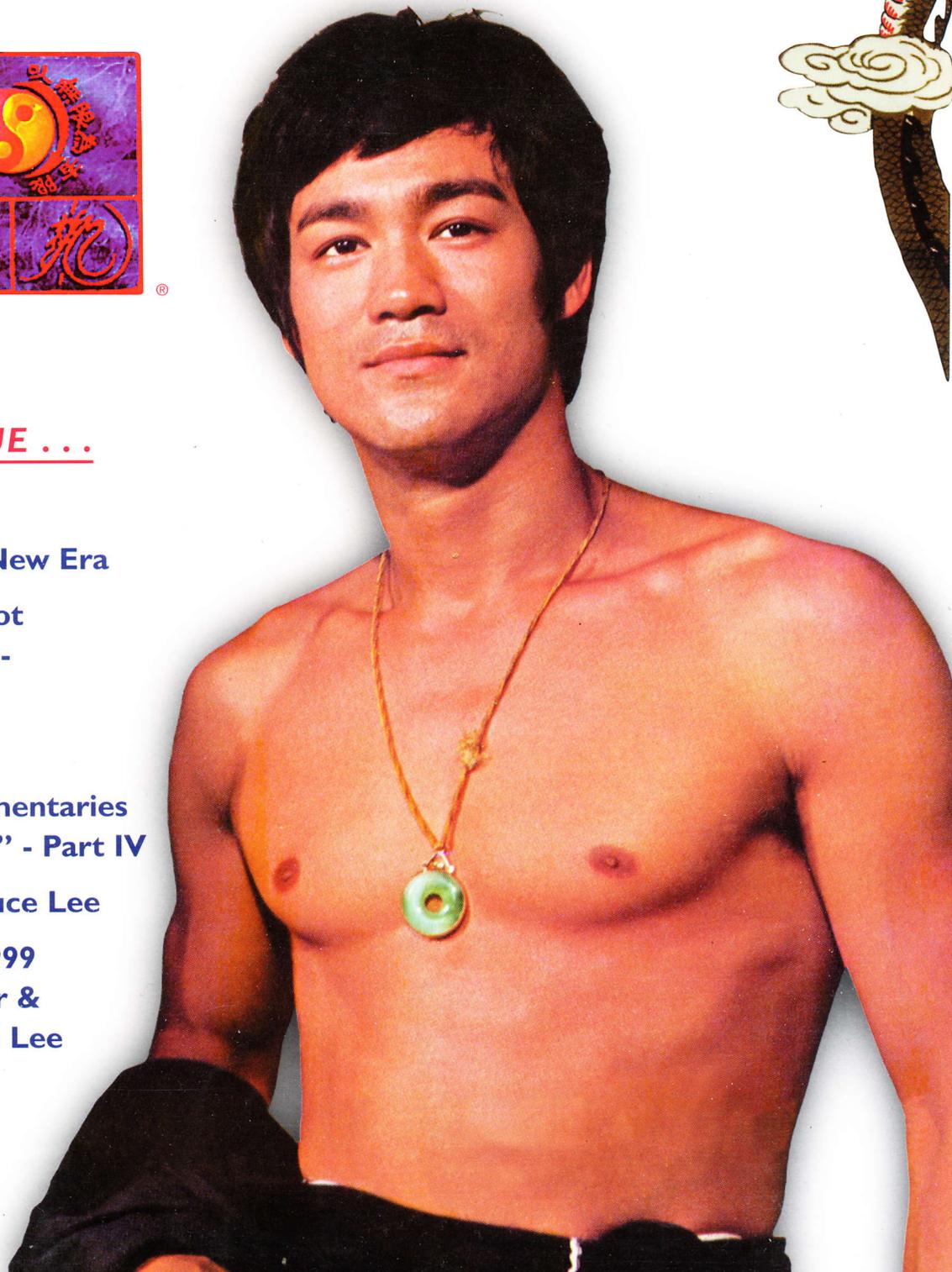
The Official Newsletter of
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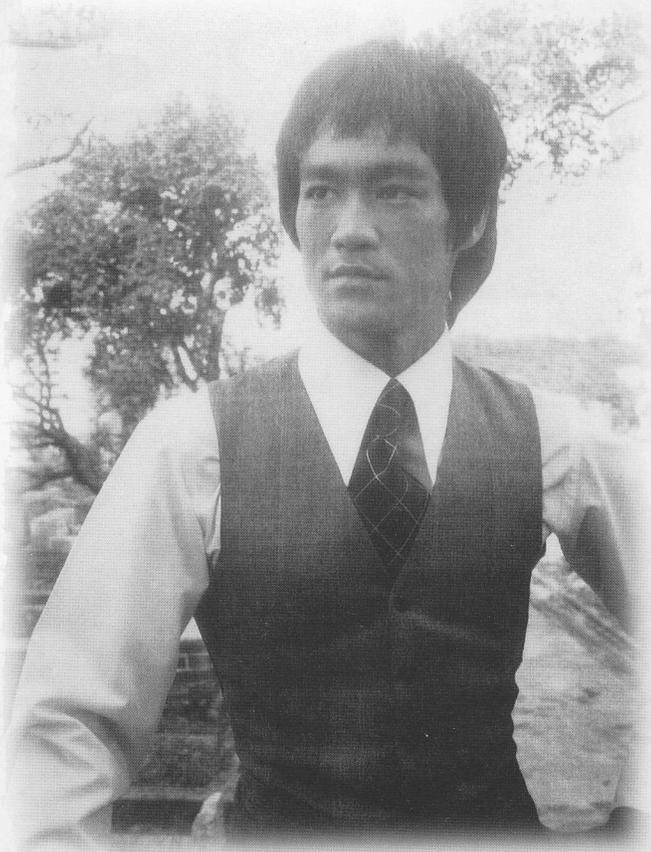
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EDITORIAL EDITORIAL

The Dawning of a New Era

By John Little
Director, Bruce Lee Educational Foundation



The teachings of Bruce Lee are set to hit the world in a big way as we stand on the threshold of the 21st Century.

