

THINK HIT

THE VOICE OF THE JEET KUNE DO INSTITUTE

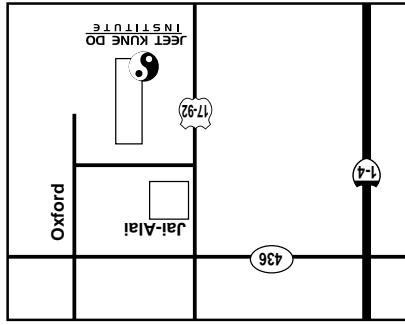


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The Jeet Kune Do Institute believes that no martial art style is more important than the individual. We allow the students to create their own "style" within the JKD system that best fits their mental and physical attributes. Simple, direct and efficient are the fundamental aspects of JKD. We prepare our students for any situation by training in all ranges of combat; punching, kicking, weapons, and grappling. We select appropriate techniques from the following disciplines.

JEET KUNE DO
(The Way of The Intercepting Fist) Developed by Bruce Lee primarily from wing chun gung-fu, western boxing and fencing.

BOXING/MUAY THAI
Western boxing helps develop a high degree of offensive and defensive skill. Muay Thai (a form of kickboxing from Thailand) incorporates leg kicks, knee and elbow strikes.

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Incorporating the best techniques and training drills from different disciplines, a well rounded base for practical ground fighting.

ESCRIMA/KAL/ARNIS
A Filipino martial art emphasizing weapons training. Training in the use of stick, double stick and dagger.

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JEET KUNE DO INSTITUTE



THINK HIT

FREE MARCH 2001

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THE SIFU SPEAKS

by Sifu/Guru Tim Motter

You may be asking yourself what does "Think Hit" mean; What does it have to do with Jeet Kune Do; And why name a newsletter that? Well, let me explain.

The human mind has three definite responses to a self preservation situation. All of which are based on dealing with fear. (One) defense "assume the fetal position". (Two) flight "Run away" (Three) attack "What did you call me you *^%\$#!" Now the fear in this type of situation only lasts a few seconds and then your body is too busy dealing with the confrontation to waste energy on being afraid. Which response occurs is decided nearly instantly with no conscious decision necessary.

If you use a passive response (one) defense, in a fight situation, there is nothing stopping a follow-up attack or another or another, so on and so on. Now, even if you have a great defense you will eventually get hit and probably repeatedly. Of course, you'll lose the fight and the attacker leaves unscathed except where he may have hurt his hand on your face. That's not my idea of self defense. You can never, and I mean *never* win a fight by only defending yourself, you must attack to win.

If you respond with (Two) flight, then you've taken Bruce's "The art of fighting without fighting" a little too far and shouldn't be reading a martial arts newsletter. Think Hit is the name for the

response of the third type, attack. You condition your response to physical assault to remain constant...you hit him. In a more broader sense, you attack when attacked. It does not mean to block then hit, to simultaneous block and hit, but simply to hit.

Maybe you think you'll block a few attacks and then counter attack, wrong. This is not a ring fight where you exchange blows back and forth until someone eventually wins. This is one big flurry that lasts until someone is out of the fight. If you rely on a defense-then-attack strategy, you may never get to attack. The person who lands the first punch usually wins, because the defender stays passive (defense) and never gets a chance to go on the offensive.

Now what does "Think Hit" have to do with Jeet Kune Do? In a word...everything. The term Jeet Kune Do means the "The way of the intercepting fist", not "The way of the intercepting block". So you would intercept an attack with... you guessed it, an attack. Which we like to call "Think Hit". Since this principle is so important to JKD, I believe it's a fitting name for the school's newsletter. Next time I'll discuss this important concept in more detail, so until then...Think Hit!

About the Author
Tim has 16 yrs experience in the martial arts and is an apprentice of Richard Bustillo. He was inducted into the Martial Arts Hall of Fame in 1997. He is the main instructor at the Jeet Kune Do Institute.

LESS IS MORE *by Steve Piantieri*

JKD EXTREME HOSTS TIM TACKETT

I enjoyed studying Korean Tae Kwon Do for three years with its formal, rigid guidelines to learning kata and ancient rituals. It offered me the conformist instruction that I needed. Now, I've learned to appreciate the "function over form" simplicity that JKD offers. Such was the recent Tim Tackett seminar in West Palm Beach which drilled home the idea of how "simple" JKD truly is. Sifu Tim Tackett, one of Bruce Lee's original students, has a simple teaching style which are the result of two facts: 1) His techniques work. 2) If it doesn't work, don't dwell on it, he'll give you an alternative that WILL work.

