“What is this thing you do? In Cantonese JEET KUNE DO!”

by Prof. D. Rao & Dr. S. Rao

Full Instructors in JKD under Iron Dragon of JKD, Richard Bustillo

Foreword by Richard Bustillo
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DEDICATION:

In your every strike for victory, in your every tear of defeat & in your every move for survival, your Teacher shall exist within you…..

Dedicated to my Teacher ….Richard Bustillo
“Thank you for standing by me whenever I needed you……..your boy always” - deepak

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Prepared by Dr. Nikesh Agarwal as a tribute to his Teacher, Prof. Dr. Rao

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FOREWORD:

By Richard Bustillo

The Spirit of Bruce Lee has touched every corner of this earth. In India, the Bruce Lee legacy has reached a young martial arts' couple named Dr. Deepak Rao and Dr. Seema Rao. The Raos have devoted themselves to imparting their knowledge and research of Bruce Lee’s Jeet Kune Do to the people of India and all of India’s Military forces. Their hope is to preserve and perpetuate the legacy of Bruce Lee’s Jeet Kune Do to all walks of life.

From Bruce Lee’s Jeet Kune Do, the Doctors have grown into a Jeet Kune Do authority. Their new book will also develop students into warriors. In fact we are all basically a warrior for what is right and wrong, and good and bad. More important is that we are warriors who fight to protect our individual self, family, property and our way of life.

This book of Dr. Deepak and Dr. Seema will be very useful to all walks of life from students to professionals. I compliment Raos for the detailed research into this unique facet of martial arts training. I am sure that this research will benefit all those who read & study, if practiced appropriately.

Richard Bustillo
Iron Dragon of JKD
Original Student Bruce Lee &
Founding member Bruce Lee Foundation
PREFACE:

Life is unpredictable. Man is afraid.

Life has its ups & downs. Crescendo of Success, Glory & Victory of Goals attained. Followed by Decresendo of Tragedy, Failure & Adversity.

Celebrate the rise. Learn from the fall. Most importantly live fully, in the intervals of boring routine. Routine is when there is status quo. Thats why it can be boring.

In routine, Man will look for change. Change brings great glory or great adversity. Change is never quiet, still or static. After change, Man craves for routine.

Life is this never ending quest for something or the other, which creates an illusion of being everything. When the quest for something ends, man finds nothing. That nothingness is a state of complete appreciation of all that is life, without any expectation from it. Man is awe struck with the wonders of existence. He wants to live fully, experience fully and squeeze every moment to its fullest. But by the time most will reach this stage, life is nearly over.

So what do we do? We have to develop a philosophy which will act as a weapon to live life to its fullest. To experience ecstacy, joy and well being at the nuances of life, whether it is the scream of joy or the cry of pain, we must sail through it all. Survive the crises, raise a toast to the glories and above all celebrate the routine.

The philosophies outlined here are different from Religion or Gospels. Religion & Gospel will give a fixed solution to all problems in the form of prayer, idol worship, traditions & ritualistic practices. If it appeases to you, it will serve the purpose. But to those who are looking for practical day to day applicable methodologies, protocols of behaviour & actions, guidelines for taking decision & executing actions, a down to earth approach is needed.

An approach which will help in solving problems. Which will help in reaching goals. Which will help in deciding course of action. Defining Character. Compassion. And Living Life with Honour.

This book is full of those guidelines. All defined by a process of applying Simplicity. Directness. Efficiency. Because the process has to be simple. It has to be direct without unneedful detours and beating round the bush. And it must work.
'Simplicity, Directness, Effectivity, Open Mindedness, Fluidity & Non Conditional......'

To understand the great power in these words, Apply it and your life shall be transformed. That application is called Jeet Kune Do! In cantonese “The way of the intercepting fist”

If we are ready, equipped with a weapon of philosophy to counter the adversities, the surprises, shocks, glory & success, then we intercept the minds tendency to succumb to adversity or get attached to glory. This method of interception literally translates into the cantonese word 'Jeet Kune Do'

'The rigid & unbending is the disciple of Death,
The gentle & yielding is the disciple of Life.
An army without flexibility will never win battles,
A tree that is unbending will be easily broken.
The hard & strong will fall,
The soft & yielding will overcome.
The mind of the perfect man is like a mirror,
It grasps nothing. It expects nothing. It reflects everything
Thus the perfect man can act without effort.
This effortless effort is what we call JEET KUNE DO !'

Walk on and read. The text is not elaborate but self explanatory. It contains short explanations from JKD Ideology, Book of Samurai, Bhagwad Gita, Tao Te Ching & Zen Buddhism. These will help one for Success & Contentment, Peace & Ease of the Journey.

True to the spirit of JKD. Read, Understand & Apply. And when you apply, you shall EXPERIENCE. And suddenly, you shall smell the roses. Hear the birds sing. In the words of Lee “Walk on and see a new view. Walk on and see the birds fly!

Prof. Dr. D. Rao
Jeet Kune Do Ideology Director
IMB Asia JKD Chapter
Author, Doctor, Researcher & Scientist,
Hon. Consultant Close Combat Indian Forces
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INTRODUCTION - WHAT IS JEET KUNE DO?

Jeet Kune Do (JKD) is the worlds most wanted Martial Art today. Jeet Kune Do was founded by the legendary Martial artist Bruce Lee & it represents his martial art, philosophy and way of life. The Jeet Kune Do Ideology is our understanding of jeet Kune Do. In India, JKD is under tutelage of the authors Dr's Rao. They are full instructors under Sifu Richard Bustillo, the Iron Dragon of JKD, one of Bruce Lee's prominent original students, also a founding member of Bruce Lee Foundation & one who along with Dan Inosanto, opened up the IMB academy, the first JKD School to open after Lee's passing away.

Despite his small size, (5 feet 7 inch & 57 kgs) Lee proved that in fighting, SIZE is not everything & by scientific technic, one can knock down a heavier, taller & aggressive man. His revolutionary principles of fighting & the deep philosophical approach form the basis of now world famous JKD.

In 1972 before his death, Lee ordered closing down of all his schools teaching his art, Jeet Kune Do, which was Chinese Kung Fu based. After his death, Enter the Dragon was released and the world went crazy after Lee’s Martial art and wanted to learn it.

But Jeet Kune Do was unavailable for learning. At that time, only Japanese Karate was available. Karate got marketed as Lee’s art and suddenly a hundred thousand Karate schools cropped up in various parts of the world.

A Few years after Lees death, JKD was taught for the first time by Dan Inosanto & Richard Bustillo at Filipino Kali Academy & later at IMB Academy – International Martial arts & Boxing Academy in Torrance, USA.

JKD India is under the blessings of Richard Bustillo, the Iron Dragon. Richard Bustillo has been responsible for training the Rao couple in the ideology, concepts & techniques developed by Lee. The authors have drawn tremendous inspiration from the Iron Dragon and are the Asian representatives of his IMB academy.

At JKD Ideology, India JKD is taught not only as a martial art, but also as a concept – a method of self discovery, in the following aspects:
(a) Physical combative aspects,
(b) Aspects of Problem solving, attaining Goals & of Living comfortably in the real world
(c) Finally venturing into the Philosophical with focus on building the right approach, core value in life & character – Bushido, the Samurai code of honour.
Presented here are the core concepts inspired by Jeet Kune Do, which are the weapons needed to win in the arena of life. The booty being Peace, Wisdom, Health & Prosperity.
THE SCIENCE & PHILOSOPHY OF JKD

JKD is a Way of Life. It helps you to find that “Nothing” which man seeks when the search for everything ends.

(As one passes thru life, there comes a stage where material gains cease to matter, and man becomes concerned solely with finding peace within himself)

JKD is a Physical, Mental, Spiritual & Martial journey.

JKD is aimed at Physical fitness & Health, Mental resources, Spiritual growth and Fighting prowess. JKD is an art of Life.

JKD is a Self enquiry, a step towards knowing yourself. JKD teaches the spiritual via the physical.

(JKD teaches you to understand your body movements in relation to another body, your opponents. It makes you comfortable with yourself and with others. At a later stage you begin to understand your mind. It helps you to question yourself and betters understanding of one’s self and the world)

JKD is taking control of your life.

It is about developing discipline, will power & determination. JKD is a re-contemplation about your Life. (JKD is about learning to find time & priority for Fitness, Health & Happiness)

JKD teaches you to fight.

It teaches you to react to force with gentleness and overcome it.

(JKD builds a fighting philosophy in you. It brings out the warrior in you. When you fight opponents big & aggressive, you realize that in life, it is your reaction to obstacles that count, not the magnitude of the obstacle)

JKD helps you to get beyond System.

In its analysis, JKD compares traditional martial arts with Street fighting. In fighting, it teaches freedom from style, pattern or technique. In Life, JKD helps you to free yourself.
(At a later stage you realize that man is a slave to the system, the very system that was designed for man. The Individual is more important than any system. JKD teaches you to harness the system rather than play slave to it)
JKD takes you beyond time.

Past is History - Learn from it. Present is full of Opportunities – Seize it. Future is Unpredictable - Prepare for it. JKD prepares you for Life.

JKD teaches you your own attitude.

It helps you to find your own way. And in the process, it helps you to find yourself. JKD is just as you are – nothing else.
JEET KUNE DO CONCEPTS

Concepts

The JKD CONCEPTS are theories developed by the legendary Lee and propagated by his students. Richard Bustillo, an original student of JKD, one of the leading instructors in JKD & Teacher to the Rao couple. The concepts are explained below as we understand it:

1. RESEARCH THE TRUTH – Train in all ranges of combat, Kicking, Punching, Knee Elbow, Grappling & Matwork, Discover aspects of combat you have not experienced before. (Use in Life Philosophy: Research various aspects, advantages & disadvantages of the problem, situation or decision under guidance of a competent authority. Without guidance of a competent expert, your research could be based upon personal bias)

2. ABSORB WHAT IS USEFUL – based upon 6 principles below

3. REJECT THE LIMITATIONS – based upon 6 principles below

   a. SIMPLICITY – ”HACK AWAY THE UNESENSEIALS” Work with Fewer strikes, weapons or smaller degree of effort & movement (Use in Life Philosophy: Use lesser resources)

   b. DIRECTNESS – “SHORTEST DISTANCE BETWEEN 2 POINTS IS A STRAIGHT LINE” Be non telegraphic (Use in Life Philosophy: Be Direct, don’t beat around the bush, go straight to the heart of the problem without detours)

   c. EFFECTIVITY – “LONGEST WEAPON - NEAREST TARGET & HARDEST WEAPON – SOFTEST TARGET” Attack Primary Targets i.e. Eye & Face, Groin, Knees & Shins. (Use in Life Philosophy: Whatever you do, it must work. Be efficient)

   d. OPEN MINDED – “NO WAY AS THE WAY, NO LIMITATION AS LIMITATION” Be Open to any technique or tactic that will work. (Use in Life Philosophy: Open your mind to every possibility)

   e. FLUIDITY “BE SOFT YET NOT YIELDING, BE FIRM YET NOT HARD” If he pulls-push, if he pushes-pull, take him where he
wants to go! (Use in Life Philosophy: Don’t oppose or Don’t give way completely to force)

f. NON CONDITIONAL (NON TRADITIONAL) ” (Use in Life Philosophy: Don’t make decisions based upon previous conditioning of thought, attitude & behaviour)

4. TAILORMAKE & ADAPT WHAT YOU ABSORB TO YOURSELF & THE SITUATION - “EACH MANS TRUTH IS DIFFERENT”  
   a. IF YOU ARE HEAVY – Adapt techniques to the Grappling Range  
   b. IF YOU ARE FLEXIBLE – Adapt techniques to Kicking Range  
   c. IF YOU ARE LONG LIMBED – Adapt techniques to Punching Range  
   d. (Use in Life Philosophy: Whatever has been absorbed, adapt & tailor make it to suit your resource, situation & requirement)

5. ”KNOWING IS NOT ENOUGH, YOU MUST APPLY & WILLING IS NOT ENOUGH, YOU MUST DO”
   Enter and Exit to Ideal Range, where you have the advantage & do what is appropriate without hesitation or fear (Use in Life Philosophy: Apply what ever you have concluded.)
The JKD Ideology is based on the following principles, applicable to Combat as well as to Life. If you are smart, you will learn to use JKD in combat, but if you are wise, you will also learn its application in Life.

Simplicity
Mechanically, the more parts a machine has, the greater the chances of it breaking down. Accumulation of techniques only adds complications. Being simple in nature, JKD believes in few tools practiced to the point in which they are extremely efficient. Hence simple tools like the lead jab and lead side kick to the groin or knee are perfected.

Directness
A line, being the shortest distance between two points, is the most logical path rather than a curved detour to reach the final destination. In being direct, no excess motion is exerted. For example, If an assailant grabs your wrist, some forms of martial arts may teach you to stomp on their foot, lock the wrist, take them down to the ground, and then finish them with a strike to the throat. The direct approach would be to strike them in the throat right in the beginning. Hence there is no punching from the waist. Also, Interception is preferred to Counter & parry as it is a more direct path to the goal.

Effectivity
JKD believes in absorbing the useful and rejecting the limitation. Only techniques which work are taken. For e.g. the sport rules of various fighting are discarded and the foul techniques are imbibed. JKD uses any means necessary to accomplish this task. If grabbed you may bite, scratch, or pull hair or whatever best fits the situation.

Non Classical
Practitioners do not wear uniforms, they do not practice forms, and they don’t waste time with complicated techniques simply because of tradition. Shoes are worn, and training with equipment is given a lot of importance. Kata was vertical death, joked Lee.

Open Mindedness
JKD is open to newer ideas and concepts which work. It is a constantly evolving art. Principles from Filipino Martial arts now are a regular part of JKD teaching curriculum worldwide.

Fluidity
JKD believes in flowing, there is never an opposition to the forces and energies exerted by the opponent. All JKD techniques and responses are in accordance with the ‘flow’. JKD does not rely on one specific technique or another to counter an opponent. You should be able to adapt to the situation at hand. As an attack approaches, you adapt to it with the appropriate response. The opponents attack becomes your attack, as you fit into the opening created. Deflective parrying is preferred to rigid blocking. The rigid and unbending is the disciple of death, the soft and yielding the disciple of Life.