“He was a teacher first of all. He taught philosophy and tried to spread knowledge and wisdom...The integrity with which Bruce lived his life and tried to uphold what he believed to be right - that is a clear example of how it ought to be done. No matter what it is you're doing, do it with total honesty and total dedication. He definitely influenced me.”

— Kareem Abdul-Jabbar (NBA Superstar)

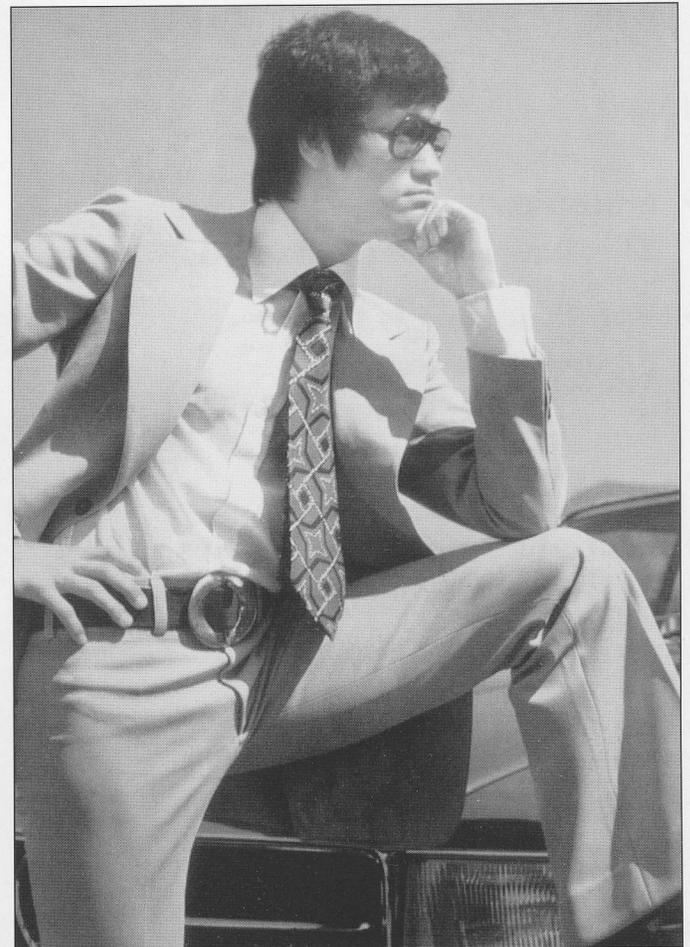
In his films *The Way of the Dragon* and *Enter the Dragon*, and in his nonfiction works such as *Artist of Life* and *Digest of Striking Thoughts* (forthcoming from Tuttle Publishing), Bruce Lee revealed that personal freedom is obtainable for all of us - right now - beyond the confines of systems, organizations and

styles. Lee created a unique philosophical perspective that deals with living life as it is - in its totality.

Bruce Lee was a passionate individualist. He wrote in praise of “the artist of life” who lives by the judgment of his own mind, and who is willing to stand alone against tradition and popular opinion. His philosophy of personal liberation rejects the ethics of blind obedience and external authority. He urged human beings to hold themselves and their lives as their highest values, and to live by the code of the free individual: self-reliance, integrity, quality, compassion and productive effort.

Bruce Lee's teachings celebrate the power of human potential - in all capacities. They provide an intellectual, emotional and spiritual foundation for meaningful and enduring standards of truth and quality. Upholding the use of reason as an adjunct to determining both values and the means to pursue them, Bruce Lee's teachings honor human achievement - from the parent, the spouse and businessman to the scientist, the philosopher and the artist: all are the benefactors of mankind.

Bruce Lee was a champion of individual rights and individual development, both of which stress the sovereignty of the individual as an end in himself; and yet he also spoke to something deeper - of the commonality of all human beings and of the removal of artificial barriers to brotherhood such as nationality, ethnicity and class structure so that people can live together peaceably, by voluntary trade, as independent equals.



People from all over the world look to Bruce Lee as being an innovator, philosopher, social activist and artist par excellence.

Millions of movie goers have been inspired by the vision of life they've seen in Bruce Lee's films. Scholars are now exploring the trails he blazed in philosophy and other fields. His principled defense of self-actualization has drawn new adherents to the cause of personal liberation.

The Bruce Lee Educational Foundation

Bruce Lee's revolutionary philosophy has created a growing community of people who wish to study its insights, live by its principles, and expand its cultural impact. The Bruce Lee Educational Foundation (the Foundation) was established in 1999 to address the needs of this community. The Foundation is advancing Bruce Lee's teachings as a basis for practical knowledge, social progress, and personal happiness.

The Foundation offers a host of programs for students, scholars, and the general public. As an educational organization based on a philosophy of self-knowledge and self-help, the Foundation conducts its activities in an atmosphere of free and open inquiry. At Bruce Lee Educational Foundation conferences, students of Bruce Lee's art, science and philosophy from around the world will be able to expand their knowledge and exchange insights with leading thinkers and activists. Among the events we are planning are international expositions and seminars, to be held each year in a different country, thereby allowing everyone access to Lee's teachings and example of individual human achievement.

We are also planning special summer conferences, in addition to our ultimate goal of creating "The Bruce Lee Center," a permanent home for Bruce's existing artifacts that would be properly preserved and placed on display for the inspiration and edification of everyone with an interest in his life, art and philosophy. For decades there has been "talk" that "there should be a Bruce Lee museum" - now, we are taking active strides to make this a reality.

The Bruce Lee Educational Foundation will also be organizing special events, such as organized trips to work sites that played a significant role in the history of Bruce's life and in the evolution of his thought. Presentations on how to apply Bruce Lee's teachings to personal life issues will include such topics as goal-setting, relationships, ethical issues in business, the scourge of racism, the joy of raising children, and Bruce's insights into psychological and spiritual growth. Experts in these areas of Bruce's thought will provide insights into his material in lectures and workshops and through the Foundation's magazine and this newsletter, in addition to offering meaningful educational courses on audio tape, which will soon be available through the JFJKD mail-order division.

