

even before he begins to progress in his attack. I think that most arts were based on attacking and defending, but intercepting was certainly one of the foremost principles of Jeet Kune Do at that time.

*You spent a tremendous amount of time with Bruce Lee, particularly during the period when he considered -- however briefly -- Jeet Kune Do to be both a style and an art. When it was "an art," how did it differ from what was taught at, say, the Chinatown school?*



**TED WONG:** Well, I did have the very, very good fortune to learn from him in both the Chinatown school and also privately when we worked out at his home. That's why I had the opportunity to experience both aspects of his teaching, both formally and informally and at both "schools," so to speak. I can see that I came along probably toward the end of his period of development of his art of Jeet Kune Do. And I can see that most of his teaching during the early part of his development was pretty much Wing Chun Gung Fu. Later on, he started adding different things to it such as footwork, and applying different combative philosophies to it. The art at that point began



Bruce Lee's choice of preferred stance in combat evolved from the traditional Bai-jong or "Ready position" of Wing Chun (above) to the more mobile and elusive On-Guard position of Jeet Kune Do (left).



Footwork and mobility were two of the most important innovations in Bruce's creation of Jeet Kune Do. According to Bruce Lee: "Good footwork can beat any attack."

changing, but the change wasn't simply the result of adding new and different techniques and different approaches, but I could see that, technique-wise, it was pretty much the same. I recently had the opportunity to workout with members of the Jun Fan Jeet Kune Do Nucleus; that is, different members who had actually trained with Bruce Lee over many different eras. This gave me the opportunity to see that the techniques that Bruce taught all of his students were pretty much the same, as far as punching and kicking. Over time, he began to change the stance from a Wing Chun Bai Jong to the "On-Guard" position, and because of that change, many other changes came about. For instance, he changed the way he kicked and punched, the delivery system of these techniques. Also, the curriculum that he taught in the class to a large group of people began to change somewhat. Still at that time, the Seattle, Oakland and Los Angeles curriculums were pretty much still Wing Chun influenced. But when I was training with him privately, there was a gradual diminishing of Wing Chun until, at the end, it was completely different than Wing Chun. Pretty much the only Wing Chun element that he applied was Chi Sao or "sticking hands" and also some simplified trapping. He thought that it was pretty unique, but then later, say, in 1969, he had pretty much discarded that as well. Taky [Kimura] told me that Bruce had called him in 1969 and told him that "Chi Sao is out."

*It's interesting that there was a difference in what he taught you privately -- not just from the Seattle school's curriculum, but also from the Chinatown school, both of which emphasized trapping, Chi-Sao, and the classical techniques of Wing Chun. Whereas by 1969 he was getting away from that.*

**TED WONG:** Yeah, in his private teaching there was still a little bit of Wing Chun there but it was no longer the center of his art. I think once he started to move away from it was when he really started to excel; that was how he progressed so quickly on his own. I think that he believed that the Wing Chun techniques no longer fit into the direction he was progressing in at that time; that is, into the structure of JKD anymore. However, Wing Chun remains an important part of the early history of Jun Fan Jeet Kune Do. I should also emphasize that this is only my personal opinion of how he felt.

*All right, let me ask you a direct question: How would you define Jeet Kune Do?*

**TED WONG:** To me Jeet Kune Do is Bruce Lee's own personal way of how to conduct himself in combat. Jeet Kune Do is based upon certain principles and a philosophy, and how to apply them both through physical movement or motion. I also believe that if you are going to use the term "Jeet Kune Do" you should be referring to what Bruce Lee taught -