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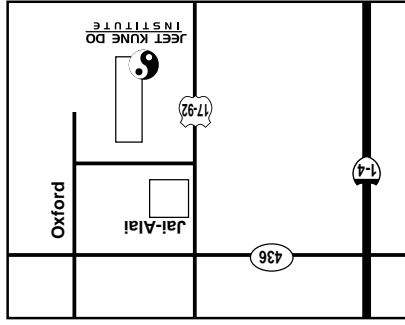
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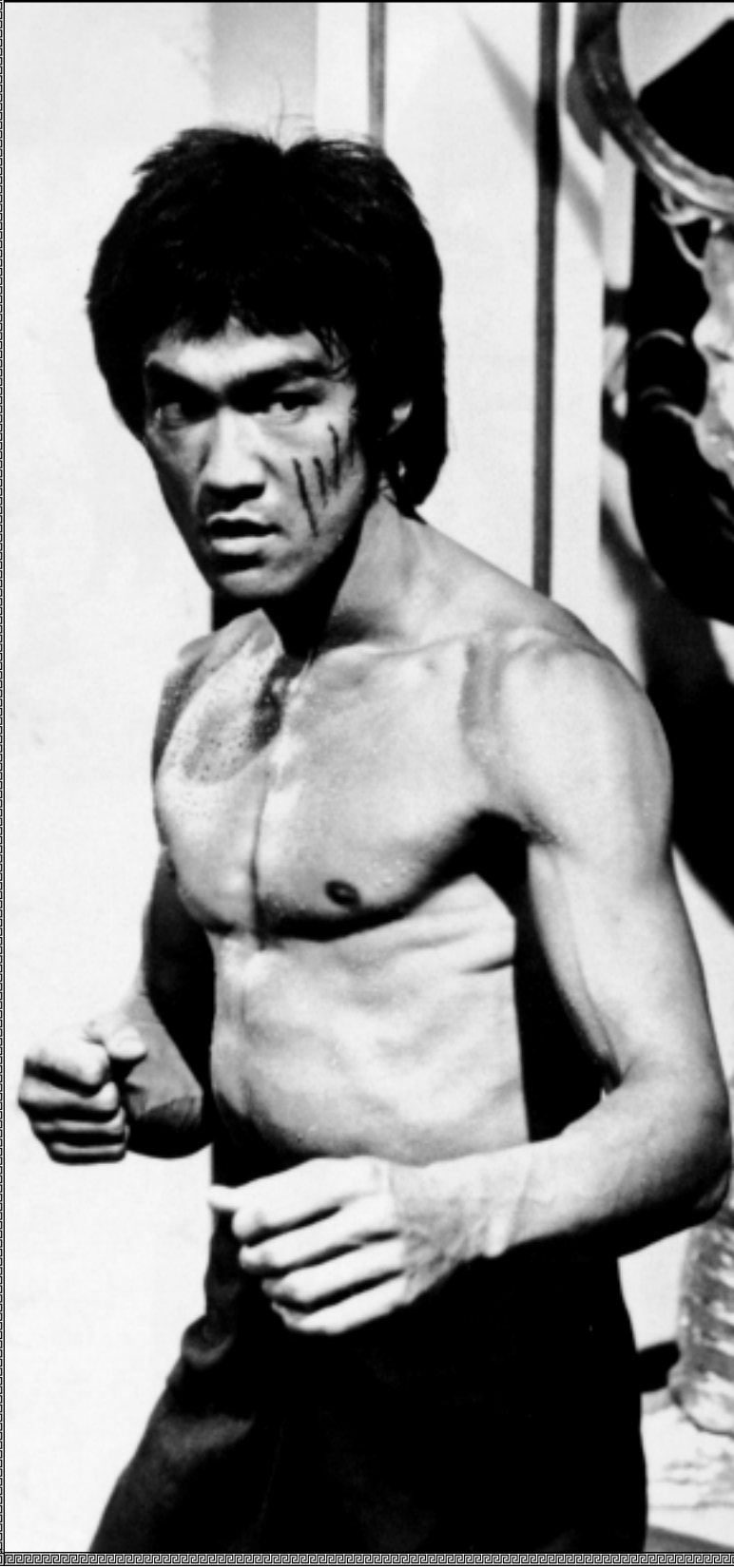
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JEET KUNE DO INSTITUTE



THE VOICE OF THE JEET KUNE DO INSTITUTE

THINK HIT

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THE SIFU SPEAKS

by Sifu/Guru Tim Motter

Last issue we discussed a little bit about the meaning behind the Jeet Kune Do principle of "Think Hit" and interception. First, to avoid any confusion, "Interception" and "Think Hit" are almost interchangeable. "Think Hit" is the thought, "Interception" is the execution.

So, when confronted with an attack you "Think Hit" and "Intercept" your opponent's intent with offensive aggression. You do not have to wait for the punch to come forward to attack, you can attack on preparation. It also doesn't matter what style you train in, if you follow this principle your sparring and fighting skills will increase dramatically. Your mind should be focused only on this simple principle. If he moves...hit him.

Here are a few more details of the Think Hit/Interception principle that will help explain why this is such a powerful principle.

- 1) Your attack meets his forward momentum thereby increasing your power on impact. There is nothing worse than walking into a punch.
- 2) You instantly put your opponent on the defensive by catching him off guard. He is expecting you to get hit or defend yourself, not attack him. This shifts the momentum of the fight in your favor.
- 3) You increase your chances for an effective attack by attacking

while he is committed to his own attack. By being preoccupied with his own attack he forgoes any chance to block. He simply cannot change thought processes quick enough to compensate for the new situation.