As these and other exciting developments are realized, you will learn of them first through the pages of Knowing Is Not Enough, the official newsletter of Jun Fan Jeet Kune Do/Bruce Lee Educational Foundation. The most exciting chapter in the history of Bruce Lee's magnificent legacy is just now starting to unfold. As we stand on the threshold of the "Year of the Dragon" (i.e., the year 2000), it is comforting to realize that we are also knocking on the door of what will truly be the greatest

era of information about "The Little Dragon" and his teachings. We are glad that you'll be with us. As Bruce Lee once said:

"My friend, do think of the past in terms of those memories of events and accomplishments which were pleasant, rewarding and satisfying. The present? Well, think of it in terms of challenges and opportunities, and the rewards available for the application of your talents and energies. As for the future, that is a time and a place where every worthy ambition you possess is within your grasp."



Bruce Lee's principled defense of self-actualization has drawn new adherents to the cause of personal liberation.

The Bruce Lee Educational Foundation is a tax-exempt, 501 (C) (3) educational organization. Its programs are funded by participants through tuition and attendance fees, and by contributions from individuals, corporations, and foundations. Contributions are deductible in accordance with the U.S. Internal Revenue Code. Tax receipts will be provided for all contributors. The Foundation's membership program allows individuals to invest in the future of Bruce Lee's art and philosophy. We invite you to join with us today, by completing and returning the accompanying card-or by calling 1-559-298-5553.

The Bruce Lee Educational Foundation:
10400 Overland Road, Suite 275, Boise, Idaho 83709.
Visit us on the web at: www.Bruceleefoundation.com



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THE "KNOWING IS NOT ENOUGH" INTERVIEW

This Month: Jesse Glover

Interview Conducted by Tommy Gong



Jesse Glover, Fook Young and Steve Smith.

Jesse Glover was Bruce Lee's first student. He has conducted seminars throughout the world for the past twenty years. His contributions to the Jun Fan Jeet Kune Do Nucleus as a resource consultant are invaluable in relaying Lee's earlier training methods. In this interview, Jesse Glover recalls a young, impressionable, determined Bruce Lee in the early formative years of his art.

— J.G. —

How did you meet Bruce Lee?

I had taken a trip to California with a couple of friends to sell magazines. My real purpose in going to California was to track down James Lee, the author of a Kung Fu book that a fellow Judoka Leroy Porter had showed me. A second reason was to look up Paul Pung, whose picture was on the back cover of James Lee's book. Earlier I had read an interesting article about Gung Fu in a magazine article. When Leroy showed me James Lee's book and said that he had been his student, I bugged him until he showed me some of the material that he had learned. By the time that Leroy completed his demonstration I was convinced that I had to learn more about Gung Fu. Later when I learned that two of my friend's were going to the bay area on a sales trip, I talked them into taking

me along. I didn't sell many magazines on the trip but I did get to meet James Lee and Paul Pung. My meeting with both men was memorable. I saw and experienced new and exciting things. Years later the same James Lee that I met in 1959 became Bruce's student and assistant instructor in Oakland.

When I returned to Seattle I told a fellow Judo player, Charlie Woo, about my trip to California and he told me that there was going to be a Gung Fu demonstration in Chinatown. I told Ed Hart about the demonstration and he agreed to go with me. The demonstration was put on by members of the Chinese Youth Club. Fook Young was the Sifu of the club and Bruce Lee was one of the club's star performers. When Ed and I left the demonstration I was more determined than ever to learn Gung Fu. A few days later I discovered that Bruce and I attended the same school and that we traveled the same path to there. After going through various schemes about how to best approach him, I decided that I would walk up to him and ask if he would teach me. When I asked him about instruction he asked me if I had a place where we could train. I told him that I shared an apartment with two other people and that we could train there. He said no one else could be around while we were training. When I said that I would make sure that no one was around when he taught me, Bruce said that he would teach me.



Chris Sutton and Jesse Glover

What kind of person was Bruce?

Well, pretty charismatic, laughed a lot, joked a lot, very likable if he liked you. He was the only person I ever knew who could make any statement about martial arts and back it up. By 1962 Bruce was far ahead of his time in terms of his Gung Fu ability.

You were Bruce Lee's first student. What did he teach you?

He taught me techniques from Wing Chun, Preying Mantis, Tai Chi, Ba Gwa, Eagle Claw, Hung Gar and the Tiger. He also taught me footwork, closing techniques, sticking hands, straight punching, closing attacks, kicking attacks and some wrist and arm locks. The most valuable thing that Bruce taught me was how to bring the various aspects of my life together into a workable structure. One that is flexible and allows for constant change.

How much of a role did Bruce's seniors in Wing Chun, Wong Shun Leung and William Cheung play in his development as a martial artist?

I know Bruce ran around with William Cheung. He always talked about William Cheung as having the most potential of anyone in Yip Man's Wing Chun clan. Bruce also said that Wong Shun Leung was the clan's best fighter. When I watch Wong move on video it is easy to see the strong influence that he had on Bruce's development. Wong Shun Leung was Bruce's primary teacher. He talked Bruce through his first Gung Fu match and taught him the properties of water that Bruce loved to talk about. In the relationship between William Cheung and Bruce, William was a fighter and Bruce followed him around to learn how he won his fights. I am sure that Bruce learned something from William but he learned a lot more from Wong Shun Leung. Bruce also learned techniques and ideas from Yip Man and some of the other senior clan members.

Bruce used to talk about Hung Gar and other systems. One of the first forms that I learned from Bruce was from the Hung. In Seattle, Bruce continued his study of Gung Fu with Fook Young. Fook Young was a friend of Bruce's father and he drove Bruce to Seattle from San Francisco. Fook Young was a

Chinese opera star and he taught Bruce material from Red Boat Wing Chun, the Southern Preying Mantis and other styles.

You spent a lot of time doing sticking hands (Chi Sao) with Bruce Lee. How would you compare Bruce's Chi Sao to that of traditional Wing Chun and how do you compare your version of Chi Sao to Bruce's and traditional Wing Chun's?