**Economy of Motion**
Use the least possible movement to achieve your goal. Evasion is preferred to parrying and Interception is preferred to Counter & parry. Trapping from close quarters is preferred to moving away from an attack and then stepping in to counter. Sidestepping is preferred to retreat.

**No Pick & Choose**
In the beauty of spring, there is no for or against. All branches grow, some short, some long. Make a hairbreadth difference and heaven and earth will fall apart. JKD does not distinguish between one technique and another, favoring neither but supports a better and simpler application of every technique.

**Balance**
JKD is balance of opposites. Meet hardness with softness. Meet softness with hardness. Opposite’s compliment each other not oppose. Therefore domination has to be complimented with yielding wherever necessary. Be soft, yet not yielding, be firm, yet not hard.

**Comfort in all Ranges**
JKD teaches you to be comfortable in all ranges. One learns to accommodate to the situation. Lee says “Be like water. It is insubstantial. It assumes the shape of the bowl.” Thus the JKD man fights and adapts to Long weapons range, Kicking, Punching, Knee-Elbow-Trapping, Grappling & Groundwork ranges. He also is the master of entry & Exit into & from all ranges

**Adaptability**
JKD can “fit in with any style”. This does not mean that JKD can be added to any style to make it more efficient, or vice versa. What it probably does mean is that JKD can counter an adversary regardless of their style or system. JKD believes that the basic body movement of all techniques from various different styles is always similar.

**Longest Weapon on nearest target**
Use your longest and strongest reach on the opponents nearest and most vulnerable target. In the words of Winston Churchill ‘If you hit your opponent, hit him with all your might or don’t hit him at all’. Thus the lead hand and lead foot is preferred to using the rear hand and foot.

**Strongest Weapon Softest Target**
Use your most powerful weapon on the weakest & most vulnerable area of your opponent. Like the side kick to the opponent’s knee

**Non Conditional**
The JKD exponent defies conditioning. The JKD man prefers to condition his opponent to a regular rhythm and then break it, he himself remaining free and resistant to conditioning.

**Non Telegraphic**
All JKD attack comes without forewarning or pullback. The punches do not start from the waist and the kicks do not start from the hips.

**Individual more important than the system**
All systems are incapable of pliability and adaptability. The truth is outside of all fixed systems. So to find liberation in the arts, one must go beyond the system, beyond Judo or karate or Boxing, one must even go beyond JKD. As JKD is just a concept and not a fixed gospel.

**Experience over Technique**
In JKD experience is valued over and above technique. Experience teaches response and this is valuable compared to executing conditioned technique. The JKD man has experienced boxing, kicking & grappling instead of having learnt techniques from Boxing, Kicking and grappling arts.

**Teach how to Find Technique**
If you fish for a man, you will fend him for one meal. But, if you teach a man how to fish, you will fend him for life. Thus the fighting principles take precedence over individual technique.

**Strategy**
If there is a tactic, a strategy that makes you reach the goal faster, it must be resorted to. However one must distinguish between strategy and technical cunning. Therefore almost all attack in JKD is indirect, with feints & deception.

**Absorb what is useful**
Take what is useful to you, what works and develop from here. So develop what comes naturally to you rather than learn complicated technique. If
you are big framed and heavy and have a natural penchant for grappling, well start your journey from there and develop further.

**Hack away the unessential**
Reject the rules, the limitations. Absorb the foul techniques of sport martial arts and use them to make your fighting more effective. So JKD teaches you to punch the kidney, the groin and jab the eyes, use headlocks and hammerlocks in grappling.

**Individual Uniqueness**
JKD is unique for each individual. The techniques that work for a big burly man are not the same as those which work for a small lean man. Each individual has to travel his journey to find something exclusively his own. His experiences which are unique to his self must form the core of his responses and his art.

**Spontaneity**
Muen Munshi. One thought. One Action. No Mind. For every thought there are two actions. Doing & Non doing. And for every thought and resultant action, there are a hundred doubts & uncertainties, a hundred minds. Buddha concluded under the Bodhisattva tree ‘Hack away the mind, it is the cause of all trouble’ the JKD man does not think technique, he does not hit. ‘It’ hits. The ‘It’ here refers to the No mindedness of the great origin.

**No Limitation as Limitation**
In JKD there are no limitations. For every rule there is an exception. The only limitations are those which you impose on yourself. So instead of this is better than that, the JKD man feels, This is another way of doing it! Hence JKD is a no Holds barred fighting.

**No way as the Way**
There is no fixed way. All routes lead to the same destination. Liberation. “Your Way May Not Be My Way, Nor My Way Be Your Way”. In JKD You find your own way. The JKD man is no styles, but all styles.

**All inclusive, excludes nothing**
JKD is not limited to only punching, or only kicking. During training, comfort is to be developed in all ranges. It is fighting with any ability you may have...

**Full Belief, Total Conviction, Commitment & Discipline**
We are here to question the answers and not answer the questions. Total knowledge is to question the Teacher, the teaching and the textbook. Once the debates are resolved, one must have full belief and conviction in his doctrine, unless proved otherwise. Complete commitment and rigid
discipline must be exercised in its practice. Once the path is decided upon, there is no looking back.

**Forever Evolving**
JKD is forever evolving, getting better, losing its handicaps. The JKD practiced today may be different from JKD practiced yesterday as the individual may evolve. The Principles laid down in JKD may never change, though our understanding of their execution will better with time.

**Applicable anywhere**
JKD principles are applicable to Combat, Life and every possible place where greater effectivity is desired.

**JKD is towards personal Liberation**
JKD is one of the avenues through which life opens its doors to us. The goal of JKD is to know our ignorance. Knowing our ignorance is the best part of knowledge. In the words of Sun Tzu, If you know your self and the enemy, there is no fear in a hundred battles. If you know your self, but not the enemy, the odds are even. If you know neither yourself, nor the enemy, there is fear in a hundred battles.

**It is just a word.** THE CONCEPTS OUTLINE IS A BOAT USED TO CROSS THE RIVER, ONCE ACROSS, DISCARD IT.
SAMURAI BUSHIDO: THE WARRIORS CODE OF HONOUR

The Warrior Code
The Samurai were the warrior clan under the Emperor during Japan’s Imperialistic period. They were a separate caste altogether, born & reared as warriors. From an early age, they were trained in Physical, Martial, Mental, Spiritual & Philosophical aspects. They were Samurai, a class apart from the common man.

The Samurai warrior followed a specific Code of behavior called BUSHIDO. During his lifetime, he strictly adhered to this code of thought, behavior & attitude. For the Samurai, this code was above everything. It was his God, his Religion, his gospel truth. His Honour depended upon it. Disobedience of the Bushido was equal to Death.

Now what was the Bushido? Among many elements of the bushido, prominent ones were as below:

COURAGE – STRENGTH OF CHARACTER - Yu
To gather the strength of character to walk the Righteous Path in spite & despite the Loss, Hurt & Suffering

SPIRIT – BENEVOLENCE - Jin
To exercise compassion, forgiveness & mercy

TRUTH – RIGHTEOUSNESS - Gi
To walk the path of Goodness & Justice, Peace & Compassion, Objectivity & Logic.

HONOUR – DIGNITY – Meyo
To walk the path that ensures preservation of Self Respect & Self Esteem over&above Personal Gain, Wellbeing & Convenience

DUTY – DHARMA - Chugo

• DHARMA TO SELF - to exercise care & concern for own Well being & Survival
• DHARMA TO OTHERS – to Think & Speak & Do good (Help) wherever possible & whenever it doesn’t hurt.
• DHARMA TO SOCIETY – to contribute in someway to society, system & country
• **DHARMA TO OWN PEOPLE** – to honour your Promises, Duties, Obligations & give Love & Support to Teachers, Family, Colleagues & Friends in that order.

• **DHARMA TO GOAL** – to define carefully goals of life & walk on it with sincerity, effort & discipline

**WISDOM – LOGIC** - Saiki
To exercise logic over impulse

**RECTITUDE – DECISION ACTION** - Makoto
To exercise correct decision based on righteousness & wisdom

**COURTESY – POLITENESS** - Rei
To exercise compassion, forgiveness & mercy

**SELF CONTROL – CALM** – Kokki
To exercise Patience, Tolerance & Acceptance even in Crisis

**FILIAL – FAMILIAL** - Rui
To Do Duty twds Defined family of Teachers, Relations, Friends

**Detailed Explanation:**

**HONOUR:** The most important quality of the Samurai, One without it was not Samurai. They would live & die for keeping their Honor. Self Respect, Self Dignity & keeping in line with a Respectful life contributed to Honor. The Samurai would never do anything that would taint his dignity, respect & Self Esteem.

**TRUTH:** or Virtuosity. The Samurai was honest & righteous in all that he did. The Samurais word was totally dependable. The Samurai was never afraid to face reality in its such-ness. He was ready to understand & face the truth and was a strong protagonist of the truth. He would fight for the righteousness, truth and lay down his life for it.

**COURAGE:** The sheer mettle of the Samurai, the ferocity of his attack, the ability to risk his life each and every time in impossible situations. He would give his very best at every moment irrespective of injury, tiredness or personal loss.

**SPIRIT:** This was the “Never say die” attitude of the Samurai, who fiercely believed that the Victory was his birth right and that he would win till life existed in him. Even when the odds were against him, the samurai never believed that he could lose. He matched physical courage with indomitable
mental spirit. Spirit also conveyed Benevolence & Compassion. The Samurai was capable of granting forgiveness at the height of anger and fury.

**DUTY:** The Samurai believed that he would live with his Bushido, his values, his duty to his Self, his Master & his Country. That DUTY was above Life itself. That correct values would lead to benefits and good results. Like in “Karma” – What you do, shall be returned to you, that the consequences of your actions would depend upon the nature of the actions. Good comes to those who do good & vice versa.

**SEPPUKU:** In the rare advent of the Samurai breaking the Bushido, he would fall in society’s eyes. And he would be disgraced in the eyes of his fellow clan. He would above all, fall in his own eyes. As per the Bushido code, The Samurai who has lost Honor would have one chance to redeem his honor - by voluntarily killing himself in a public ceremony by slicing his sword across his belly & bleeding to an honorable death – Seppuku (Or Hara-Kiri). This was considered an important event in Japanese Society.
FIND YOUR BUSHIDO & DEVELOP YOUR CODE OF ETHICS

You too, Like Samurai, must ask yourself Whether you have formed any Code or Bushido to live your life with...

HONOR: Do you believe in Self Respect & Dignity? Are u doing business with Values? Are u allowing other people to demean you & put you down? Do you like yourself? Or the way you behave? Do you respect your own self?

TRUTH: Do you have virtuosity or righteousness? Do you believe in right & wrong & do you live life with some values or just live life towards selfish, personal & material benefits? Do you have one set of values for yourself & another for others? OR do you simply fool yourself that you have all the values?

COURAGE: Do you have the physical will, bravado & courage to fight for the truth? Or don’t you care for truth?

SPIRIT: Do you have the unbeatable spirit of the Samurai? Will you give up Everything for all u believe?

DESTINY: Do you believe that the Good you do will be returned back as good to you?

If you haven’t any Bushido, NOW the time has come to rethink, reform your CODE & live life with it!
SUN TZU art of STRATEGY / TACTIC for ADVERSITY

Sun Tzu was a chinese general whose strategies were supposedly pivotal in determining victories in the ancient Chinese warfront.

Before:

1. KNOW the Problem, your Self, the concerned People & existent Circumstance. Only then TAILORMAKE the Solution to the above
2. Maintain Command & Control of your Team members by Discipline alongwith Pampering or Punishment
3. KEEP COOL in War No Matter what the Loss/ Gain, Situation or Complication.

During:

4. Use your best at the opponents or problems weakest/most penetrable point)ANGLE of problem
5. Act at appropriate LEVEL of hierarchy, from above or below, which ever is vulnerable.
6. Correct your STATE of position (Power, Finances, Status, Relation) before attack.
7. Use regulated RANGE of Force to produce avg result

After:

8. Share the LOOT – All must benefit.
9. REINFORCE the VICTORY, use loot to better Position & enhance your Comfort
10. Use DEFEAT as a stepping stone to bigger/ different victory
JKD ADVANCED CONSIDERATIONS: JEET KUNE DO – the Art of MOVEMENT

– for GOALS - The movements required for success of Task, Relation, Problem solving

SIMPLICITY 1) Lesser Effort 2) lesser Resources 3) lesser Complications

DIRECTNESS 4) No Detours 5) Lesser Time

EFFECTIVITY 6) aim for Average Result 7) which must result in betterment of existing conditions of living to be efficient.

OPEN MINDED Consider 8) newer Goals 9) newer Approaches 10) newer Resources 11) newer Complications

FLUIDITY 12) use Regulated Force on Obstacles. Too much force or too little force is counter productive. Don’t push people, system or society too much. At the same time don’t get bullied by any.

UN CONDITIONAL 13) Non subjective 14) Non Biased 15) LOGICAL

MAJOR –
  1. Speak with Ref to context,
  2. Handle 1 Variable at a time,
  3. Quote Immdt Verifiable Resource - Research under competent authority
  4. Be Objective,
  5. Don’t Quote from Personal Experience
  6. Don’t use Personal Opinion & bias,
  7. Don’t Enforce – superiority or seniority
  8. Don’t Pressurize by condition or shouting,
  9. Don’t get offended if disagreement
  10. Quit if unproductive argument
BUSHIDO

MAJOR VIRTUES – Prioritize over Minor Ones

COURAGE

- It is different from BRAVAERY – which is not necessarily in line of righteousness
- It is different from BRAVADO – which is foolish courage detrimental to oneself
- Courage is execution of action, regardless of fear, regardless of complication/consequence or loss, in the direction of DUTY

BENEVOLENCE

- It is different from SYMPATHY or PITY which you feel for someone born out of your own fear for the situation.
- It is more of EMPATHY where you FEEL the pain & suffering undergone by others, one & all, related or unrelated.
- It does not mean that you have to necessarily ACT to help the sufferer always, as it may not fall within the purview of your duty.
- It also means to have MERCY even on your worst enemy, if pleaded.