The seminar was a two-day, intensive workout on December 2nd and 3rd in Lake Worth, near West Palm Beach, FL at the JKD Extreme school of Richie Carrion's, a Tim Tackett apprentice. A technique was shown, repeated, and the class was let loose for 10 minutes to try it. At that point Sifu Tackett reviewed the skill, often times adding

a quirk to the new technique. We were then given a moment to try it again and then off to another similar move or the next step in a series of flowing techniques. Each new skill was described, demonstrated, given to us to practice, and then shown again to us with nuances and counters. Tim's application of techniques was both broad enough to cover ample ground yet deep enough to show how the skill works when resistance or a counter-technique is thrown back at you.

The "stop-kick" was covered in deep fashion. It's a simple technique used best against an advancing opponent when you're caught off guard. It uses as its tenant idea the fact that the leg is longer than the arm. Aimed at the shin or knee, the harder the attacker is advancing, the more effective a stop-kick. After donning shin guards we tried and tried to effect a counter to this simple technique. None surfaced short of intercepting the stop-kick as we jumped, lunged, side-stepped and otherwise tried

to avoid the effective, yet simple, stop-kick.

As an added treat, one of the local students threw a great BBQ party on Saturday - complete from appetizers to grilled meats and sides to beer and desserts. We were a group of five from Orlando that enjoyed the hospitality of the South Florida school. A certificate was also presented by Tim Tackett to all attendees at the conclusion of the second day.



The Orlando JKD Group with Tim Tackett

RICHARD BUSTILLO SEMINAR

Richard Bustillo will be conducting a Jeet Kune Do seminar in Orlando, March 10 and 11, 2001. Richard Bustillo is frequently sought after to conduct seminars throughout the world. With 30 years of experience, Bustillo possesses a wealth of knowledge and a very unique and motivating teaching style.

Bustillo is a member of Black Belt's Hall of Fame - Instructor of the Year and an inductee to the World Martial Arts Hall of Fame. Richard Bustillo is a certified law enforcement defensive tactics instructor and a member of the American

Society of Law Enforcement trainers. He is certified with the Olympic Training Center as a coach and official with USA Boxing, and a Kru in Muay Thai. He has helped to revive the Filipino Martial art of Kali/Eskrima/Arnis, and is recognized by the Council of Grandmasters of the Philippines as Ninth degree Black Belt (Grandmaster) in Doce Pares Eskrima. But, he is best known for his training under Bruce Lee and being a high ranking Sifu in Jun Fan Jeet Kune Do.

He will teach the art of being yourself (Jun Fan Jeet Kune Do), and developing your own training

techniques, having an open mind, and to know the truth in practical and functional martial arts.

The seminar will encompass the arts of Kali/Eskrima, Boxing/Muay Thai and Jujitsu/Wrestling, and enhanced by the Jun Fan Jeet Kune Do philosophies, concepts, principles, theories and training methods of Bruce Lee.

Space is limited! Pay by March 1, only \$85! Price at the door/\$95. Group of 5 or more, \$75 per person, 1-day/\$65, and \$35 per session. For more information or to register call: 407-831-4243.

NAGA CHAMPIONSHIPS BRINGS NEW LESSONS

by Sifu/Guru Tim Motter

I've been training in the martial arts for about 17 years now, and have been teaching regularly for about 5 years. I still learn something new everyday. At the recent North American Grappling Association (NAGA) Sunshine State Championships was no exception. I learned that I can be...an idiot. Let me explain, I had trained three of my students for about a 1 1/2 months for the tournament. We only train grappling once a week so we had to train a little extra in order to be better prepared physically and mentally for the fights. My job as an instructor/trainer is to be as truthful as I can about my students abilities so I can minimize their weaknesses and accent their strengths. They need to be aware of their faults and their strengths in order to formulate an effective fight/training strategy. Unfortunately, to be a good *coach* you have to be positive and give your fighter confidence that he can do anything, regardless of his faults. This is a precarious juggling act that I recently dropped the ball on.