When I met Bruce I thought that all Wing Chun men stuck hands like he did. After I had been sticking for a while I tried it with several traditional Wing Chun people. What I discovered was that they didn't feel anything like Bruce. Bruce's sticking was based on a moderate amount of pressure and a lot of speed. He had an uncanny way of detecting impending movement and reacting to it in a way that prevented it from happening. This isn't something that everyone can develop. I use a lot more pressure than Bruce. When I was on the receiving end of Bruce's Chi Sao it felt like he was using a lot more pressure than he was. This misconception led me down a different path than the one that Bruce followed. Pressure based sticking makes it easier for the average person to learn sticking hands.

You were in the fortunate position to witness Bruce Lee's transition from his Wing Chun roots. What were some of the reasons for abandoning Wing Chun?

I think that Bruce just out grew what he considered to be the structure of Wing Chun and gradually came to regard it as a closed system. I also think that a case could be made that Bruce never really left the Wing Chun system but only stretched its structure. Many of the things that are attributed to Bruce came from Wong Shun Leung who was Bruce's last teacher in Hong Kong and the best fighter in Yip Man's Wing Chun clan. Many of the things that Bruce learned were based on Wong's experiences as a fighter. In Bruce's later years he stopped teaching sticking hands but he is on video during this period using this technique. Sticking hands is a Wing Chun technique.

Was Bruce experimenting with other martial arts in Seattle?

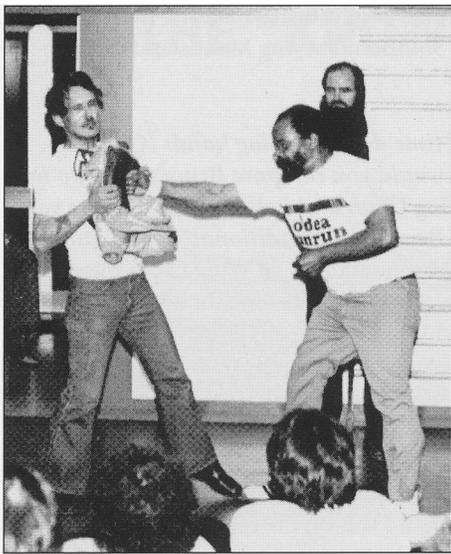
Bruce played with material from many Gung Fu styles. The ones that I remember were the Southern and Northern Mantis, Jeet Kune, Pa Gwa, Tai Chi, Hung, Eagle Claw, Choy Li Fut, Hsing Yi, boxing and Judo. During this period Bruce was heavily into various aspects of classical Gung Fu systems. Some of the material that he took from these systems stayed in his neural system and other material was discarded.

You witnessed Bruce's interest in forms turn to criticism less than a year later.

During that period, one of Bruce's habits was to hype something to the maximum and a few days, weeks or months later, reverse his position on it having value.

How did Bruce view the soft styles of Gung Fu when you met him? Did the Yin and Yang play a part in his view of these arts?

When I first met Bruce he said that the soft styles were the best ones. He thought that they contained the most valuable secrets. He loved to talk about the philosophical basis of Tai



Jesse Glover in Germany.

Chi, Hsing Yi and Pa Gwa and extolled the masters of these arts. He believed that there were masters in the soft arts that were equal to or better than the best people in his Wing Chun clan were. The Yin and Yang provided Bruce with a way to contrast everything, hard vs. soft, fast vs. slow and circle vs. straight line. He

thought about the idea of the Yin and Yang all the time and believed that it related to everything. When I met him the *I-ching* was his major source of guidance, inspiration and motivation. Trying to turn the ideas of the Yin and Yang and *I-ching* in to a reality, for him, was central to the path he followed.

What was Bruce like as a fighter?

Ed Hart and I were at one of Bruce fights. We were astonished by his speed in ending the fight. Bruce told me about fights in Hong Kong where he had employed the same quickness to win. At the time of the Seattle fight Bruce was still heavily into the Wing Chun concept of waiting for the opponent to attack. Later he changed this idea and carried the attack to his opponent. Bruce had a thing about domination. He didn't want to be dominated by anything or anyone.

You wrote that before his match with the Karate man in Seattle, Bruce displayed a lot of restraint and self-control before finally accepting the challenge.

Yes, Bruce did show a lot of restraint and self control before he finally accepted the challenge. He walked away from the guy several times and declined different invitations to fight but the guy finally wore out his patience, at that point he just wanted to pound the guy's head.

Were you able to speak with Bruce after his match with the Gung Fu man in Oakland?

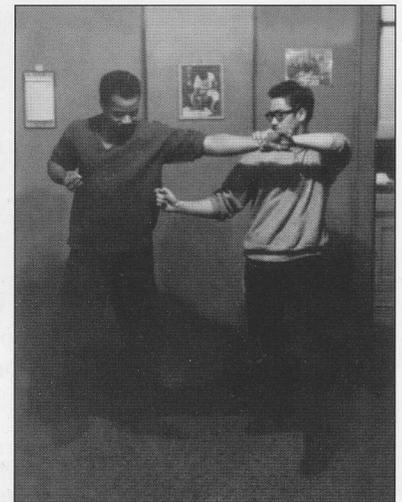
I did talk to Bruce after the match and described what had happened and what he had learned from the fight. What he learned was that some people could retreat from an attack with the same speed that he could launch an attack. This showed him the need to greatly increase his cardiovascular fitness and his punching power. He said that he was hitting the back of his opponent's head throughout the encounter but the speed of the opponent's retreat negated the effect of his punches. We spent three or four hours at a birthday party at Linda's mother's house talking about this fight and his new training methods.

Weren't you and your brother the ones who filled Bruce's grave?

We weren't the only ones. Fook Young also threw some dirt on the coffin. It didn't seem right that Bruce should be buried by strange hands so we took the shovels from the workers and filled the grave. It was a very sad event for us, but it seemed like the right thing to do, so that's what we did.

Your own development in martial arts led to the theory of the one shot punch with a backup system. Please elaborate...