RIGHTeousness

WITHIN CONFINES OF YOUR DUTY

- To Act in direction of Justice, Reason & Compassion.
- To put personal Gain, Loss, Bias & Family, secondary to Bushido.

OUTSIDE CONFINES OF YOUR DUTY

- To do GOOD where it does not result in Loss
- To Give COMFORT where it does not cause Inconvenience
- To Save LIFE where it does not Hurt
- To make decisions influenced by Justice & Compassion

HONOR

- To protect SELF RESPECT over benefit or loss
- To cultivate SELF ESTEEM over Assets by pursuing right Goals of life.
- To cultivate SELF ATTRIBUTES over Gain in order to build Esteem

DUTY - In PRIORITY

- SELF – SURVIVAL Above all else. Work on WELL BEING above Vocation
• GOAL – Define carefully & Walk with Sincerity & Effort
• SOCIETY - TEACHERS, FAMILY, COLLEAGUES & FRIENDS in that order – honor Promises, Duties & Support
• NATION, SOIL & HUMANITY – Last priority. If Warrior vocation, first one.

MINOR VIRTUES

RECTITUDE

• Is to ACT in direction of Bushido – Knowing is not enough, You must APPLY, without FEAR or LOSS

WISDOM

• REASON 5 Tenets _ Objective, Path, Resource, Result, Complication
• LOGIC 5 Tenets _ Ref to Context, One Variable – Objective - Verifiable source, Not Personal Experience, Research Competent Authority - Non Enforcement, Non Bully / nor make conditions.

SELF CONTROL

• PATIENCE non hurried, ACCEPTANCE of People, TOLERANCE – Non Anger

COURTESY

• To treat one & all, including Enemy with DIGNITY & COURTESY.
• To Defy Respect to those unworthy of it & claim it by virtue of Age, Position (seniority) & Wealth

FILIAL

• To DEFINE the Family wrt Duty, Love, Obligation as made of TEACHERS, FAMILY & FRIENDs.
• To Do DUTY towards them, Remember that this is a MINOR Virtue so don’t overshadow MAJOR Virtue.

SEPPUKU – Suicidal Hara Kiri of Olden Samurai

• When you have failed in your Bushido, You must try to correct or compensate your actions, without RATIONALIZING or DIPLOMACY or FACE SAVING (Save Face or Save Ass).
• If you fail to redeem your lost Honor, you must step down from the relationship, vocation or goal, until forgiven by the offended.
The Art of SUCCESS

**Rule of Success:** Depends upon 6 factors PPETCV- See below...

Rule of People: same people are good & bad. Bad done by 1 man neutralized by good done by many. Bad done by many by good done by 1.

Rule of Place: Take advantage if you happen to be at the right place which provides the right opportunity.

Rule of Effort: (effortless effort) Money or Vibration is what determines outcome, with avg effort. Very little Effort is needed when the Time, Place & Person are right. Use less Effort but work in record time.

Rule of Time-cycle: PAST – Dont Ruminate, Dont Regret PRESENT – Non Focus, Non hurry FUTURE – Dont Worry. Dont Prophesize -Self Fulfilling prophecies

Rule of Circumstance: Life is sinusoidal with glory (be indiff), interesting events, routine, disappointments, adversity (survive)

Rule of Vibration: Vibration depends not on front, but on character (charitra) future-goals/reasons(bushido) & past-reputation.

Rule of Self: The Bad (actions) by you today will change to twice as much Good tomorrow if you.. SPCM
- Be Non deprecatory about Self
- Believe in goodness of People
- Be Optimistic about Circumstance
- Be Moderate (in Actions)
LAO TZU - General Principles of Life

1. LIFE - All processes of Life are governed by two energies Ying & Yang. Gud & Bad, BOTH R NECESARY. Bad is necc for gud to manifest. Nature balances two energies to achieve harmony or Tao. We can balance one excessive energy by going to the other extreme. We have to use hard against soft & vice versa to achieve tao.

2. PHASES - Life is a Parabola-What goes up comes down prepare 4 d slide to avoid the muck -Every fall is followed with a surge. NO STATE IS FIXED & STATIC, evthg changes moment 2 moment, as LIFE IN IN A STATE OF CONSTANT FLUX.

1. PEOPLE – There are no good or bad people, only people who choose to do good or bad at any given moment of time. For every bad man, there is a good man. People don’t work on logic but on momentary gain or instincts.

2. TIME -PAST – is an illusion. Learn the lessons, Don’t be conditioned & Wash out the memories. PRESENT moment is to be utilized to live the maximum. Be unfazed. FUTURE Insecurity seldom materializes.

3. GOALS – there are no real goals, make the best out of Moment (Time), People, Place & Circumstance

4. PRINCIPLES=Righteousness brings Victory. Principles give short term losses but long term victory. You may lose the battle, but will win the war. TRUTH & Ethics alters Vibration, Vibration alters Events.

5. SUCCESS – Aim a lil under ur max need. For Success, in addition to Effort, the Time, Place, People & Circumstance (5=PET-PC) has to be right. Your success has to benefit others too.

6. MOVEMENT - Move towards Peace first, community GAIN next, SELF gain last. People gain above self gain brings victory. Fill the crevices, avoid the resistance. When u don’t know what to do, do nothing

7. USE OF FORCE-Get pushed if the force does not result in a fall, Hit back only if the road blocked

8. EFFORT-Try Soft, Be effortless & without struggle. Choose path of sunshine & butterflies, Not the path of thorns & shadow. Effort has to be balanced with Patience for harmony. PATIENCE is working at the worlds pace, SECURITY is working at worlds perception of threat
1. **PRIORITY** – Mind – Body (Health & Fitness) – Livelihood – Necessity – Luxury. Don’t trade your health for your requirement
   Also, Peace of Mind is above any Livelihood or Material problem.

9. **OUTCOME**, What you put in, you take out, you only reap what you sow. Work without regd for outcome & outcome will come when the time, people, place & circumstance is right. Karma or Destiny will supervene all events (Gita)

10. **SYSTEM** - The Individual is more imp than the SYSTEM, don’t be a slave to it, DON'T oppose the system, synchronize with it. The system will handle all problems of the herd, with only avg effort on ur part. Let every task b dealt with the one with an aptitude for it

11. **ATTITUDE** - Think Optimistic, Speak Positive, Don’t be Critical or judgmental. Do good to feel good. The KARMA CHAIN is as follows
   THOUGHT- VIBRATION (SPEECH- ACTION) - EVENT- OUTCOME

12. **BE INDIFFERENT – INSECURITY**-is often more perceived than real. Unless Existence, Shelter, Meals, Relations & Health r not threatened, FOR MORE THAN 2 WEEKS, don't consider the threat as Serious. In 2 weeks all will change. Good follows bad, bad follows good. Nothing matters except your reaction. Don’t react. Observe quietly & relish the moment. THAT IS ALL THAT MATTERS!
ZEN- LIVE LIFE WITH NO MIND

Don’t RUMINATE over Past occurrences to spoil confidence- respond in future. NON CRITICAL, NON DOING, PEACEFUL ACCEPTANCE.

Don’t FOCUS on present problems for long time- Respond by a) Seize Nirvana b) Substitution c) Ignoring problem & WAIT n WATCH where possible.

Future Insecurity seldom materialize. Don’t PROPHECIZE to make them self fulfilling prophecies.

Get larger picture of Life!

Types of People

<table>
<thead>
<tr>
<th>BAD PEOPLE</th>
<th>AVG PEOPLE</th>
<th>GUD PEOPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>THOUGHT</td>
<td>Instinctive</td>
<td>Indifferent</td>
</tr>
<tr>
<td>SPEECH</td>
<td>Critical</td>
<td>Diplomatic</td>
</tr>
<tr>
<td>DEED</td>
<td>Harmful</td>
<td>Inactive</td>
</tr>
<tr>
<td>AGGRESSIVE</td>
<td>LAID BACK</td>
<td>NORMAL</td>
</tr>
<tr>
<td>THOUGHT</td>
<td>Anger</td>
<td>Depression</td>
</tr>
<tr>
<td>SPEECH</td>
<td>Criticism</td>
<td>Pessimism</td>
</tr>
<tr>
<td>ACTION</td>
<td>Extreme Action</td>
<td>Inactivity</td>
</tr>
<tr>
<td>RESPONSE</td>
<td>Delayed</td>
<td>Activity Optimism</td>
</tr>
</tbody>
</table>
TAO OF Success

- **SUCCESS** is amount of gains directly proportional to personal betterment divided by time & by effort. It depends upon PPCTEV – People, Place, Circumstance, Time, Effort, Vibration

- **SUCCESS FACTORS**
  1. **PEOPLE** are average – good at times, bad at times. The little bad done by many people is balanced by lots of good of one. The lots of bad done by one is balanced by little good of many.
  2.3. **PLACE & TIME** – You have to be at the right place at the right time.
  
- **GOOD EFFORT** - depends upon 4 factors
  - Karma – What you have done / your Reputation
  - Charitra – Your Vibration / Character
  - Dharma – Your Reason for effort / Bushido
  - Your Action – Strategy (Why, How), Tactic (Who, Collateral Who’s, Where, When) & Movement (What is done, Quality & Quantity of force)

- **CIRCUMSTANCE** is sinusoidal, alternating Ups & Downs.
  Life is made of
  - Unavoidable minor components: Disappointments & Interesting events
  - Avoidable major components: you have to try/ fumble very hard for this
  - GLORY depends on BMR
    - Balance of Goal – Your goal should be non extremist
    - Moderation of Effort – Your effort must be of moderation
    - Routine of Discipline – You must not jump into major change
  - DISASTER /Self inflicted trouble depends on
    - Balance of Goal – Your goal should be extremist
    - Moderation of Effort – Your effort must be of extreme
iii. Routine of Discipline – You must effect radical change
e. ADVERSITY (circumstance inflicted trouble)

_writer author_ VIBRATION is different from what you portray (Your Front – your clothes, manner, presentation). It is what u really are inside (Your Core – Your character, values & motives)

➢ OUTCOME OF GOOD EFFORT IS any of 4 Results
   a. GUD RESULT 30 %
   b. BAD RESULT with subsequent GUD consequence 30%
   c. BAD RESULT 10 % only
   d. NO RESULT 30 % In case of which you must respond in 3 ways
      Give a GAP of non doing – wait & watch 2. Change the Path like water, go into crevices & avoid resistance 3. Change the Goal.
OFFICERS LIKE QUALITIES - OLQ

IMPORTANCE OF CODE - This code is sacred and will help you to define goals, make decisions, do your duty, solve problems and live with high self esteem and dignity like the Samurai warriors of the older era who lived and died for preserving the Code.

DISCIPLINE
- Exercise everyday
- Nutrition must be healthy
- Contemplate on Philosophy
- Maintain good Relationships.
- Time principle. Do your work on time. Be on time for engagements. Account for delays
- Follow Bushido Code

APPEARANCE
- Dress Neat, Maintain decent APPEARANCE
- Cultivate good MANNER
- SPEAK well & Not out of turn.
- Give & Take RESPECT.
- Be COURTEOUS

LOGIC
- Speak to Context, don’t deflect
- Reason with Objectives, not Subjective
- One Variable at a time
- Don’t quote on Personal experience
- Quote Sources - immediately verifiable
- Don’t get Upset with disagreements
- Don’t give personal biased opinions

TASK & WORK MANAGEMENT
- Do an Average Quality Job
- in Record Time
- Be Independent, don’t involve others
- Within stipulated BUDGET (+/- 20 %)

TIME MANAGEMENT
- Make a list of Jobs
- Now Assign Priority – Must Do & Can do without
- Now assign time for each Job
- Now Add contingency Time
PRIORITY MANAGEMENT
- Prioritize according to
  - Goal related – (Avg Quality, Avg Budget, Avg Time)
  - Personnel related
  - Self related

CHARACTER MGT- PRIMARY TRAITS
- Don’t Steal
- Don’t Kill (No Non veg) unless to save life
- Don’t outrage modesty of Women
- Don’t Crave excessively for Material gain
- Don’t falter in Duty

CHARACTER MGT- SECONDARY CHARACTER TRAITS
- Don’t Lie
- Don’t go back on your word (speech)
- Don’t betray Trust (action)
- Don’t fail to help where it doesn’t hurt
- Don’t be ruled (make decisions) by negative Instinct - Jealousy, Frustration & Pessimism
The BISON PHILOSOPHY: FIGHTERS PHILOSOPHY

The Bison System is a military martial arts based on JKD. Or simply Military JKD. The underlying philosophy of the Bison system is summarized below for use by those who find it useful.

FORWARD BISON – RUSH TO FWIN GOALS & SECURE YOUR PRESENT

- FUTURE GOALS
  - What are the GOALS?
    - SELF – MIND – *Time* Peace Freedom BODY – Health Fitness
    - OTHERS – Family Friends/Relationships
    - ENVIRONMENT – Money/assets, Power, Fame/status

How to get GOALS? – Use JKD

- SECURE WHAT U HAVE IN PRESENT - How to prevent Adversity?

“BMR” = Use Balance of effect, Moderate effort, Reg discipline

STATIC BISON – MAXIMIZE THE PRESENT - ROUTINE

- BUILD HONOR
  - Principle over gain, Journey over destination, Attributes over assets, People over profits

- BUILD HEALTH
  - PHYSICAL - Avg Exercise, DIET - All of Nutrition, MENTAL – Enough Recreation

- DO YOUR DUTY

- HAVE FUN & ENJOY

SIDEWARD BISON – SIDE STEP OBSTACLES - PEOPLE OR circumstance by..

