

- and did during his lifetime. Jeet Kune Do, really, represented the process of Bruce Lee's evolution ever since he began martial art. I cannot say that Jeet Kune Do really began on the day that he first came up with the term -- that was just the day that he decided to give the process of his evolution a name. Jeet Kune Do was that process of evolution, even in Seattle, Washington right up until his last day on earth. All of these have to be considered part of his Jeet Kune Do process. I don't think that you can pin down Jeet Kune Do as being what he taught from July 1967 and onward, and that anything he taught before then was not. I think Jeet Kune Do would have to be what Bruce Lee was practicing, doing, teaching and working on during his lifetime. It is really based upon some really important philosophical principals: simplicity, directness and non-classicalness. If you understand these, you will probably understand a lot of Jeet Kune Do.

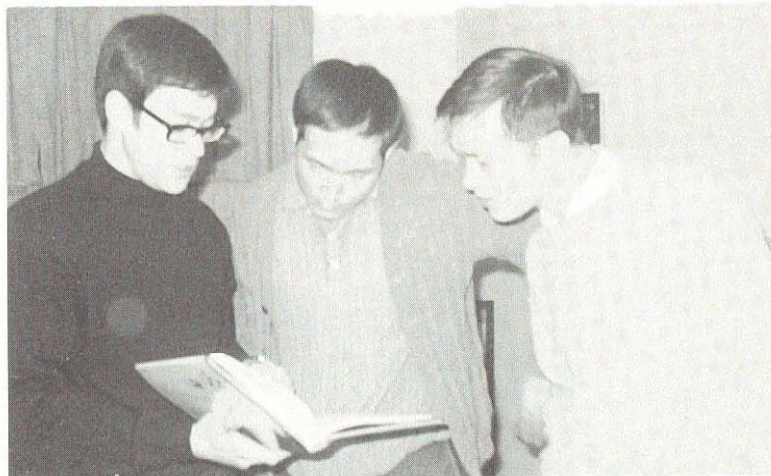
You also feel that there are some fundamental techniques that form the science of the art of Jeet Kune Do, as opposed to the art itself, which is oriented more toward the personal experience of the individual. Can you share with us some of what you hold to be the fundamental techniques that underlay the science of Jeet Kune Do?

TED WONG: Well, Bruce Lee always mentioned that the footwork and stance are very, very important. You have to learn these, especially at the beginning, before you can progress on to anything else. Bruce Lee always emphasized that the On-Guard position and footwork are really the fundamental keys to Jeet Kune Do. These are really the fundamental building blocks of the art, the foundation of it.

So if someone were studying Jeet Kune Do and paid particular attention to developing the On-Guard position and footwork, you would feel that they were well on their way to a solid comprehension of Bruce Lee's art of Jeet Kune Do?

TED WONG: Yes, those are the basic fundamentals of JKD. I wasn't able to grasp that intellectually until only fairly recently, but I always sensed that this was the truth on an emotional level. I lived by that: the basic fundamentals and how to apply them through physical motion. And I was delighted to learn recently that you discovered that hidden page within the book in Bruce Lee's library entitled "Concentration," wherein Bruce Lee wrote: "What is the Root of JKD?" And then he went on to answer that question by writing: "The On-Guard position, footwork, mobility, body alignment, coordination," and so on. And that's what it is. One of the most important principles of JKD was revealed in Bruce Lee's saying that "True refinement seeks simplicity." That has always stuck in my mind, to take something that you already know and try to

refine it further. You will end up being simple. I know that a lot of people are saying that "What Ted Wong teaches is too simple," but I'm glad they are saying that.



Bruce Lee (left) and Ted Wong (center) shared many great times together, including this Christmas during 1967. Also present was Ted's close friend, Raymond Huang (right).

You not only spent a lot of time with Bruce Lee when he lived in Los Angeles, but you also went to visit him in Hong Kong after he had shot his scenes for The Game of Death, and before he began filming Enter the Dragon. And then you saw him again when he returned to Los Angeles for the last time approximately one month before he died. Did he share any new developments in the art of Jeet Kune Do with you during those last get-togethers?

TED WONG: He always liked to share what he was working on. He liked to talk to his own students, like Herb Jackson, James Lee and myself. He couldn't wait to call us up whenever he came back to town and just get back into our old routines again, going to bookstores, and just hanging around and



In December of 1972, Ted (far left), Tae Kwon Do master Jhoon Rhee (second from left) and Herb Jackson (second from right) traveled to Hong Kong to visit with their friend, Bruce Lee. This photo was taken on the bridge that crossed over a little pond in the backyard of the Lee family's Kowloon Tong home.

showing us what he was doing at that time. Herb and I went to visit him in December of 1972. We stayed at his home and shared Christmas and New Year of 1973 with Bruce and his family. At that time, he said, "Boy,

you guys got here at just the right time. This is the most peaceful and relaxed moment I've had since I got here [in Hong Kong]. I'm in between movies and have a bit of spare time to relax and talk." We were actually there to attend the premiere of *The Way of the Dragon*. That was very excit-

ing, they hold their premieres at midnight in Hong Kong. I enjoyed that movie very much.

What was Bruce Lee's feelings with regard to the Hong Kong fans' reaction to his film at the time?

TED WONG: Oh he was very excited, because that was the movie that he was really proud of. He had written it, he had directed it, and he was the star of it. It was his baby. I think that movie had more JKD in it than any other movie he did. It really represented his thinking, his way of martial art.

When you last saw Bruce in May of 1973, did he mention to you that he had chosen a "successor," or any one person who he had entrusted to carry on his art during his absence?

TED WONG: No, he never said anything like that. I don't think he ever saw any one person as his successor. He had big plans for himself and had no idea that he wouldn't be around to handle things himself for a long time to come.

What is the strongest image that comes to your mind when you think of Bruce Lee?

TED WONG: I see a very dedicated man -- at whatever he did, not just martial art. I think he put so much energy and time into martial art, but what he really wanted to do was to reveal the higher principles of martial art through movies. Because of that, he sacrificed a lot financially to achieve his goal, but that, and his family were his loves. His family came first, and he told me that "if I do good in my martial art, if I can become the best martial artist in the world, everything will come my way financially, which means that I will be able to provide for my family." The