It isn't just my theory, that was what Bruce told me to do. He said it would be good to end a fight with a single punch. What I came up with is a power punch that anybody can learn. I based it on a punch that former heavyweight champion of the world, Floyd Patterson used to use. All of the boxing critics said that Patterson's punch was a bad punch but he just kept knocking out his opponents with it. Usually after not too much practice people can learn to hit surprisingly hard with this punch. My goal has always been to give the average student weapons that they can use rather quickly. If a person starts learning on a particular day I would like to see him or her leave the class better prepared that when they came in. The big punch that I teach is something that allows this. The punch works equally well for women and small men, two groups that are often neglected by many martial arts instructors. The backup system is straightblast and other combinations, closing, sticking, chasing, trapping and low kicks. Blocking is practiced but only to be used as a last resort.

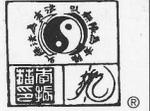


Jess Glover (left) was Bruce Lee's (right) first student in America.

What do you think of the goals and the efforts of the Jun Fan Jeet Kune Do Nucleus?

I hope that the Nucleus is able to carry out its stated goals. I think that in order to do this it must remain a non-profit organization. I certainly can't see anything wrong with people who were taught by Bruce or his students coming together to perpetuate their version of his teachings. I use the term versions because I don't think that it is possible for anyone to present an exact replica of Bruce's technique. It is my hope that the Nucleus prevails in its attempt to pass on insights into the process that Bruce called Jeet Kune Do. Jeet Kune Do is not a system, it is Bruce Lee's evolutionary process. If Bruce were alive it would still be evolving, so keep moving in that direction.





Jun Fan Jeet Kune Do Merchandise

T-shirts: Logo on front w/Jun Fan Jeet Kune Do printed under logo & "The Authentic Teachings Of Bruce Lee" printed on back. White w/Red logo & Black Print or Black w/Gold logo and Print.

Price: White T-shirt - \$13.00 + S&H, Black T-shirt - \$14.00 + \$4.00 S&H

Also For A Limited Time Only - The 3rd Annual JFJKD Seminar T-shirt (supplies are very limited) Price : \$20.00 + S&H

Sizes: M, L, XL & XXL (add \$2.00 for XXL) Note: Special seminar T-shirt does not come in XXL.

Bruce Lee Postcard Set: Boxed set of 6 different postcards of Bruce Lee during his Seattle days. Price: \$10.00 & \$3.00 S&H.

Pins: 3 different styles - Blue background w/red & gold finish, all gold finish and for a **limited time only** Black, Gold and Teal -**3rd Annual Seminar pin** Price: \$5.00 each plus \$1.00 S&H

Medallion - This beautifully boxed JKD necklace makes a great gift. Whether it's for that someone special or a present for yourself. Walk On inscribed on back. (Limited Supply) Price: \$10.00 & \$2.00 S&H.

Newsletter Back Issues: We currently have all back issues except for Vol. 1 Issue 2. Price: \$10.00 & \$2.00 S&H.

3rd Annual Seminar & Banquet Program Book - This 24-page program is packed full with stories about Bruce and Brandon, from the people who knew and loved them. This is one you won't want to miss. (Limited Supply) Price: \$12.00 & \$2.00 S&H.

Signed 3rd Annual Seminar & Banquet Program Book - Above program signed by Linda Lee, John Little and more. (Very limited supply) Price: \$30.00 & \$2.00 S&H.

Gift Memberships: If you have enjoyed being a Jun Fan Jeet Kune Do member, you can now give that gift to someone else. We will send a membership packet and a letter stating whom the gift is from. Price: \$35.00

Est. Delivery Time: U.S. - 4 to 6 weeks, Foreign - 10 to 14 weeks (**all foreign orders add an additional \$3.00 S&H**)

To order send check or money order to: Jun Fan Jeet Kune Do, P.O. Box 1390, Clovis, CA 93613-1390

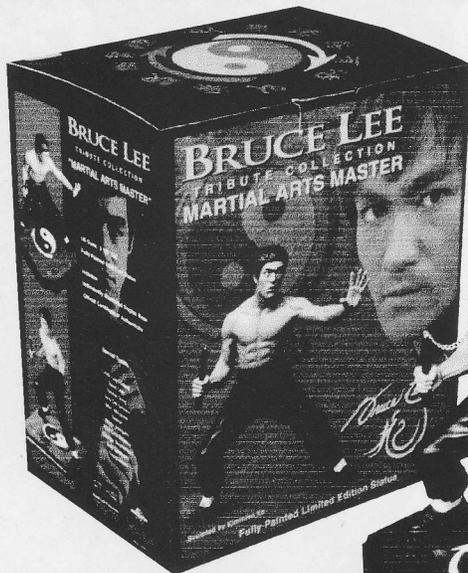
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EXCLUSIVE!