- “SNDT” (*Silence, Non coop, Diplomacy, Tact*)

- “ACC” (*Appreciation, Non Critical, Non Compulsive*)

- “PAT” (*Patience, Acceptance, Tolerance*)

- LOGIC (*Ref, Objective, Verifiable, Variable, Personal, Research, Enforce, Conditions*)

BACKWARD BISON – FIGHT ADVERSITY & CIRCUMSTANCE

- “MSA” (*Calm & Secure Mind, Soft Controlled Speech, Delayed & Moderate Action*)
• “SAM”
  o RIGHT STRATEGY &/ TACTIC – SUN TZU
  o RIGHT ATTITUDE – LAO TZU
  o RIGHT MOVEMENT – JKD
A WORD ON THIS JEET KUNE DO

We are, at this point of your life, trying to understand, learn and succeed. By using JKD, Bruce Lee’s Philosophy, The Magic Art with the capability to transform Lives.

JKD is a phenomenal method of Understanding Life, Solving Its Problems, Succeeding in same areas where you have failed countless times, Living and Enjoying every Single moment to the fullest.

JKD is an amalgamation of Chinese Lao Tzu, Japanese Zen & Indian Buddhism. It is non conflictive with Any Religion, Belief or Philosophy. Though It is for Anyone, It produces Results Only for the One WHO APPLIES.

JKD is taught and understood via Combat. In Combat, application of a useful principle produces instant Hits /Results on the opponent. Or instant Punishment for Self, if you fail to apply. Since there is no time for developing Nirvana in Combat, JKD helps you to realize Nirvana quickly in the Combat Arena.

JKD is a SET of PRINCIPLES which result in Success, not just in Combat but Elsewhere and Anywhere. These are the Principles of COMMON SENSE and LOGIC as old as Existence itself. But they were highlighted by Bruce Lee, our beloved Teacher. Personally, I am very lucky to have this JKD.

**Simplicity, Directness, Effectivity, Non Conditional & Open Mindedness. Easier Said than Practiced. This is JKD. Believe it or Not, Understand this & Apply this with Open Minded ness to the very same Problems which never got solved and everything will change for the better.

However, There are certain principle for this JKD to work.

- DON’T ASSUME you know this JKD and already have it. If you had it you would not have problems succeeding!
- Realize that if you are not succeeding somewhere, There is a NEED for JKD.
- KNOW the solution by Understanding & Agreeing to the Logic of JKD.(See **) 
- APPLY what you KNOW and agree to the JKD Logic. Even if it does not agree with your Heart If you cant apply, its no use Knowing. ‘Head over Heart’ is a winning attitude.
• BE OPEN to KEEP ON APPLYING. If & When You stop applying, You are no longer have JKD. You will NOT get Victory and return back to Problems.

REMEMBER JKD appears EASY. You may think everyone knows it. NO, NO, NOT AT ALL.

Category A) People Who KNOW NOT. They only Assume they know it.

Category B) People Know it, But are NOT OPEN enough to understand JKD application to the Problem on Hand.

Category C) People Know it, But are UNABLE TO APPLY, as their Heart rules their Head.

Category D) People who Know and Apply, but STOP APPLYING when some complication arises.

Category E) People who Realize that APPLY & YOU KEEP WINNING, DON’T APPLY & KEEP FAILING.

Good, JKD is not Easy. IF it were easy, JKD would be applied by very common man. Good, its is not so common. If all were to apply JKD every time, how would you stand out?

Remember, You are JKD till you apply. IF you fail to apply, You join the Common Man in his Failures, Fears & Hang-Ups.

Also Remember, There is NO JKD MAN. There are only MEN who choose the JKD WAY for the given instant. JKD is just a word, for commonsense that is not so common. Respect it & Practice it & Watch how JKD will TRANSFORM Life!
presented below is the bulk of wisdom penned in this book., in the form of charts, simple & easy to understand. These contain select explanations from Tao Te Ching, Zen Buddhism, The book of the Samurai, Bhagwad Gita, Lao Tzu, Jeet Kune Do. It is to be noted that the excerpts are the authors own interpretations of the original masterpieces, which they use routinely to teach JKD Concepts & philosophy to their countless students.
THE 5 ARSENAL OF THE MIND

I. Right THINKING

II. Right SPEECH

III. Right ACTION

IV. Right HABITS – Precepts Buddhism

V. Right VIRTUES – Samurai Bushido

I ) 5 RIGHT THINKING

To overcome the 5 obstacles of,

INTERNAL:

1. CEREBRAL (THOUGHT)
2. HYPOTHALAMUS (AFFECT - EMOTION)
3. SOMATIC - (BODY)

EXTERNAL:

4. ENVIRONMENT

5. PEOPLE:
   i) BY GOALS ii) BY DUTY/ ACTIONS
Higher FUNCTIONS

Intelligence – 
Data gathering – Memory 
Data Analysis – Judgement (JKD) 
Data Implementation – Will power & Determination

The 5 CEREBRAL Obstacles

- PAST – Rumination & Regret 
- PRESENT – Focus & Hurry (Impatience) 
- FUTURE – Prophecy & Pessimism (Dampening) 
- CLOSED MIND – Tunnel Vision to Others Views & Actions (good or bad) 
- CROWDED MIND – Bombardment with various thoughts

NON FOCUS

may be achieved by a) Substitution of current activity by another non-stressing activity b) Nirvana Seizing, by doing something that gives satisfaction or joy  c) Ignoring the current situation. It may be noted that these are mind techniques & show how to modulate the state of the mind only and do not mean that the current problem or stressor be left unattended.
The 5 SOMATIC - BODY Obstacles

- Vital Function - Organ failure - Terminal (Failure of Bladder, Bowel, Feeding, Breath, Sleep)
- Bedridden or Handicap
- Pain
- Body Perception (Excess or under Weight)
- Sexual Frustration

The 5 HYPOTHALAMIC - EMOTIONAL Obstacles ‘DAPSSJ’

- DESIRE / Craving → Fear (F)
- Frustration → ANGER (A)
- JEALOUSY (freud) → Hate (J)
- PESSIMISM → Depression (P)
- SEXUAL Repressions → Aggression (S)
The 5 ENVIRONMENT Obstacles

Quantify Obstacle by MULTIPLYING (A) X (B) & Respond accordingly

(A) The THREATS to (MAJOR SCORE)

- Life & Well being (20)
- Relation & Family (16)
- Assets & Finance (12)
- Goal & Occupation (8)
- Status in Society (4)

(B) Occurrence within (MINOR SCORE)

- 2 hrs. -(5)
- 2 wks -(4)
- 2 months -(3)
- 2 years - (2)
- 2 decades -(1)

RESPONSE -
60-100 Act fast Max force, 31-59 Preventive, 0-30 Forget
The 5 PEOPLE Obstacles

i) 5 Classes of People – depending on Duty – those who

- Cause Calamity / Inconvenience rather than do duty (Class 5) – Attack them
- Cause Corruption for duty
  - (Class 4) – Assert to them
- Do Duty Sluggishly waste Time
  - (Class 3) – Tolerate them
- Do Duty (Class 2) – Adore them!
- Bear Inconvenience & Calamity on themselves to do duty
  - (Class 1) – Respect them

ii) 5 Classes People – depending on Goals

TOP MAN – displays Principles & Honour

AVERAGE MAN – is one who quests for
UPPER CLASS – Power & Fame
MIDDLE CLASS – Luxury & Position
LOWER CLASS – Necessity & Comfort

BOTTOM MAN CLASS - Vendetta & Jealousy
The 5 right SPEECH tools

MAJOR - remember “ACC”
1. be Appreciative
2. Non CRITICAL – Don’t “criticize” too strongly but “reason”
3. be Non COMPULSIVE (Don’t compel/force)
4. be Tolerant ie remember 'PAT'
   (PATIENTLY -Listen, ACCEPTANCE –of handicap, TOLERATE IMPUDENCY - Anger)

MINOR
1. No LYING or MANIPULATION
2. show COURTESY
3. No BACK BITING
4. Be logical. LOGIC is exact opposite of manipulative speech

The 5 Right PRECEPTS or HABITS
- No KILLING –No Non veg
- NO INTOXICATION – Alcohol / smoke
- No SEXUAL Misconduct
- No CRAVING or Coveting – Desire is bad, exercise MODERATION
- No STEALING – (action)
  “UNMODERATED DESIRE”
The 12 Tenets of LOGIC

1. Be Objective
2. Reason with 1 Variable at a time
3. show Reference to context
4. Quote Immediately Verifiable source
5. Research Truth under competent Authority
6. No Personal Attacks
7. No Associations
8. No personal experience
9. No Bias or opinion
10. Don’t impose on basis of seniority or conditions
11. Don’t enforce by shouting/ cutting
12. Quit Unreasonable Arguments or admit to renounce logic.

The 10 ASSETS / GOALS of LIFE

**LAYER 1 :-** (Lower qualities)
MONEY (Necessity / Comfort / Luxury)
POWER
FAME / STATUS + GOAL

**LAYER 2 :-** (Essential Qualities)
HEALTH
FITNESS &
FAMILY or FRIENDS

**LAYER 3:-** (Higher qualities)
TIME
FREEDOM
PEACE of mind
VIRTUES of BUSHIDO- 5 Major

see detailed explanations elsewhere

- COURAGE not Bravery*
- BENEVOLENCE / Forgiveness – not pity
- TRUTH/ RIGHTEOUSNESS – not Bias
- HONOR /Dignity – not Ego
- DUTY/ Dharma to Self, Family, Society, Nation, World-Universe– not Material goal

VIRTUES of BUSHIDO- 5 Minor

- WISDOM / Logic not impulse
- RECTITUDE /Right Decision not tradition
- COURTESY/Politeness not diplomacy
  ACC-Appreciative, non Critical & non Compulsive
- SELF CONTROL/CALM not anger
  PAT- Patience Acceptance Tolerance
  FILIAL/duty towards own people not just own family
THE 5 RIGHT ACTIONS
USE gospel truths to outline your correct action

I) TAO PRINCIPLE
PEOPLE - YING YANG BALANCE – Realize the World is balanced with good & bad people.
LIFE - Life is SINUSOIDAL cycle with Good & Bad.
YOU - FLOW LIKE WATER, Adapt – Flow by Enter into crevices & Avoid the resistance

II) BUSHIDO – 3
Principle over Gain (Its not what u get but How u get it, Self Esteem over Victory)
Journey over Destination (effortlessness over struggle, path of sunshine over turmoil)
Keep Attribute over Asset (collect qualities over monetary)

III) JEET KUNE DO -3
SIMPLE (fewer resources)
DIRECT (shortest straightest)
EFFECTIVE (efficient)

IV) ZEN - NO MIND
keep mind (No mind) over Matter

V) MODERATION BUDDHA
moderate your efforts + practice the 5 precepts

@ TRUST – Moderate Basic Trust in human beings helps in making life peaceful & resolves paranoia.
@ ETHICS – People obsessed with monetary gains lose LOGIC yet System works to give an average performance.
@ HERD – Problems of the herd shall be solved by the herd & system.
THE PAST
Even yesterday is past!

- Don’t unearth & live in GRAVES of Past (Non Regret)

- FORGIVE Self, Others & Events (eg-ACTION. “I hv done more good than harm”)

- LEARN lessons for the Future

THE FUTURE

- PROPHECY Future insecurities seldom materialize. No use in prophesising, as unexpected turns of events always occur. May also cause self fulfilling prophecy. (Non Fear)

- OUTCOME or EVENTUALITY depends upon KARMA (past deeds), CHARITRA (traits & present action), BUSHIDO (future intent)

THE PRESENT

- Becomes a GRAVE when u live in Past
- Becomes a DRAG when u live for future
- Becomes a PLEASURE when u live in the moment (NON FOCUS)
The 5 TACTICS for living in present Moment

- HUMOUR in Thought
- APPRECIATION of Others in Speech
- HELP & DO GOOD in Deed
- POSITIVITY in Approach
- PHILOSOPHY in Life _Don’t be deluded – build esteem_

**LIFE CYCLE**

```
Routine
   ↓
Excitement
   ↓
Glory
   ↓
Indifference

Disappointment
   ↓
Adversity
   ↓
Survival
```

5 LAO TZUS Factors of SUCCESS ppmctv

- PEOPLE
- PLACE of event
- EFFORT
- TIME of event
- CIRCUMSTANCE
- VIBRATION (not front)
5 CARDINAL LIES OF LIFE!

1. All that you can ever want is money!
2. Money will buy you everything!
3. Money is made by working hard!
4. Work today & you can enjoy tomorrow!
5. If you are enjoying, you are not working hard!

PRINCIPLES OF SUCCESS

1. Keep principle over gain.
2. Focus on journey over destination.
3. Develop attribute over asset
4. Keep people over profit.
5. Vouch art over success.

The SELF - IDENTITY & PERCEPTION
is based on yje following:

• My Individual Looks
• My Personality
  ▪ Inner - Posture & Speech
  ▪ Outer – Front & Dressing
• My Body
  ▪ Body Fat & Belly &
  ▪ Lean Tissue Muscles
• My Body Fitness
• My Physical Skills –e.g. Martial Arts
Bottomline

- Knowing is not enough, you must Apply!
- Willing is not enough, you must Do!
- In the end, only the journey will count!
- Contentment is within!

_Do not seek, for it will come when least expected!
JKD ESSAY ONE: LIGHT IN THE TUNNEL

Devangi N. Overseas Student

JKD’s principles offer tremendous power to one who employs them. Seemingly straightforward ideas such as simplicity, directness, effectivity, open-mindedness, non-conditionality, and fluidity are extremely powerful when implemented, both in martial arts, as well as in life. Most JKD concepts can be applied in battling an external opponent while sparring, and in battling a stronger, internal opponent: one’s mind.