One of my students Steve Piantieri competed in two divisions; the senior division (he just turned 41) and the beginner middle weight division (155-174.9 lbs.). Steve has one major fault when he grapples, he uses way too much energy and becomes fatigued quickly. My assessment was that he would win one fight and then run out of gas and not place. He won his first fight by

advantage (superior position/aggression). He lost his second after controlling the fight for 2.5 minutes before he completely ran out of energy. He lost his third with not even a fight, he was just too tired to put up any resistance. My prediction was right on the mark. Now, this is where I find out that I can be an idiot.

At the start of his second division Steve wins by advantage, he was all over the guy like a cheap suit using very little energy. I thought "Good job, I hope he can keep it up". Second fight he wins by reverse triangle choke after dominating his opponent, again with apparently no effort. I think to my self "Alright! Now we're onto something". The third fight is a semi-final match that he barely loses by advantage. I think "that's ok, he's in the finals and he's fighting much better than usual". The third fight he wins in about a minute with a triangle choke to place third after fighting 7 times. I'm thinking "fantastic!". The first thing Steve said to me as he came off the mat was "I heard you tell Fabian that I would win one (fight) but wouldn't place...take it

back!" I felt like someone had kicked me in the balls with a steel-toed work boot.

How could I have been so stupid! I focused so much on truthfully assessing my students abilities that I had forgotten that they are people. They aren't machines that I fine tune to get better gas mileage, they are humans with feelings. And rightfully so, Steve pointed this out to me. I immediately took back what I had said and tried to express how I felt about the person Steve and not the the fighter Steve. I had more respect for him at that moment than any of the 500 or so people there. Not only did he fight 7 times against heavier or younger opponents, but was able to rise above his normal skill level and meet the challenge of competition. But more importantly, he did not let my thoughtless remark deter him from succeeding. He used it to teach me that I still have allot to learn. But if I learn something new everyday, it should only take a lifetime.



Tim Tackett



"...Take it back!"



Steve winning third with a triangle choke.

TACKLING THE TACKLE *by Sifu David Peterson (reprinted with permission from the author)*

From what I have seen in the 'UFC' matches, in my own training, and various other situations, it is clear that standing right in front of the attacker and expecting to "blow him away" with the deadly ferocity of our counter-attack is simply not realistic. Meeting his/her force head-on in that manner is crazy. One or two (even if well-timed) attacks from such a position will not take care of what is the main problem, ...the momentum of such a committed attack, as this will be more than enough to carry the enemy on through our own position, not only taking us to the ground, but giving them ample opportunity to recover their senses and continue with their attack which, if they are using such an strategy as the "rugby tackle-style" technique, suggests that they are grapplers who would be more than able to make use of this range and position than we would.

Even the Gracies talk about the fact that they are expecting to get hit on the way in, but that this

is an acceptable and necessary part of the grapplers strategy. What I have found to be a more useful method of dealing with such attacks is borrowed from the 'Baat Jaam Do' ("eight-slash knives") form, namely the exaggerated retreating footwork found within this form. The type of defensive ("side-stepping") footwork normally employed against stand-up fighters ("Tui Ma") works fine against upright attacks, allowing us to avoid the attack with the smallest amount of movement, remaining in such close proximity to the attacker that we can virtually trap their body from top to bottom (arms and legs). What I need to do against a lunging/diving attack, however, is exactly the opposite - I want to totally avoid contact (short of landing whatever striking techniques I can along the way), so the footwork from the "knives" form, which deliberately takes the front leg further back (as it needs to be when a "knife-wielding" exponent faces an opponent with a long pole or similar weapon, whereby the

legs must be kept out of harms way), thus allowing me to draw the attacker further forward and off balance, while my hands can ward off the upper body or arms and literally "encourage" his/her forward momentum so that they are keep out of position. This then provides the option of either making my escape, or else pressing the counter-attack from a safer angle whereby I can force him/her to the ground or into the wall, etc., using kicking as the main weapon because reaching down to employ hand techniques would put me back in the grappler's domain. (continues next month)

About the Author

David Peterson is the principal instructor of the 'Melbourne Chinese Martial Arts Club' where he instructs in the "Wong Shun Leung Method" of Wing Chun. He is a fully endorsed member of the 'Wong Shun Leung Wing Chun Martial Arts Association' and the Hong Kong-based 'Ying Tsun Athletic Association'.