Bruce Lee's "Commentaries on the Martial Way" – Part IV

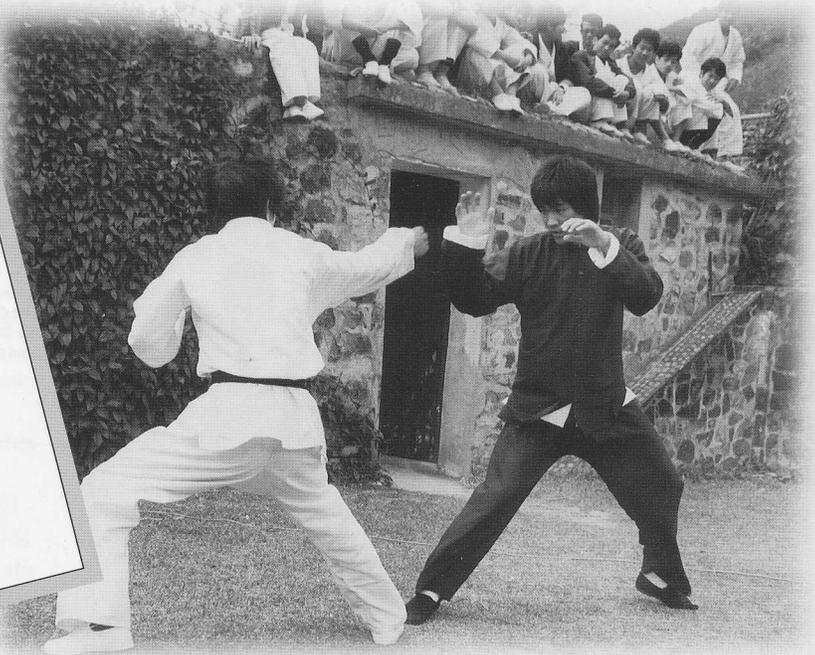
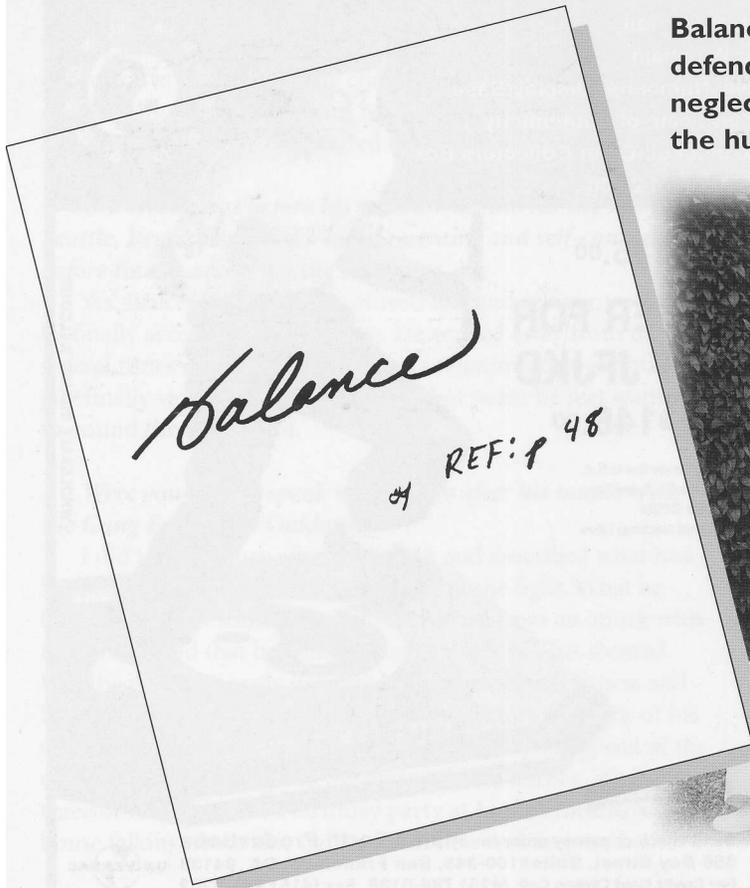


In our last issue of Knowing is Not Enough we concluded Bruce Lee's writings on "Distance" from Volume One of his multi-volume opus, "Commentaries on the Martial Way." This issue, we will be presenting Bruce's writings on Balance in combat - both in stance and in movement. In addition, we will learn of Bruce Lee's thoughts with regard to our center of gravity, as well as a training aid that Bruce recommended for the improvement of one's balance.

— J.L.

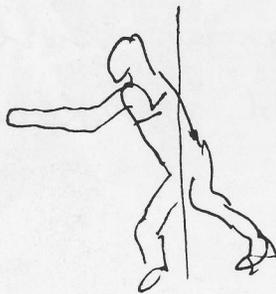


Balance – both in executing techniques (above) or in defending against techniques (below) – was a factor not neglected by Bruce Lee in cultivating his "art of expressing the human body."



Balance :-

- # always in balance to throw another kick or punch.
- # always leave the space of a natural step between your feet. By so doing you ARE BRACED and NEVER STANDING ON JUST ON POINT
- # one should seek good balance in motion, and not in stillness.
- # by not getting your feet crossed, you are always braced and not likely to be pushed off balance or knocked down because of bad footwork.
- # Balance must be under control AT ALL TIMES. so that the fighter will not lose his control in the middle of an action
- # for an attack, the center of gravity should imperceptibly be shifted to the front foot in order to allow the back leg and foot freedom for the shortest, fastest, and most explosive lunge.
- # for ~~to~~ a parry, the center of gravity should be shifted slightly to the rear foot so that the distance is increased and more time is allowed for the parry and opposite movements.



The fighter's center of gravity changes constantly, varying with his own actions and THOSE OF HIS OPPONENT

^{one?} The finest exercise for the development of a sense of balance is undoubtedly not ordinary haphazard skipping, but the real thing. First, skip on one foot, holding the other in front of you; then skip on the other. After that skip on alternate feet with each revolution of the rope — not so simple as it may appear — and work up to the highest possible speed. Keep the skipping going for three minutes — the duration of a round — then rest for a minute and skip for another three minutes. Three rounds of skipping in a variety of ways will form the opening for a good work-out.

Balance is the all-important factor in a fighter's attitude, or stance. Without Balance, "AT ALL TIME", he can never be effective.

The missing of a blow or intended kick means momentary loss of balance. That is why the counter-fighter usually has the advantage, but the attacker will be fairly safe by adopting the "SMALL PHASIC BENT-KNEE STANCE"

Practice 連環直冲 ~~at~~ the moment your opponent loses his balance, especially if he is the stand up type.



"Without balance, AT ALL TIME, [a fighter] can never be effective." - Bruce Lee

THE WISDOM OF BRUCE LEE

“Thinking 360-Degrees”

By Stirling Silliphant
Compiled by John Little



I finally asked Bruce, “I now feel confident that I can defend myself with my hands and feet, but what happens if I fight a guy armed with a knife? What happens with a gun, and so on?” We got into the whole area of meeting armed assailants. Bruce answered all of my questions, showing me what he believed to be the proper responses in each case and making it all highly enjoyable besides.