In blending the best of a multitude of arts and philosophies, JKD arrives at simple yet profound techniques. For example, in its “circular slope” throw, JKD employs the Aikido principle of using an opponent’s force to one’s advantage. When an opponent pushes, you merely pull and move aside; when he pulls, you push. Why unnecessarily exert large amounts of energy to resist a force when one can succeed by moving in the same direction? “Take your opponent where he wants to go:” the simplicity of this idea fascinates me. Like most JKD principles, it seems fairly obvious; yet in a heat of passion and emotional resistance, most people fail to implement it. Another powerful JKD concept derives from geometry: the shortest distance between two points is a straight line. When punching an opponent, one should directly push forward and punch him, rather than undergoing a series of unnecessary movements. In traditional Karate, one withdraws one’s arm at the waist prior to punching; in JKD, one merely
punches straight. Each movement in JKD is simple, direct, and effective. Ironically, in zeal to acquire the desirable, most people travel a longer path; perhaps because we fail to understand the problem, we often circumvent the solution. In search of happiness, for instance, people continually set themselves material milestones such as acquiring a particular car, toy, or bank balance before allowing themselves to enjoy that which they already have, or spend time with friends and family. During this course, I have questioned such postponement of happiness, and begun observing the roots of my actions rather than mechanically functioning on the basis of what others do. Interestingly, JKD also advocates gaining a full understanding of an obstacle; once the situation has been understood, a solution will emerge from the problem itself. In the circular slope, for example, once the direction of an opponent’s force has been recognized, the solution lies in moving the opponent in that direction. In daily life too, I have found this principle to be true; with a stable, open, and resistance-free mind, one can find solutions closely packaged in problems. A closed, conditioned mind however, tends to revert to tried, longer paths that may or may not deem effective. For example, in the heat of an argument, instead of getting carried away and reacting instinctually, if one merely understands the cause of the other party’s anger, it is possible to channel the energy to reach an understanding.

JKD sets itself apart from other martial arts in allowing its students to adapt its philosophies and principles to their own body and personality
type and “find their own JKD.” Both physically and mentally, students begin understanding their strengths and weaknesses, and with practice in the art, learn to play upon their fortes and work on limitations. JKD inspired me to challenge my mind when it constrained me from moving further.

JKD has given me further physical and mental confidence to face the unknown. Prior to this course, I feared the dark and found myself unable to stay alone in a dimly-lit environment. Moreover, situations such as being in a closed elevator alone or closing the door of a room at night daunted me. Although my fears have not vanished, I find myself more assertively fighting them. JKD has given me a sense of self-assurance that allows me to test my limits by sitting in a dark room alone or petting a dog I find scary; once I have done this, the same situation seems far less daunting the next time I am placed in it. I have found that the mind can offer immensely convoluted yet convincing reasons not to do something: for example, I could not sit in a dark room alone lest a supernatural power attack me; in daylight, however, it somehow would not. Whilst JKD does not rid me of this unreasonable fear, it does equip me with tools to question and battle my mind. The Zen concept of “no mind” that JKD has adapted empowers me to move between a thought and an action fast enough that I have acted before my doubts and suspicions arrive. For example, if I go and sit in a dark room before my mind tells me I cannot do so for xyz reasons, I realize that I am already in a dark room, and really, nothing is attacking me.

Physically, this concept allowed me to expand my limitations while working
out. If I believe I can only do 10 pushups, I will not be able to convince myself otherwise, and my body will unwittingly cooperate with my mental limitations. If I am already in the midst of the next push up before my mind can say “I can’t,” I am able to accomplish far more than I thought I could. I have found while learning JKD that one should either act or not act. When one engages in the tedious process of deciding whether to act, however, thoughts themselves occupy so much time and energy that by the time a decision has been made, either the time to act has lapsed, or one is too exhausted from thinking to act. This especially applies while sparring, as one has limited time to take advantage of an opponent’s blunder before he/she corrects him/herself.

Each of these concepts grows along with a student, and I hope to understand and implement them more effectively with time. I expect that practice of both the martial art and the philosophy will lead me to interesting places, and I look forward to it.
JKD ESSAY TWO: MY SEARCH FOR FREEDOM

By Preethi S, Female, 29 yrs, Brand Manager

The struggle : 1985 - 2006

My JKD journey began one sleepy afternoon in July 18 months ago. I had completed 5 years of working, and had finally seen the end of my student debts.

Yet, I felt like I was just existing, and letting life push me around. The weekdays seemed like a chore, I was constantly bored and tired. The weekends seemed like Manna, but when they did arrive, they left in a tearing hurry, and I was back to work on Monday asking myself where the time went, and questioning the way I spent it.

Every time I reflected on my life, it seemed like I had lost the spirit and energy with which I had started it. My work was supposed to be a matter of choice and personal fulfillment, right? So why did I feel like I was trapped in a morass? Why did I feel like life had taken over me? Like I didn’t know who I had become? When I had imagined my future in college, I was supposed to have become a better person – I was to have lost weight, become more confident, become surer of myself, and only do things I wanted to do. Yet, here I was, the anathema of what my youthful self wanted to be, with no way out.

‘Enough is Enough!’ , I thought to myself. “I’ve spent 5 years existing and paying off debts”. “It’s time I spent some energy and time on myself”. So I sat down with a mental list of things I wanted to do with myself.

1. I wanted to look at myself in the mirror without flinching
2. I wanted to walk in a deserted alley without turning to look back
3. I wanted to run up a flight of stairs without losing breath
4. I wanted to have an inexhaustible source of energy
5. I wanted for once in my life to start something and complete it
6. I wanted to have a better relationship with my husband
7. I wanted to be a better and bigger person
8. I wanted to shape my life and not blame it on destiny, luck, poor bosses, or unfair circumstances
9. I wanted a big achievement – where I could look back and say I did this

I looked at my list, and decided to tackle the most obvious things first. I wanted a great body. I was sick off my apologies to myself whenever I looked at myself. I was sick of mentally discounting any compliments I
I was sick of my inability to stick to a diet or a gym. I had poured thousands of rupees down the drain by enrolling for diets and exercise programmes and not sticking to them. I was sick of the remarks my well-meaning relatives made whenever they met me. I was sick of being around my handsome husband and being the ‘ugly one’. I felt sure anyone who met us as a couple was secretly commiserating with my husband.

I told myself I had tried everything – diets, walks, gyms, nothing seemed to work. Maybe I had an incurable disease? An endocrinal problem?

My lack of confidence in myself had built up into a monstrous disease. I had become a clingy, whiny person looking for affirmation. My impossible demands from my husband led us to terrible fights where I would lash out with every weapon at my disposal – tears, arguments, sulks, threats. Nothing he said to me made a difference. I was rapidly becoming a cynic, who discounted his compliments, protestations of love, and well-meaning gestures, constantly looking for signs of fatigue from his end.

So here I was, one desultory afternoon. I had had one of my bursts of energy, and I told myself, I was going to wholeheartedly try something new. **My husband had been reading this new bock, which was an autobiography of Bruce Lee. My childhood resurfaced**……..

1988…”Amma (Mother), I want to join Karate class”..”No, Karate is un-lady like…pay more attention to your dance classes”...

1990…”Preethi, you have just gotten fatter every year…If it continues like this, your parents are going to have a tough time marrying you off”

1993…”Preethi, I love you...Will you be my girlfriend?”

1994…”How dare you not meet me for 4 days, you bitch? I’m going to teach you a lesson!!”

1995…”Anna, this man has been treatening to kill me…”
“‘You must have made this happen..We have been too lenient with you…”

1996..I feel ugly and helpless.....Boyfriend 2
1999...I feel ugly and lonely.....Boyfriend 3
2001..I feel ugly and lonely....Boyfriend 4

“Preethi I love you....”
“Preethi, you are beautiful”...
“Preethi I want you in my life”…

An endless cycle of seeking peace and security, of wanting something I thought I couldn’t give myself….

This had to stop. I had to become a strong person. I would not spend the rest of my life depending on another person to give me strength. I would not spend the rest of my life getting another person to convince me that I deserved happiness.

Google to the rescue! I was sure I wouldn’t find anyone teaching Jeet Kune Do in India. I decided I was going to google and then join my neighbourhood gym – maybe this time my burst of energy would last longer??

What’s this I see? JKD? Being taught in Mumbai? At UCCA, Unarmed Commando Combat Academy, teaching JKD in India & Asia, At convenient timings? Probably a fly-by-night operator… I dialed the number rather nervously, dreading and hoping simultaneously that no one would pick up the phone. Ok, someone did pick up the phone, and asked me to come by to see them.

It was the next Sunday..I told my husband, who was instantly enthusiastic about joining as well. We set off to andheri to UCCA, as the voice on the phone described the place, and walked in….

…To a scene of chaos…To a room full of men…sweaty, aggressive, fighting…My stomach started to churn…I remembered the beating….the way my body ached….my nose which was never the same….my parents when they found out…my jailbird like existence afterwards…The series of boyfriends afterwards…I decided not to join this place…

To shape yourself, you have to break the mould first…Aug 2006 – March 2007
Sundays were torture…First the commute…an hour at best…Then the strain on the body…and just when it was getting over, the torture test…(My Teachers, Prof. Rao & Dr. Seema)

“May I leave, Sir?”

“Of course, just after you spar for just 5 minutes”..

Why? Why did I have to join this class? Why can’t people leave me alone? Why must I be beaten up again and again and again? Wasn’t the time when I was 15 enough for the universe?
But yet, in every small victory, in every large defeat, in every tear I shed, my teacher was with me….

…”You can do it Preethi..”

…”You are a strong woman , You can do it..”

…” being a woman does not make you weak..”

…”Good ability to handle punches to the stomach...You have strong muscles..”

…”You are not here to become a physical fighter..You are here to become a mental fighter..”

…”Don’t close your eyes, face the punch..”

…”Don’t run away, stay and fight..”

…”You are not 15, you are not being beaten up by a psychotic man. This is the arena you have chosen..”

…”No body is going to hurt you here..I just want you to fight back..”

*And the mould started to break...*

“I can’t do it”....”I may be able to do it”...

“I have no determination”..”I have some determination”..

“I am a weak cissy”...”I can get hurt, cry and come back to the fight”...

“I am afraid”....”Its okay to be afraid...Its not okay to not even try”...

“I am no good”...”I am some good”...

“I have no will power”..”I am going to a class of pure torture every week..I have some will power”...

“I am powerless to control circumstances...” “I can choose my response to circumstances”...

“I am a cog in the wheel...” “I choose the wheel, and choose to be a cog”..
“I can’t walk alone after dark…” “I am free.”

“You don’t love me….” “I love you…”

“Do you think I’m beautiful?”…”I feel good about myself..”

“Am I looking fat in this dress?”…”I like the way I am looking today?”

“I’m never going to lose weight…” “I’ve lost weight when I wasn’t looking!”

“I’m sorry I came in late again…” “Hi, I’ve been here since 8.45 am”…

“I have another late night at office…I only started working in the afternoon”.. “Bye, I’m off at 6.30 pm”

“I haven’t taken a vacation in 5 years for more than 4 days”…”I’m off for 3 weeks this September”…

“I’m trapped in this job. I wish I didn’t have to support my parents…” “I love my job. I’m glad I’m able to provide my parents with comforts”…

“Oh god, we’ve run out of money again. Why are you so irresponsible?”…”We’ve run out of money? No problem, I’ll pick up money at the ATM / tell him to come back / pick this up tomorrow/……/…………/…………/…….”

“I have terrible stomach cramps / I am feeling sick / …I’m not going to work today”…”I haven’t taken sick leave in a year!”

“I’m feeling depressed, I think I’ll go shop”…”Isn’t it a beautiful day today? Let’s go for a walk”…

“Why do we have to go to class on weekends? We just have 2 days to recover from office. It’s just not fair”….”What a beautiful morning! Saturdays are fantastic., I had a great class today…Let’s go catch a movie now”

Creating Me---------April 2007 – Till the End

I am free…

I am free...

I am free…
I am free...

To be who I want to be..
To be proud of who I am..
To laugh and cry without shame..
To give without expecting..
To receive without worrying..
To trust myself…
To know that I am strong…
To know that I will fight…
To know that I will not give up…

I feel like I’ve walked out of prison..

A prison that was lovingly created by me..

With bars stronger than anything found on this earth…Bars of fear…

JKD is not a physical art.

When I punch my opponent, I punch my doubting self.
When I kick the bag, I kick away my fears.
When I receive a blow, I build my strength.

When I execute a perfect front kick after 20 bad kicks, I demonstrate my persistence.

When I look at the bruise on my foot that I’ve got after practicing repeated hook kicks on the bag, It is my medal of honour.

For in being adaptable like water, I have learned strength to overcome any circumstance.

In being flexible, I have learned to use my Yin; to stay cool and to believe that every situation has an answer

In being simple, I have learned to free my mind…I have learned not to waste my energy on ifs and buts…

In being direct, I have learned to be proud, and hold my head high without fear..

In being effective, I am learning to get what I want, on time, every time…
In being open-minded, I have learned.....that my way is not the only way...and that what works for everybody may not always work for me...

I have learned pure joy... of creative expression, of beauty of form, of strength, of discovering myself...

I have learned to be at peace..not to struggle, to give in gracefully, to be happy, to be composed, to be calm..

I have learned discipline...that effort and persistence can move mountains...especially in my head!

I feel free...

“Into a soul absolutely free,
Even the tiger finds no room
To insert its fierce claws”
(Modified from the Tao Of JKD)  JKD is the Best! Preethi
Dr. Rao had severe root involvement & was suggested root canal treatment. He approached his dear friend Dr. Banga who began treating him.

In root canal therapy, when the patient has infection & destruction in one of his 2-3 dental roots, CONVENTIONAL THERAPY involves destroying & cleaning all 2-3 roots, irrespective of whether there is infection in all 3 roots.

Dr. Rao applied JKD CONCEPTS Simplicity-Directness-Effectivity (WHY DESTROY WHAT IS PRESENTLY HEALTHY & NOT DISEASED FOR THE FEAR OF FUTURE INFECTION /DISEASE?)

Dr. Rao asked Dr. Banga whether he can clean/ destroy the affected inflamed root & spare the other non affected roots. Dr. Banga said, though this appears logical, its never done before, for the fear of infection. Dr/ Rao said "Why not apply it on me, I am ready to take the risk & go by the JKD concept"

Dr. Banga, being innovative & daring to go beyond the system agreed. Only the inflamed root was destroyed & cleaned & the healthy ones were spared. Till date, (10 years after) Dr. Raos tooth is doing fine, with no infection of the other roots.

