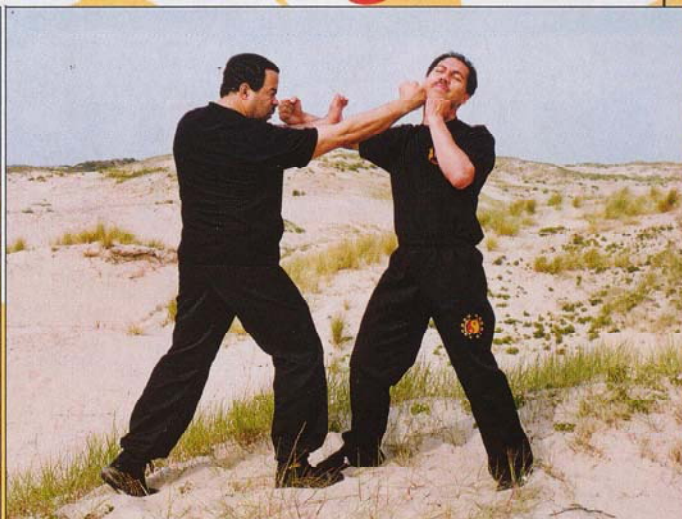
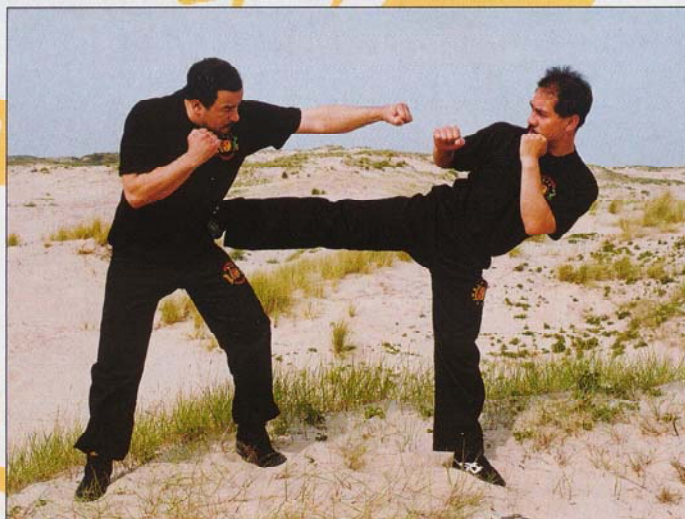




Jeet Kune Do • Wing Chun



Chun can also be found in Jeet Kune Do: lap-sau (grabbing hand), pak-sau (slapping hand), chung-kuen (the straight punch), jut-sau (jerking hand), bil-jee (finger jab), gum-sau (pinning hand) and straight blasting. In Wing Chun, 80 % of the techniques that are used in a fight are hand techniques. The legs are used for kicking very little. A Jeet Kune Do practitioner is free to use any technique, depending on the situation that arises. The legs and hands are used at any given situation.

Wing Chun advises the independent movement of the arm and the shoulders, whereas Jeet Kune Do strongly advocates making use of the entire body when punching for power. In Wing Chun, you are instructed not to over-reach when you punch; Jeet Kune Do advises putting the shoulders into the punch, and even reaching upon impact. Wing Chun has 50/50 punching with the lead and the rear hand; Jeet Kune Do has the 80/20 rule, therefore the lead hand contributes to 80 % of the striking.

Both Jeet Kune Do and Wing Chun make use of "phon-sau" (trapping hands), in which you momentarily immobilize the hands of your opponent with one hand while having one hand free to attack.

Kicking techniques

Wing Chun focuses heavily on the use of the hands in a fight, but nevertheless has eight major kicks. Each kick uses a different way of delivering power. The jing-geuk (straight kick) and the wang-geuk (side kick) are the kicks which are used the most. These kicks are executed

with the strongest part of the foot, the heel, and normally the foot does not travel above hip level. This makes it possible to achieve a much more controlled kick, retaining balance while executing it.

Because of the 80/20 rule, which also applies to kicking techniques, Jeet Kune Do mainly uses the hook kick, the straight kick, and the side kick. These are Jeet Kune Do's favorite kicks, because the practitioner deviates least from the on-guard position while performing these kicks. Both Jeet Kune Do and Wing Chun advocate kicking with the lead leg and the intercepting aspect of the kick is very important. This means that the kick is launched at an incoming opponent, leaving him practically no chance to avoid the kick. Where the Wing Chun practitioner seldom kicks above waist level and always kicks with the heel, the Jeet Kune Do practitioner can kick with all parts of the leg and at all angles and heights.

Forms

Wing Chun has five prearranged forms (sets of movements): Sii Lim Tao, Chum Kiu, Bil Jee (empty hand sets), Lok Dim Boon Kwun (staff set) and Pa Chiam Dao (knives set). Besides these sets, Wing Chun has the famous Mok Yan Chong form, the set of 108 dummy techniques. In Wing Chun, chi-sau, or the sticking hands drill, is heavily emphasized.

Jeet Kune Do, in contrast, has no forms at all because Bruce did not believe in forms. He believed that they did not prepare a student effectively or efficiently for combat. This is why Jeet Kune Do has no forms, but only contact

drills and full-contact sparring. While forms need to be memorized (which involves thinking), drilling works your spontaneous mind (no thinking), to allow your moves to become instinctual.

Sometimes people say that Jeet Kune Do is nothing more than a modified form of Wing Chun plus some kicking techniques. But as the reader can see, Jeet Kune Do has many similarities and many differences to Wing Chun. To see the former without the latter is to see only a half-truth. As Bruce wrote, "scratch away all the dirt your being has accumulated, so that you can see truth." To view Jeet Kune Do through the eyes of a Wing Chun man, a boxer, etc., is to see only the partiality of its wholeness. ✘



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