If I happened to excel during a lesson he’d say, “Okay, tomorrow we’ll work out with a knife.” The next day Bruce would hand me a knife and say, “Try to stab me...because that’s the only way you’re going to learn what I’m about to teach you.” Well, because I’d been a damn good fencer I figured I’m going to stick this guy, right? So I took the knife and started doing some real fancy stuff, brandishing the blade and two-hand switching like I was raised in the barrio. Forget it! Bruce would either kick me in the head, the hand, the leg, or else kick the damn knife — anywhere he wanted — at will! I mean, I got nowhere with him. So I began to see the wisdom of his combat psychology.

“The guy who’s got the knife is at a disadvantage. He will clearly lose the fight,” Bruce said confidently. “The reason is very simple. Psychologically, he only has one weapon. His thinking is therefore limited to the use of that single weapon. You, on the other hand, are thinking about all your weapons: your hands, elbows, knees, feet, head. You’re thinking 360-degrees around him. Maybe you’re considering some form of escape, like running. He’s only got a lousy knife. Now he might throw it at you. Let him. You still have a chance to avoid it, block it, or he may miss you. You’ve got all the advantages when you think about it.”

Now the same thing applies to some other weapons. I wouldn’t want to fight a good cat with some of that stuff, you know? Forget it; I’m going out the back door! But take a guy with the average stick, plank or club. Bruce would laugh at him. Bruce once told me, “He’s holding something with two hands. I mean, what’s he going to do: swing, thrust, jab? He’s got a problem. What’s he going to do with his feet? He’ll be off-balance if he holds the staff and tries to kick you. That’s his disadvantage.”

(Source: Stirling Silliphant interviewed by John Corcoran in the magazine article entitled “One-On-One With Stirling Silliphant,” published in “Martial Arts Legends,” January 1993)

According to Bruce Lee, if you are able to think “360 degrees around your opponent then you’ve got all the advantages” in a combative situation.



HIGHLIGHTS OF THE 1999 3RD ANNUAL SEMINAR & BRUCE AND BRANDON LEE MEMORIAL BANQUET

By Tammy Ledda



Check in at the 3rd Annual Seminar.

The Event started off on Friday afternoon, April 23rd, with a tour of some of the landmarks from Bruce Lee's days in Seattle. After checking in, most of the participants set off on the tour. All told, it took five full size buses to accommodate everyone! It was an amazingly beautiful day in Seattle and perfect for sightseeing.

The tour consisted of several momentous Bruce Lee sights: The church where Bruce and Linda were married, Bruce's first schools, the University of Washington where Bruce studied Philosophy. (This was also where Bruce first asked Linda for a date while working out by the pillars!)

The tour concluded with a stop at Lakeview cemetery where Bruce and Brandon are buried, to pay our respects. We collectively had a moment of silence in remembrance of the two great men, who have touched all our lives. It was amazing



One of the many workout sessions.

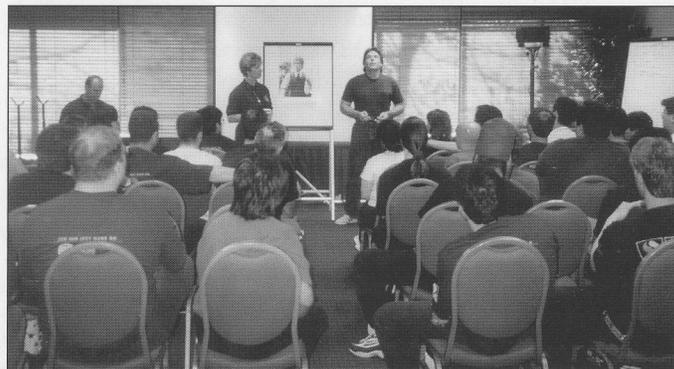
to see such a mix of people from various backgrounds and nationalities all come together.

In the spirit of Bruce, we ended the tour with a stop at a wonderful Chinese restaurant for dinner, where we mingled and relaxed. Taking in all of the day's events and taking time to chat with various Nucleus members.

The next morning started bright and early with the first session starting at 8:00 am. The first day's agenda were classes taught by the Seattle Instructors. As well as one class focusing on Bruce Lee's personal philosophy and training methods and a few sessions later in the day taught by the Los Angeles Instructors. The workouts covered many topics from state of mind to footwork.

There was also a question and answer room, where the participants were able to ask various Nucleus members questions regarding a variety of subjects, from

Bruce's philosophies, diet, weight lifting routines and much more. Nucleus members and personal friends of Bruce's shared their experiences in both training and time spent with Bruce.



JFJKD member David Cox (right) spoke to the philosophy group, discussing a lesson he learned from Bruce Lee while the two were driving from Los Angeles to Long Beach in the late 1960s, while Linda Lee Cadwell (center) and John Little (left) listened.

This was a great experience for participants who were able to ask long awaited questions and one of the highest scored sessions of the weekend according to the seminar questionnaire. Everyone enjoyed the chance to get to know more about Bruce Lee the Philosopher and the man.

Saturday evening ended with the Bruce and Brandon Memorial Banquet, where we had a lovely Prime Rib or Salmon dinner, depending on your preference.

am. Sunday consisted of instruction by the Los Angeles and Oakland Instructors, as well as continued session in the question and answer room.

During the weekend there were two different occasions to get autographs and spend a little more time talking with the Nucleus members.

Throughout the weekend there were numerous amounts of souvenirs for sale. We offered a variety of items, such as a Collectors Postcard set of Bruce Lee's Seattle years, a beautiful pendant necklace with the JKD symbol on the front and inscribed on the back, the words, "Walk On." There were

Programs, Various Volumes from

the Bruce Lee Library Set by John Little, including the newly released Volume 5. Also for sale were 1st, 2nd and 3rd year pins, and much more.

The Event concluded at 5:00 pm with the Annual JFJKD members meeting. Where we discussed several issues concerning the coming year. There was an announcement of the new JFJKD Nucleus Officers for the year. Taky Kimura was appointed Chairman, Ted Wong was appointed Secretary and Tommy Gong was appointed the

Treasurer. All other Nucleus members will continue to serve on the board as general officers.