Dr. Banga now heads the most important dept of biggest Dental college & hospital in India. He is an avid student of JKD & continues to research the truth.

CHECK BELOW FOR HIS ENDORSEMENT

Dr. K.S. Banga 9th March 2008

Prof & Head Conservative Dentistry, Nair Dental College & Hospital
Secretary General, Indian Endodontics Society
Past President, Federation of Operative Dentistry India
Dr. Banga’s JKD JEET KUNE DO ESSAY

I have known Dr’s Rao since 10 years now. I have been impressed with Dr. Rao’s thoughts for long now, initially when he brought my ailing mother on her feet and ensured a smooth and peaceful transition of my mother from this life to another life, with GOD.

I have had the opportunity to use many of these thoughts, from years imparted by Dr. Rao like, “Body is the best Doctor”, “There are no fixed solutions to problems in life”, “Openness is the most important philosophy in a doctor’s life”, etc. into my practice without realizing that they make the Jeet Kune Do principles till I got myself enrolled into the academy.

Before I joined the academy, I was misfit in physical health and also a short tempered individual. I could barely walk 2 floors in a building, but after training here, I feel not only physically fit but emotionally more stable and at peace with myself in life.

Principally the JKD concepts are so simple but effective, direct but result oriented; that one should apply it in every sphere in life. As a dentist, I am able to diagnose 90-95% of my patient’s problems by just proper history and simple examination of his/her oral cavity. The confidence a patient develops after such a discussion has been tremendous. I feel I have become a better dentist and a human being after following the JKD principles in my life and my profession.

I have been working on applying and implementing the JKD principles to various cross sections of society namely my students in the hospital and my patients.

I have ceased giving unnecessary antibiotics and other drugs to patients for their dental pain and other problems and started providing them with simple, effective solutions for their problems.

Though my specialty is called Conservative Dentistry, I feel I have become more conservative in my approach in dentistry after my training in the academy for JKD.

I was taking Anti-hypertensive and anti-allergic drugs for 2-3 years before I started my training, but today I know that most of my headaches are due to hypoglycemia and a small carbohydrate diet is all that I require to get cured of my headaches. And my allergy problems just seem to have vanished after training in the academy. Now, it is nearly 6 months since I have stopped these drugs and have no issues of health.

I feel fit, more energetic and I do not feel that I am 42 years old. I feel I am around 25-26 years old and I can match any younger individual in every respect.

JKD has also made me think that the individual is more important than the system and that a healthy, sensible individual can make the system better. Instead of constant complaining I feel like finding solutions on my own and helping not just myself but all those who work with me.
I would also remember Bruce Lee’s words that one should be like Water, ready to adapt to any situation, ready to take any challenge.

I feel that just because a thought or technique has been used successfully in a traditional manner, it does not mean it is the best for present times. One should constantly improvise and find the best technique for a given situation.

Our holy Granth, the Guru Granth states in the first few lines that even if you think about anything for lakhs of times, it does not mean it will get done. JKD also teaches the similar principles.

Dr. Rao is a living example of purity of thoughts and actions. There are no fixed patterns, everything is a change.

I am indebted to Dr. Rao and all other trainers for their opportunity and changing my lifestyle and my life completely. I am definitely a fitter, stronger and peaceful individual after my training here.
SURVIVAL

by Dr. Anjali Bhimrajka PhD

Survival of the fittest is an often heard cliché. However it is one that is the basis of all mankind. Survival, however means different things to different people. Some need power to survive; some need money whereas some need social approval to survive. However for me after 17 years of internal struggles and conflicts there came a realization, it’s the mind that controls the body and the spirit. Awareness of one’s mind is the key to the ultimate in well being. This realization led me to seek a discipline that would encompass the basic truth within together with the reality outside. I found Jeet Kune Do, which was to become my truth and my connection with reality.

I AM ANJALI!

I am Anjali Bhimrajka, a 36 year old woman, wife & mother of two. I got married into an Industrialist family at a very early age. Getting entangled in traditional ideals, I spent all my time living up to traditional expectations and lost touch with my core & inner self. After bearing two children, a 17 year old daughter & 12 year old son, I gained 20 kg & got completely demoralized. My profile as a socially active person always put me under a lot of pressure to comply to the demands of my status & the society around me. I would spend most of my time attending social get-togethers & organizing parties, rather than communicate with my inner core. I had to be the perfect hostess and mine had to be the perfect party. My hair had to perfectly coiffured and my outfit had to be from the top designer label. If I was invited to five parties in the same evening, I had to attend all of them irrespective of time constraints or my own exhaustion.

In an attempt to lose weight, I was recommended to do train in Kickboxing. Seeking the best people around, I located JKD Ideology India, the IMB Asian chapter. I had to make 50 phone calls to get an appointment, as the Instructors were out of town for quite some time. Ultimately, I started learning JKD in April 2008.

I FOUND JKD!

I did not realize that JKD would be such a complete answer to all that I was seeking. Not only did I find the physical results in terms of my weight loss and energy levels, but also the mental strength to deal with life in its suchness. I met & interacted with My teachers Dr’s Rao, who are also
qualified MD doctors who do & teach JKD as their life’s love, not as a profession. They were qualified Instructors under Richard Bustillo, Iron Dragon of JKD, one of the few Original students of Bruce Lee.

MEDICAL!
I had also previously injured the anterior cruciate ligament in my left knee joint about a year ago. That meant I could not stand without support and could not walk for months. That also meant that the fat loss program I was on, would come to an abrupt halt. I was advised arthroscopic knee joint surgery. I refused to go for it. My teachers Dr. Rao patiently motivated me to heal with the correct diet and with a carefully devised physiotherapy program.

MARTIAL:
Dr. Rao then started teaching me my JKD with so much patience and conviction that even I began believing in myself. I learnt that first kick, that first punch, that first paksao, that first throw. Today, I have completed 18 months of JKD training. I can do high kicks, run cross country, sparr and basically do every thing much better than any person with intact knees. I have also lost 15 kgs of body weight over 1 year. I enjoy contact sparring with full body gear every weekend.

PHYSICAL
My daily work out has become a religion for me. I learnt on the physical level to go that extra mile, to land the last punch even at the height of exhaustion. As I learnt these values, I also learnt to apply these to almost every situation in everyday life. Perseverance, faith and a well defined regime makes any circumstance, no matter how insurmountable, easy to overcome.

SPIRITUAL
But my thoughts began to change and as my journey of seeking mental peace and detachment ensued I also ventured into perfecting my inner person. This discovery of being able to detach from things that are expected to be done to what I would really like to do brought out the dormant self worth in me.

HOW JKD HELPED ME SURVIVE DEATH
On 26/11, I was supposed to go for a dinner party one night at the Taj Hotel. I was very tired that evening. Suddenly, I didn’t see any meaning in attending the party. My spiritual growth kept reminding me of the futility of my socialite life. My hip joint was also painful due to trivial muscle injury. In other circumstances I would have taken painkillers and attended that dinner party anyway. But now, I was averse to doing that and instead cancelled my plans. That very same night the Taj terror attacks took place.
2 terrorists stormed into the Taj and started shooting randomly at the diners with AK-47 bursts creating a sea of blood & a volley of terror. Most of my friends who were dining there were killed. But I lived, due to my JKD which had altered my thoughts & my values.

MY COMBAT EXPERIENCES
Every year, I travel to various countries, globetrotting to imbibe new places, people and culture. My martial journey had become such a relevant part of my being that I started seeking it everywhere I went. My teacher advised me to experience various martial arts all over the world. So, In order to understand JKD more deeply, I experienced some of the traditional arts.

In Singapore, I attended a session of Filipino Kali. The instructor taught some locks in flow with elbow and knee. Then he played on drums and put us to spar with sticks. At the end of the session he discussed the history of an ancient Indonesian weapon.

The next session I attended was Aikido which was taught by a Japanese Master. This comprised of complicated locking and throwing. It all felt Strange and Unreal to me. After every set of instructions we had to give sitting respects to the teacher.

My next experience was Fencing. The instructor, young French man taught me the footwork and the correct way to thrust the foil. Basic rules were taught.

It was BJJ next. There was a Japanese instructor, pink belt he told me and the best in S’pore. Well, he taught me a lot of moving on the ground, a lot of locks on the mat and getting out of pins. It felt a lot like Judo.

Next came OJKD. The instructor after a lot of warm up exercises. He then went on to teach us kicking and punching in combinations. It seemed very traditional & conforming. I got bored & I found myself waiting for the session to end.

I experienced a JKD concept class in Washington DC. I was taken through the warm up routine followed by kicking and kick boxing combinations. After that I was given 3 different opponents to spar with. All instructions and teaching seemed to predominantly favour western boxing.

I experienced another JKD session in NYC. I had been assigned a junior instructor, who took me through warm up. There was emphasis on knee elbow range and very few locks. He also took me through 12 zones with stick. It felt like an out and out Filipino Kali session.
JKD IDEOLOGY IMB ASIA.
In contrast to all this my training at JKD Ideology India, the IMB Asia chapter, has been a very holistic and fulfilling experience. In my experience so far, I do not think I have met any instructor who has truly understood & explained the essence of JKD, the way my teacher, Prof. Dr. Rao has. JKD as taught by Richard Bustillo, our grandmaster was not a fixed doctrine, a set of techniques to be learnt. It was a concept, an ideology wherein each student has to research the ranges, absorb useful techniques, reject what does not work & most importantly tailor make fighting to suit his self. The teacher is the guide to helping you find your truth & not a pointer of the truth. This Bustillo doctrine of having no doctrine is very obvious in the personality of Dr’s Rao, staunch students of Bustillo, the Iron Dragon of JKD.

There is a systematic, step by step instruction for students. There are open discussions on techniques and various application of the same in given situations. The advantages & disadvantages of each technique is discussed without bias. Application of the JKD Principles is discussed with reference to any and every situation in combat & parallels are drawn in life’s situations. The training programs are constantly tailormade to each individual depending on his specific needs and aptitude with constant encouragement. The overall training program constantly evolves with study of various tactics from different martial arts being constantly analyzed & scrutinized. We are made aware of our Bushido in life’s arena – Courage, Benevolence, Righteousness, Honor & Duty. Discussions are held & individual experiences are narrated for all to comment openly & learn the applications of Samurai principles of honest, sincere & honorable living.

This synchronization of the body, mind and spirit somehow has given me a lot of strength and inspiration to persevere goals that once were only dreams. I have been able to pursue my education restarting at the mature age of 36 & complete my PhD Doctorate successfully & qualify as a Doctor of Science.

I FOUND ME AT LAST!
I have learnt to balance the materialistic with the spiritual, the craving for personal power with the craving for peace, the requirement for social acceptance with the absolute necessity of self acceptance. I seem to have finally connected.

In the words of James Oppenheim, “The foolish man seeks happiness in the distance; the wise grows it under his feet”.

Thank you JKD, Thank you Teacher, Respects, Dr. Anjali Bhimrajka PhD
JKD ESSAY FIVE: VITAMIN JKD!

Kumar KS, All India HR Head MNC

I discovered JKD at a highly stressful and significant stage in my life. I had crossed the age of 40, had lived a sedentary life clear that physical exertion and running and martial arts was not for the sophisticated HR Head of a Company. However suddenly life presented me with several physical problems. First my sharp eyesight changed to requiring reading glasses. Small nagging illnesses became frequent. Lower Back pain the famous executive disease was par for the course. But worse was on the way – I was afflicted with a pain on one side of my face that was excruciating at times but otherwise virtually a constant companion. Multiple doctors struggled to diagnose and then finally decided I had trigeminal neuralgia. After medication for several months and a year of struggle with pain I was presented a choice – keep pain as my partner forever after or consider cauterization of the nerves to “free” me of pain and “cure” me. I chose neither and decided that perhaps I needed to manage stress and looked for a program in Tai Chi.

I meet Drs Rao at the Academy and wanted to enroll in Tai Chi to learn mediation and stress management. They helped me discover the more holistic path of JKD. I was amazed that they felt I could learn a physical art considering my pot belly, generally indifferent constitution and aversion to conflict.

Today, over 3 years later I look back at the unhealthy person that I have left behind and the fitter, happier, more confident and clear headed person I have become. After the JKD certification I enrolled in the Black Belt program and am proud to have attained the rank of a IInd Degree Black Belt in the Bison system. My trigeminal neuralgia has vanished, my lower back ache and other small health issues that I had accepted as part of age, have been removed at the root of their origin which was my lifestyle and mental rigour. Today at work in leading the HR function of a large and prestigious multinational, I use JKD engrained in my thought process for problem solving, in leading teams and conquering life and have truly, under the guidance of the Directors of the academy learnt and experienced the Truth in Bruce Lee’s statement “Life only demands from you the strength that you possess”. JKD has opened my body and mind to the strength that I possessed and is my ongoing and continuous guide for the rest of my life. It has now become my daily vitamin supplement!
JKD ESSAY SIX: JKD MY MEANING:

Yash Mody, CEO

To start with a small background: Ever been in a situation where you know something is wrong but you don’t know what it is. There is a lot of frustration because of our inability to confront people and stand up for what WE THINK is right. And how do we know whether what we think is correct or not. There were things that often played with my mind. Indecisive and Impulsive behavior started affecting everything around me. My work, my relationship with my family, friends and made me wonder if I could ever break thought this.

Amidst all this I started putting on weight, started drinking and even started feeling lost while driving or walking on the street.

Then comes a moment when we tell ourselves enough of this misery. I need to get out of this.

When the student is ready, the teacher appears is what my teacher (Prof. Dr. Rao) says and is what I believe happened to me.

On a Sunday, tired of being occupied by all wrong thoughts I went to office. Skipped a social function with an excuse of work. Not being with people was my favorite thing those days. Angry at the work I searched on Internet for boxing classes hoping I am able to settle some score after learning it and that’s when I found JKD

Considering the fact that most people don’t get an appointment after calling for days I was lucky to get an appointment and headed straight to the academy after the call.

That’s how my journey of JKD started.

