



## **Tao of Jeet Kune Do, by Bruce Lee**

Can you look at a situation without naming it? Naming it a word, causes fear. Jeet Kune Do [a martial arts form by Bruce Lee] favors formlessness so that it can assume all forms, and since Jeet Kune Do has no style, it can fit in with all styles; approach Jeet Kune Do with the idea of mastering the will. Forget about winning and losing; forget about pride and pain. Let your opponent graze your skin and you smash into his flesh; Let him smash into your flesh and you fracture his bones; Let him fracture your bones and you take his life! Do not be concerned with you escaping safely. Lay your life before him!

The art of Jeet Kune Do is simply to simplify the student to be active and dynamic in every way. But in actual combat, his mind must be calm and not at all be disturbed. He must feel as if nothing critical is happening, not to hurt anyone, but to overcome his own greed, anger, and folly. Jeet Kune Do is directed toward oneself. When you get down to it, real combat is not fixed and is very much "alive". The man who is really serious with the urge to find out what truth is, has no style at all. He lives only in what is. If you follow the classical pattern, you are understanding the routine, the tradition, the shadow. You are not understanding yourself. Truth has no path.

-- Bruce Lee, from a fan's page  
[<http://home.earthlink.net/~hex1/jkd.html>]