We also discussed the proposed site for next years Event. The idea was presented to hold it in Las Vegas. By a show of applause this was tentatively accepted as the location of the next Event. We also had a brief informational presentation by our web site volunteer staff. They presented a variety of ideas for the future of the website. By a show of hands it was clear that the website is a valuable tool to reach the members as well as the general public.

In total there were about 220 seminar participants, 220 tour participants and 420 banquet participants. The Event went wonderfully well and from what I have heard from the various participants, all left with fond memories for years to come and anticipation of next years Event.



Nucleus members (from left to right): Linda Lee Cadwell, Bob Bremer, Chris Kent, Pete Jacobs, Tim Tackett, Cass Magda and Ted Wong.



Nucleus members (from left to right): Allen Joe, Tommy Gong, Dan Lee, Steve Golden, Shannon Lee Keasler, Taky Kimura and George Lee.

Allen Joe. They were each given a special Chinese Calligraphy scroll in honor of their lifetime dedication to Bruce Lee. The next morning we were up and going by 8:00

feel the presence of Bruce and Brandon. Luis Santos, The films captured your heart and truly made you

Other highlights included several speakers such as, Doug Palmer, Leo Fong, Fred Sato, Andre Morgan, among others, who shared with us their personal experiences with Bruce and Brandon.

Following the guest speakers was a presentation of medals to all the volunteers and special guests of the Event. After the presentation of Medals was a raffle for some very rare gifts. Gifts included a variety of items, including a limited, Numbered Collectors Edition Bruce Lee Statue, a Two-Hour Free Lesson with an Actively Teaching Nucleus Member, Free Admission to the next Annual Seminar and much more. One of the biggest highlights of the evening was a special surprise presentation to Nucleus members, George Lee and

Linda and Shannon presenting the scroll to Allen Joe.



Linda and Shannon presenting the scroll to George Lee.



Highlights of the banquet included a short film on Bruce and a first time viewing of a short film on Brandon, by John Little. Although this was an emotional moment for all, it really brought the spirit of Bruce and Brandon to life. There was also an inspiring musical dedication set to film by Luis Santos. The films captured your heart and truly made you

“NEWSWORTHY NOTES”

This will be an ongoing column dedicated to keeping our members informed.

- **Instructor's List Updates** - Due to the growing size of the Instructors List, we will no longer be able to print the list in the newsletter. We have a limited amount of space and in an effort to put out a quality newsletter, we want to make sure we fill as much of that space as possible with information on Bruce Lee. Since there have been a number of updates since the last newsletter, and since the list will no longer be printed in future newsletters, we have inserted an Instructors List flyer in this issue only. We know that there is a strong desire among many of our readers to find an instructor in JFJKD, so for future information on Instructors of JFJKD, we have made a list available for you at the JFJKD office. You may obtain an up to date list by sending your request to the JFJKD office or by calling (559) 298-5553. We will also have an up to date list available on our web site at JKD.com.
- **New Merchandise** - We have some great new items in this issue. Be sure to check it out!
- **3rd Annual Seminar and Memorial Banquet** - WOW, what a great weekend. If you were there, you know what a memorable event it was. If you missed it, be sure to see the write of the Event in this issue.
- **Next Annual Event** - Next year's Event is scheduled for Las Vegas, around the same time of year. We will have more information regarding next years Event in the next Newsletter. Start planning now, it's going to be awesome.
- **We need your input** - We would like to know your thoughts and ideas for next years Event. Please send us your suggestions to the main JFJKD office in Clovis.
- **Many, Many Thanks** - We would like to express our sincere gratitude to all those wonderful volunteers who helped with this years Event. Your efforts truly made this an outstanding event. Special thanks to Abe Santos who did an excellent job coordinating, Perry Lee who was responsible for the outstanding souvenirs, Mike Hilow and the security staff and all the fabulous souvenir and registration helpers. We could not have done it without all of you. Thanks!
- **“How can I help”?** - I hear this so often. The encouragement and support all of you show is so wonderful. I know many of you have said, “I want to do more, what are some ways I can help”? One of the ways we really depend on our members for, is word of mouth. If

you like what this organization is doing, tell a friend. We do not advertise very much, so public awareness is limited. It may not seem like a lot to do, but it's what helps us grow and keeps us going. Another way is through donations. JFJKD is a Non-Profit organization and your donation is tax deductible and very much appreciated. Last, but very important, is your ideas and input. We would love to hear your ideas and feedback. What do you like about us, what do we need to improve? Your input is a valuable tool for our growth and improvement. You have our thanks for your continued support and encouragement. :)

- **BLEF, something new!** - BLEF is the acronym for the BRUCE LEE EDUCATIONAL FOUNDATION. As you may have noticed on the front cover or throughout the newsletter BLEF has been added to our name line. BLEF is an important part of the JFJKD. We always strive to give you, our member, the most complete picture of who Bruce Lee was. The BLEF is an important part of that. THE BRUCE LEE EDUCATIONAL FOUNDATION is the center for the advancement of the authentic teachings of Bruce Lee in the fields of philosophy, sociology, art and physical fitness. In addition, The Foundation serves as a fact-checking source for research and data pertaining to the historical aspects of Bruce Lee's life, art and philosophy. And don't worry, there are no additional forms to fill out, no additional fee to send, since the JFJKD and BLEF are a part of the same organization, your membership gives you access to information provided by both. If you have any questions about the JFJKD/BLEF please call the office at (559) 298-5553.
- **Seminar Updates** -
Ted Wong Seminar-Vancouver, Canada
August 14-15, 1999
Contact: Robert Currie
Tel: (604) 730-0012

Ted Wong Seminar-Montreal, Canada
October 16-17, 1999
Contact: Patrick Chan
Tel: (514) 766-3375
E-mail: thetao@usa.net

For more info on upcoming JFJKD
Events visit our website at **JKD.com**.

If anyone would like to contribute information to this column, write to:

JFJKD, PO Box 1390, Clovis, CA 93613-1390





“Recognizing that the power of will is the supreme court over all other departments of my mind, I will exercise it daily, when I need the urge to action for any purpose; and I will form HABIT designed to bring the power of my will into action at least once daily.”

— Bruce Lee