On the first day itself I realized that JKD is not a physical art, it is much more. Having gone through a good workout I didn’t really know what I wanted to do. As I walked out of the academy on the first day I read a small saying on the door “Life only demands from you the strength that you possess” and I knew I was here for a reason and JKD will happen. Along with physical application of JKD the concepts started sinking in.

The principles of JKD are extremely simple and applicable to all aspects of life: personal, professionals and otherwise.
Simple. Direct. Effective is what has changed my approach of looking at a problem. My ability to confront people based on logic has made me realize what is the meaning of “the shortest distance between any 2 points is a straight line”

I wanted to learn JKD to handle situations on the street, which is probably the easiest thing to do but under my teacher I started learning how to handle people and relationships. How to stand up for what you know is right. How to adhere to your duty inspite and despite of everything.

Initially I was wondering what and how could I use all this for that when my teacher helped me realize “Knowing is not enough you must apply. Willing is not enough you must do.”

The ability to take a decision is based on basic JKD principles of research the truth; absorb the useful; reject the limitations; and tailor make it to my needs and my situation. After 2 years of JKD, today I am back to the level of fitness I desired, my relationships are better and situations don’t carry me away.

Learning is an endless cycle, until recently I was bothered about where I am and what I want to be in life and how I am not yet there. That’s when the realization of “Journey over Destination” makes me realize if I cant make the most of what I have today it will not help me construct a better future tomorrow.

One mans truth is other mans poison is what I learnt very recently from my teacher and as I walk forward I realize why. JKD is not an art form. It is analysis of what you are, who the opponent is, where you are, what is the range and more. Applying these concepts for yourself and making your own way ahead is what my teacher and JKD have helped me achieve.

Thank you Teacher for showing me the light and being my guide on my journey of JKD. Thank you to all my teachers at JKD Ideology for everything that you have done for me.
Hello, my name is Anand & I am a Chartered Accountant working with a corporate house in Bombay. My journey in Jeet Kune Do (JKD) began in May 2008. Somewhere in the beginning of the year 2007, while watching TV I had came across a show on the Discovery Channel profiling Bruce Lee and the martial art Jeet Kune Do. I did not understand much of it but I impulsively looked on the internet for some such class that could teach me martial arts & was fortunate to find the JKD India website...of course I did not realize it then & just stored the contact number on my phone. While I was always enamored by the mysticism of the Martial Arts, I believed, that at the age of 25 my time to learn the Arts had passed. (Thanks to watching all the stereotypical kung-fu movies!). It was not long before I forgot about my interest & I was immersed in working hard in my chosen career path with an aim to earn loads of money....the ultimate object being - to have a 'better' life. As is the case with all, while leading an imbalanced life..Focused only on the material aspects I reached a point of frustration & irritation with myself that prompted me to finally enroll for the JKD course with JKD India one whole year later.

It was here that I met my teachers, Prof Dr. Rao, Dr. S Rao, & others. Over the initial period of my training I began to understand what JKD is. I was naïve in thinking that JKD was just about the kick & the punch, not realizing that these were just mediums to my spiritual development. Truth be told, I had never even dreamed that there would be an aspect concerning the refinement of the mind and the thought process. ...From the Physical to the Spiritual...Of course the physical sessions were tiring...but even more
tiring was the process of thinking on various aspects of life (something which most of us in the corporate world never do).

The biggest challenge that I faced was to be able to open my mind to newer ideas and thoughts & to change the way I think. I was myopic in my thoughts & failed to see the bigger picture...so much so that I would spend close to 12 - 14 hours at work, compromising on my sleep, exercise & recreation. The several presentations & lectures provided to us, on topics such as the '10 Assets of life' & 'Freedom" were a guide to me that the assets which I valued the most in my life are actually the least important. I have learnt that the biggest assets that I have are my Sound Mind & Body & it is they that will stand by me in the time of crisis. I realized that in order to hone them I need to utilize my time better than what I was doing. This process has begun and is a continuous one. I have already begun to see the results in terms of a better physical capability

On a spiritual level, I learnt to respect my life as well as those of others including all other creatures. This was the difficult part of my life & what led me to give up the consumption of non-vegetarian food. This was done at two levels namely a) an understanding that the non-vegetarian food had adverse physiological impact on the body & b) a compassion for another living creature. Having been a regular consumer of non-vegetarian food for 27 years, I had to break the conditioning of the past & am now happy for doing so.

To sign off I would say that the greatest influence of JKD has been in my thought process. Whereas one can see quite easily the physical changes that manifest, what is invisible to most is the change in the mind.

A WORD OF CAUTION
I have heard my teacher say, that there is no Jeet Kune Do man, only a man who applies Jeet Kune Do to various situations or problems. He who applies is king whereas he who doesn’t will bear the consequences. I found this out the hard way...by slipping up on my training, by paying more attention to material goals & ignoring my personal development, in effect losing sight of that which is important. To me, this also turned out to be an important part of the learning process where I realized that Jeet Kune Do is not about passing an exam or obtaining an academic certificate..It knows no class...no creed...no affiliation..But what it is ...is what you take out from it..That which you apply!
I take this opportunity to express my happiness that I found Dr. Rao & Dr. Rao; and am thankful to them for accepting me as their student.

Around the age of 25yrs, all my physical activities, exercises & playing & walking, came to a sudden halt; and I fully blame myself for the same. At the age of 35 years I started feeling the brunt of no physical activity in the form of more flab, lowering physical flexibility, declining strength, ever present tiredness, pain here-&-there in the body, etc. This decline of physical well-being was highly frustrating. Finally, when the frustration surpassed my lethargy, after some searching I joined a gym which is quite respectable in terms of quality & results. However, within a month I was disappointed (or may be I was unnecessarily over-demanding). The reasons for my disappointment were three –

- Each exercise in the gym was designed for a specific body part. So, in any given session, even after 1.5 hours of training, only few parts of the body were exercised while other parts of body languished in luxury/lethargy. I craved for something that may squeeze my whole body and wake it up from its slumber.
- There was nothing intellectually stimulating about it.
- Even after efforts I couldn’t feel a sense of involvement in that activity. Though my weight reduced by 2kg in a month, my craving for something satisfying would not go.

It was at this point that I came to know of Dr. Rao & Dr. Rao and within one month of their accepting me as a student of JKD, I started feeling happy that finally I found what my body & mind had been craving for. My journey towards the satisfaction of one important facet of life/me started.

Jeet Kune Do (JKD) literally is “Art of Intercepting Fist”. To me it means defense by an attack. That is, before attacker’s attack reaches me, I will attack. For me this signifies speed, precision & power and above all this, the concentration & focus to do it.

As I now understand, JKD is basically a symbol of the concepts that it groups and embodies. All those concepts can be applied to martial arts; without any modification, the very same concepts can also be applied to life. Seems strange if looked upon superficially; seems very natural if looked upon closely.

VI) Simplicity –
Simple (straightforward) thinking, simple processes/methods of doing works, only simple/basic/natural individual needs, . . . . . . . .

VII) Directness –
Direct approach/action for anything reduces wastages in time, money, efforts & other resources (especially natural & non-replenishable).

VIII) Non-classical –
Don’t do anything, without understanding its need/logic, just because it has been done all along. Think/find/research the need/logic of things we do and change according to needs/logics.

IX) Effectiveness (Throw out the non-essential) –
Many thousand years ago we human beings had tails; but with time its use diminished & finally it became useless. Hence, in due course, it vanished. This is just to say that even in nature the useless things do not exist/remain; so its prudent that anything which is effective/goal-oriented/necessary should only exist/remain in our lives. This is applicable to our thoughts, words, actions/reactions, tangible & intangible assets, . . . . . . . .

X) Add something of our own –
Nowadays we are “taught” almost everything we know; so much so, that most people have, in their unawareness, forgotten their ingenuity & creativity. Let our learning be the basis, but let our thoughts, words, actions/reactions be original (our own).

JKD in fighting & life is same; it’s just a matter of appropriately applying it.

Am thankful to JKD for strengthening my faith in the way I think & act/react. I have always been a non-conformist & non-conventional in thought & action. I found very few people of similar nature; however, my faith in myself kept me on track unwavering. Now, after coming in contact with JKD, this faith has been strengthened.

Application of JKD in personal life has enabled me to develop a “cold-bloodedly logical & result-oriented thought process”. This has immensely helped me in handling quite many tough situations in life. To name a few –

• Deciding course of action in handling my mother’s cancer
• Taking instantaneous decision about a life-saving operation of my wife
• Acting quickly & unemotionally when my father had a stroke
• Coolly handling turbulences in my career

Another amazing aspect of JKD which has immensely helped me is the extensive use of sparring in JKD for practice/training. According to me, the importance given to sparring in JKD is unmatched compared to that in any other martial arts, as JKD believes in teaching experience over skill. Sparring has two major advantages for a student of martial art –

• It habituates & seasons the student to physical contact & fighting (hitting & getting hit).
• It provides real-life practice for student to help achieve effectiveness and finesse in the techniques learnt.

I think, most important part of seasoning that sparring develops in a student is to fight without emotions. Hence before, during or after a fight –
  • Brain/clear-thinking does not get clouded by the “heat” or “adrenaline rush” of a fight scenario.
  • There are no ego problems related to age, seniority or losing.
  • There is no animosity related to losing or physical injury.
  • Injury does not induce fear or stress thereby aiding fast recovery.
  • The feeling of fellowship amongst students/exponents is always strong.

In my case sparring has helped me in more ways than these –
  ▪ I detested physical contact. Sparring has cured me of this silly feeling.
  ▪ It helped me develop a mind which is “calm” in adverse scenarios (e.g.: a fight).
  ▪ I experienced how to use my body weight (am still over-weight) to my advantage in a fight.

JKD, along with ensuring my well-being & health, has also made me more confident and humble. I cannot fully express in words how much & where all JKD has positively effected my life; suffice to say, JKD has made me complete.

Now I fully understand what revered Bruce Lee said about JKD that in ones life the spoken word “JKD” should vanish & it should become one’s very nature.
JKD ESSAY NINE:

MISS ANVITHA P, MBA, BE, SENIOR MANAGER

It all started on a lark!

4 years ago on the 28th day of April’07, Tagged along like a Caddy with my roommate on a lazy Sunday morning for “just a kickboxing place to lose weight” and today a transformed me realizes I am the Driver of my life with JKD & my Teacher being the GPS & Navigator of my life’s vehicle.

Automobile jargons aside, that indeed was the precise day that I have come about to believe changed my whole outlook towards life. In hindsight I see that it was all part of a master game plan to get me to the destination that I stand at today – “On the Boat of life with JKD as my Oar” in every aspect – be it spiritual, career, everyday routine, physical, mental .. and yes to an extent dental too!

I walked in to the JKD India academy at a junction of life when I was surely but slowly standing at the crossroads of my own value system – for the first time immersed in self doubt about the relevance of the correctness of integrity based decisions. I initially enrolled into Mixed Martial Arts, completely oblivious to JKD & its concepts – just happening to hear bits & pieces of it in the group discussions. And there in lies the beauty of this academy – every student is in on his own journey of self discovery & realization of the Martial Arts & philosophy of life – no mass community kicking & punching routines like in traditional martial arts classes. Subsequently I did evolve into JKD and how!

I am, for the world, a single girl Engineer-MBA- Marketing Professional working her way through career and life in Mumbai, with her family based in another city. So for a migrant to this detached yet spirited city, on a day-to-day basis, my friends, people I interact with, the situations and my own spirit become a very focal point of the “evolving thought and action” process. A lot of time is lost in this city in its travel, career and materialistic pursuits – and with that as the skeletal definition, though all of us intend to exercise right health, right actions and right thoughts – a lot is still left behind asking to be fulfilled. The intention is always there – but more often than not exhaustion and lack of time are cited as getaway excuses.

I was no different – yet another crazy-scheduled, dedicated, hardworking workaholic, that used to be very multi talented at one time but had now reduced to a mere excel sheet & graphs expert doling out analysis reports & projects week after week, with a weekend get together thrown in here & a lunch thrown in there. In this process, I lost more than just my health and
my youthful body. Yes I still did do my salsa certifications and short trips & vacations, I still remained the “spirited- awake-alive-radical-thinker”, but somewhere down the line I was aware that there wasn’t too much intelligence being applied in my decisions, there wasn’t satisfaction at the bottom of it all- which only led to further complications – so in totality all I was doing was, was getting into messy situations and further worsening it and then trying to find my way out of that maze.

One such striking example is the mess I got into at my workplace – I had thwarted a senior, HOD’s sexual advances in a rather straight forward manner – little did I know of the backlash that was in store for me for the next 2 years – my appraisals were bad, promotions were cut, my profiles reduced, I was made to report to mentally unhealthy puppet people, I was almost being transferred, not to mention that the entire system we were in, backed & supported him over me, at all times.

I suffered extended periods of stress, self doubt, demoralization and loss of health that came with it. All the 17 kgs that I had lost up until my 1st degree Black belt exam in Unarmed combat – I put it on all back and more. And though I knew, I was not fighting back, despite my Teacher behind me, I fooled myself into rationalizing that the “hurdle of combating the individual & the system” was way too laborious and something I dint want to get into. I did eventually fight it out and the man in question is out of the system now and the incident and its investigations turned into a high profile case with coverage in the media et.all.

Yet today, when I sit back & ponder, after having finished & emerged victor of that battle, I realize were it not for the principles of JKD & Bushido – I would not have won and would have felt like a demoralized guinea pig for the rest of my life. This battle has been THE MOST defining moment of my life, the ultimate exam of my core, my beliefs, value system, courage and practically everything in me. It was only my Teacher and JKD that sailed me through.

Every one of the principles of JKD – “Simple, Direct, Effective, Fluidity, Non Conditional, Open Minded and Non Traditional”, the Bushido Samurai warrior code of “Courage, Spirit (Benevolence), Truth (righteousness), Honor and Duty” and Principle of Buddhism- “Detach from desire & fear and you will undoubtedly win” were aptly applied in every twist & turn of the case. During combat, the individual was separated from the system and the system trappings of non cooperation were handled by the “directness” of writing to the Chairman himself, asking him to intervene and deliver justice. The investigating committee saw in me and my statements, truth, honor, integrity and ultimately ruled in favor of the side of truth. We had options of publicly embarrassing him, going to the cops, filing a legal suit
against him & the company, seeking huge compensations and entirely finishing the individual, but the benevolence bred into us prevented in indulging in such acts, even at the height of disastrous calamity. Our integrity and the benevolence of “a warrior that kills is the same warrior that exhibits compassion” just let him be.

Today, not just this battle, but in every aspect of my life JKD holds the strings – be it in my health habits, in my adapting a vegetarian lifestyle, in my finally overcoming the fear of swimming and snakes, in my relationships, in my situation-handling abilities, in my career, in my life and especially in my martial arts – each one of these is guided by the simple question “How would a JKD man do this?” and the answer obtained, thus implemented. Its 4 years, and till date, every single day I have not ceased to realize that a simple straight Lead punch, the same Side kick has so much to it than just meets the eye – every punch is a new learning, every kick a new perspective and every throw a shaking of complacency, beyond the arena of the martial arts.

But above all this, the wonders this simple word of Jeet Kune Do by our Bruce Lee has done to my life is, it has restored my confidence and disciplined my thinking and thus action into “not just Knowing, but APPLYING and not just Willing, but DOING”

Bruce Lee and my Teacher always say -“Life only demands of you the strength that you possess” – I stand testimony to this. As I stand certified a 2nd degree Black belt, I realize the path has been worked really hard for, been fought with the tears, blood and sweat and every centimeter of those 2 stripes on my Belt has been truly deserving.

Today I walk chest high, proud of me and the honorable life lessons that I learned & lead but I remain and will remain the most surprised and the most mystified student of the “Way of the Intercepting Fist” and I am not going to change that, coz I have come to realize, that as long as I am curious, I will explore, prod, question, doubt, fight and finally implement the right thought, decision and action.

I still can’t figure out the exact moment, date & time JKD crept into my being and completely changed it all – But it just did.

That Sunday Lark surprisingly came with the entire SPARK in it! That Sunday morning’s lark was so worth it.

That Sunday morning – “I was JKDised”
And the best part of it – “I dint even know!”

The journey continues….. to the Third stripe of Martial arts and Life and beyond..

With Respects, Regards & Love for my Teacher for being the Light and Channel of JKD,
Anvitha Prabhakara
“Alive Everyday!”
JKD ESSAY TEN: JKD CHANGED MY APPROACH

Hrishikesh K, CEO, Advertising Agency

My JKD journey began 20 months ago when I was bashed up by some political hooligans while I was returning back home from work late at night. I was very disturbed by this incident because I was already been through a series of bad incidents for last two years like I was cheated by my own employee, thrown out my own office by society people, my entire office was on fire and many more. The night I was bashed up I realized that there is something more in life than just earning money, I need to be strong, I need to be confident, I need to be superior. That night I went online and I searched for the best martial arts center in India and I found JKD Ideology website which is the most impressive site I have ever seen in my life.

Next day I took appointment and I went and met Dr. Rao Mam. I explained to her what had happened with me last night and why I wanted to join martial arts. She guided me very well and told me to join JKD. When I started training during my kitten program I felt it is the most simplest and most effective art of combat any one could ever learn. For next two months I was thought only to fight physically. After that I again went through a very bad incident where I was almost kidnapped. I came back and spoke to Dr. Rao “SIR”, the only person whom I call “SIR” from the bottom of my heart, who told me that now it’s the time to apply JKD. He told me JKD is not just a physical art but also very much a mental art. First he thought me few principles like SIMPLE , DIRECT and EFFECTIVE and told me to apply. I started applying from the very same day. I was suppose to buy a office 20Km (almost 2 hrs travelling) away from my home very expensive cost wise and a small place just because the place was in a posh locality. But as per JKD what I did was I bought a big office next to my house just 2 mins travelling and a big office. That was my first life changing decision I took because of JKD.

Sir taught me about the way problem is solved using JKD or how to achieve a goal using JKD and most important thing to leave behind is four letter word “LUST”. Then I sat down and thought that all the problem I faced was only because I was very lusty for money, used to work overtime and I completely lacked logic. Now before taking any decision I 1) research the truth under competent authority, 2) reject was is useless and absorb what is useful ( Based on simple, direct, effective) , 3)tailor make it to my situation and 4) apply. After this I have never faced problem in my life for last 6 months and I strongly believe I will never face it in future and even if I do I will solve it easily using JKD.

Thankyou SIR and Thankyou MAAM for teaching me this art of combat in arena in life.
From my early childhood, I was interested in the Martial Arts. Where I grew up, boys would be discussing or fantasizing about going to the shaolin temple & learning the oriental fighting arts. There was always an aura of mysticism around it. I used to think that sometime in life I would learn some form of fighting-what I did not know. I was never physically very weak & mentally dim. I was academically fine. However, I was very introvertish which prevented me from expressing myself. I was not very comfortable talking to people & came across as being arrogant & a snob. I had a problem with confrontations where I would start trembling & would be unable to act or react. There were also a couple of occasions where I was physically dominated & collected a few blows. This was further demoralizing. Then I went to Delhi to complete my schooling where I had to live in a hostel. The two years that I spent there were tortuous for me. I used to feel that everybody was out to make fun of me & that I was no good. It made me further conscious of myself in a crowd. I lost interest in studies & I would just count the hours from waking up to sleeping. It was then that I decided that I needed to work on myself so that I was stronger & better, mentally & physically. After that I came to Bombay for my graduation. Here I, along with a friend started looking for some form of martial art & I found JKD, Bruce Lee’s art on the Internet. I made a phone call & was given an appointment. After my friend & I went for the interview, we were absolutely certain that this was the place where we should be. We both enrolled for the JKD course & our training began. After five years or so of training one of the things I have been taught by my teacher comes back to me that ‘life only demands from you the strength that you possess’. Because after a few months of training my friend dropped out for a number of reasons & still thinks about continuing his training while at the same time finding a number of excuses to not train. In the subsequent years I realized that it is quite normal & that at various stages people lose the strength to continue.

JKD is both & art & a science. A science because everything in JKD is technically sound. Everything has a scientific basis, thought & reason behind it. An art because of it’s creativity & it’s focus on expression of the individual. Like in everything else, here also this characteristic of JKD gradually seeps into the life of the practitioner if he is open to it. Life becomes scientific & logical where you move each step with thought & reason rather than with instinct & bias. At the same time life becomes creative with everything that you do an expression of your true self.

Jeet Kune Do or the Way of the Intercepting Fist emphasizes on interception over parry & counter, i.e. instead of defending an oncoming
attack & then countering with your own attack it is preferable to launch your own attack on the opponent before the opponent’s attack reaches you. In life you start seeing problems & threats before they reach you & enable you to intercept them by taking corrective or preventing measures.

In the past, I used to see many people who were, as I perceived, naturally confident or brash & arrogant, people who were ready to confront other people & put them down easily. I would envy such people & think that I could never be such a person as my personality was quite contrary to it. My teachers have made sure through boundless care & effort that I am now a confident individual who is not afraid to confront & stand up for himself while at the same time taking care that in the journey I do not lose my inherent nature & attitude & become overconfident, sarcastic, or a bully. Here, like in all other aspects of life, they have showed me the balanced way of JKD.

In the physical arena, JKD has taught me combat like I could never have imagined it to be. Being able to fight in all ranges & the concepts of non telegraphing & lead foot & hand as the preferred weapons are concepts that no other art can even conceive of. It has showed me the way to be free in life, free from traditions, free from your own fears, your prejudices, to identify your strengths & weaknesses, to change those that I can & to accept those which I cannot. Sparring in JKD is a powerful tool which showed me the reality in combat. It taught me that like in combat, so in life I must flow & respond naturally, that I must prepare beforehand the tools & then let go of the mind, that when I am hit, I must not react instinctively (anger & emotion) & do not get demoralized but must accept & correct, that I can feel the pain but still be above it & do not allow it to overcome me. Above all my teacher taught me that ‘JKD is only application, not of techniques but of concepts’.

Before I started learning JKD, I had confused ideas & questions about liberation, nirvana, knowing yourself, etc., etc. But in the 5 years or so that I have been with my teachers, I realize that all my questions & puzzles have dissolved as in JKD, you go straight to the heart of the problem or the subject & understand it without any conditioning or bias & see it as is which itself is the most important part of solving the problem. I was taught that I should only concern myself with things which affect me & that philosophy should be such that it can be used in life rather than abstract. Therefore I have learned to live a simple life, a life uncluttered by unnecessary distractions, a life reduced to it’s very basics & when I think back, I have had so many satoris in the past few months that I could never have had however much I had philosophized about abstract spirituality.
People do many things to fill their lives without really living. They distract themselves with meaningless activities & making goals that they lose themselves in. Paradoxically JKD has taught me that there is no goal in life while at the same time giving me a worthy goal-that of living an honorable life & not of shame, of enjoying & being in bliss, of discovering myself, of being free from doubts & fears, of giving & receiving love in the truest sense, of being with those whom I love & sharing freely my emotions.

For me, my teachers are my JKD as they are the very embodiment of the concepts & ideology first discovered & explained by Bruce Lee. They have taught me, not through theoretical explanations but through their life itself & I have been lucky, very very lucky to be in the here & now. I have started to realize that there is no other moment, that this is the moment of supreme reality. To be completely soaked in it every moment of your life is the greatest bliss I could have asked for & the deeper I go, the more it pulls me towards it.

Most importantly, it has showed me the way towards being free from consciousness. I am not yet free, far from it. But I have tasted the freedom that will be mine eventually on this path that I am walking on. Lee said that consciousness of self is the greatest obstacle in the execution of physical arts. So I am learning to be free from it-both in the arena & outside it.
This is not your quintessential Before & After story like the Charles Atlas advertisements of yore. I didn't get sand kicked in my face and never backed down from a confrontation. I always lived life on the bleeding edge and whenever fear arose, I responded by running headlong towards it. Life was a non-stop adventure wrought with danger, desire and the roller-coaster ride only seemed to get faster and faster with no end in sight. The life of adventure and quest for evolution was soon reduced to the desperate need for the substance flowing through my veins. Eventually I ended up in a heap, addicted to nearly every narcotic substance known. Truth be told, life had finally knocked me down and I could hear the countdown...

I beat the habit eventually and was back on my feet, but utterly shattered and defeated. With everything I had ever believed in and followed gone from my life, I had a fresh slate ahead of me, but I was afraid to draw on the canvas of my life lest I make another mistake. In this state of perpetual fear of failure, as I lay licking my wounds, I met Jeet Kune Do Ideology on the Internet. The philosophy was just what I had wanted all my life and had tried unsuccessfully to emulate in my own way. Here was a fresh start and a new approach to spirituality - through the physical. Since then I have come to realize that the most direct way to the spiritual is via the physical. The arena offers the warrior instant karma. You make a mistake and you pay for it instantaneously making the lesson well learnt. My teacher, Prof. Dr. Rao embraced me faults and all with the stigma of my nefarious past not withstanding and is guiding me in my journey with a gentle hand. I have since grown from a 36 kg bag of bones to a 60 kg seasoned warrior. I am able to back my thoughts, ideology and philosophy with action and walk tall rather than a shadow in the alleys of society. From a high-school walk-out to a Doctor of Philosophy, I have walked a long way. More important is that I have walked the path in accordance with the principles of Jeet Kune Do. Without rejecting my inherent nature for rebellion, my Teacher has tempered my fiery temperament into a fine edged sword. He has helped me turn my mind from an out-of-control weapon to a magic wand that grants my every wish. I found the courage to pursue my childhood talents of art and extempore. As an accomplished designer, I work again using the same principles of Jeet Kune Do that have resuscitated my life from the disease of more - addiction. Accustomed to a life on the wrong side of the law, I stand not just reformed but transformed into an individual who directs his energies towards the betterment of the Nation.
I will end with the sincerest gratitude and respects to the Teacher who has helped me find my Jeet Kune Do! From No Can Do to Jeet Kune Do, the journey continues one step at a time.
THE FINAL WORD:

JKD is just a word. It is just a concept for daily living. For day to day problems. For achieving goals. For making decisions. For facing adversity. For overcoming obstacles posed by bad situations, untoward circumstances and negative people.

JKD is to be used. Otherwise its useless. Its meant for everybody- a Karateka, a MMA fighter, a Businessman, a housewife, a politician, a corporate CEO, a soldier, a policeman, a patient, a dying man, almost everybody who is faced with a dilemma about which way to go.

The first step is to OPEN your MIND to other possibilities & research various options while not totally negating the route you are already following, traditional or otherwise. Next ANALYSE--- what are the benefits & disadvantages of each method. NOW TAKE WHAT IS USEFUL and DISCARD WHAT IS USELESS. WITHOUT personal bias. That is difficult if you have a prefixed one track mind. Most cant go beyond this stage.

Finally take all that you have absorbed from various researched methods and TAILORMAKE to suit your SITUATION and STATE of SELF. Mould carefully to adapt to your problem, goal or people obstacle.

FINALLY APPLY. Most can Open their mind & research the truth (70 percent) Few can absorb what is logical against their personal ideology & individual bias (50 percent) and very few can apply (5 percent) Most of the ones who apply will give up the application at the appearance of first resistance, complication or things turning sour.

BUT when you apply, You will find the world a more beautiful place. Things begin working well. You begin winning. People like you. You like people. Problems get sorted out. And more importantly you start living life effortlessly....& Lo! You have become a JKD man.

Then suddenly you find things going wrong. Problems unresolved. Issues everywhere. Then contemplate, whether you have been applying JKD. You will find otherwise. And then you will realize the trurh...

There is NO JKD man! Only a man who applies JKD, who wins. And ones who fail to apply... who lose. In the arena of life.

Call it Jeet Kune Do. Or call it anything. It doesnot matter. But if you meet the Buddha on the road, Kill Him!!! That is the only way to become a true Buddhist. And to transcend Buddhism.
Luv to you all students, with whom I have had the opportunity to share my JKD & help in making yours......... Prof. Dr. Rao

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