4) By limiting the number of stimulus options and limiting your response choices you increase your reaction speed. Reaction speed is determined by three different components; recognition of stimulus (what's coming at you), reaction choice (what are you going to do about it) and physical response (block, hit, etc.)

Now, of these three, the physical response component is the easiest and quickest. We've all watched a punch coming right at us thinking "Here it comes, here it comes...WHAM!" right in the face. This happens when your mind freezes on the reaction choice. So when we limit the stimulus to one (he moves) and limit your reaction choice to one (hit him) you effectively double your reaction time.

Now you should have a clearer picture of the inner workings of Think Hit. Next time we will discuss the proper way to train this crucial principle.

About the Author
Tim has 16 yrs experience in the martial arts and is an apprentice of Richard Bustillo. He was inducted into the Martial Arts Hall of Fame in 1997. He is the main instructor at the Jeet Kune Do Institute.

LEARN BY DOING, DO BY LEARNING

RICHARD BUSTILLO COMES TO ORLANDO *by Steve Piantieri*

Richard Bustillo is well known for his “No BS Bustillo” self-defense skills and JKD-infused curriculum. As a result of his gregarious personality and excellent teaching skills, he has amassed a large following of both JKD, as well as ‘conventional’ martial arts enthusiasts. He shared some of these skills with us in Orlando.

Twenty-five students and instructors from throughout Florida, New York, New Jersey and Ohio were present. The seminar, given at BetterBods, a downtown gym in a wood-floored, mirror-lined aerobics room. A large supply of loaner focus mitts, bag gloves and 12 oz. boxing gloves were available for all to use.

Our lengthy warm up was preceded by a student-by-student intro and followed by a brief talk of Richard’s teaching method. Notes during the seminar were encouraged. As Sifu Bustillo said, “Those that don’t take notes learn from those (of us) that do.”.

Since students and apprentice instructors alike were in attendance, abilities varied widely and wildly. Watching an instructor demonstrate a technique under the shadow of Richard’s smoking gun offered a very different perspective for many students. Performance anxiety ran high.

All techniques were performed using both left and right side leads. “Your weak side will always be weak as you’ll always have a ‘strong side.’” Useful street-fighting scenarios were executed. Escape from a naked rear choke and transitions from trapping to grappling were some of the drills learned. Contact between students was not spared. Light contact was expected and encouraged. In one drill, one partner’s arms were submissively placed above their heads while the trusted assailant/partner judged their striking distance (as well as their perceived friendship!) We were encouraged to excel, not exceed.

This was followed by bob, slip, and weave training. Later, the importance of trapping at the elbow was demonstrated. The results of how you can get jao sao’d if you trap at the forearm or wrist were made clear to several unsuspecting students. Trapping at the wrist, or worse (at the hand), has the same effect as using your middle name...none.

Kali, kick boxing, grappling, muay thai and Wing Chun were all presented in the two-day seminar. The variety as well as depth of skills performed was amazing for a ten-hour seminar. Emphasis was placed on body positioning and learning to recognize a potentially dangerous attack from any of the three combat ranges. “Spare the rod and spoil the student” were the key words of wisdom during our Kali/Sinawali drills. We were encour-



The JKD Institute group at the Richard Bustillo seminar.

aged to THINK about what we were doing, not just the ‘ready-fire-aim’ style of involvement.

Richard Bustillo’s ethos could be best described as having emphasis on execution and effectiveness. “Just do it” could be his teaching motto. Worry about perfection later; simply perform it many times, NOW, and your body will sort out the rough spots later.

A short discussion about YingYang was presented as a much needed break was taken. Sifu Bustillo gave the best description I’ve heard yet, “Bruce explained it to me by saying, ‘It’s like riding a bike – you can’t press on both of the pedals at one time.’”

Parting words of wisdom from Bruce Lee, via Sifu Bustillo, were these: “Practicing your martial arts is eternal. Partying is only temporary. Invest your time in your own self.”



Richard Bustillo with author.

A SPECIAL THANK YOU. *from Sifu/Guru Tim Motter*

I would like to thank all of you who read the first ThinkHit. I appreciate the time you took to read my first attempt at writing. I’m sorry this second installment took so long to produce. I hope it’s worth the wait. It was nice having some feedback from my readers, luckily most was positive. I also was able to give my newsletter to the instructors who taught at the 5th Annual Bruce Lee Foundation Conference. I got some especially nice responses from Cass Magda, Tim Tackett, Steve Golden and Richard Bustillo.

I would also like to thank my students, for being the “dummy” in class. It helps me better understand what it is I teach. And a super big thank you to Steve Piantieri for his contribution to the newsletter and for a being a good student and a valued friend. Thanks to André Marques, Fabian Reyes, Tom Siciliano and Brian Catanzaro for teaching my classes while I was in Holland. And lastly, Mario get your ass back to class!

JOURNEY TO HOLLAND *by Sifu/Guru Tim Motter*

5TH ANNUAL BRUCE LEE EDUCATIONAL FOUNDATION SEMINAR AND CONFERENCE

I recently took my first trip overseas to attend the 5th Annual Bruce Lee Educational Foundation Conference and Seminar. This was also my first opportunity to attend one of these conferences. This three day event was held at the Leeuwenhorst Golden Tulip Conference Center in south Holland.

We arrived on Thursday (a day early) so we could recover from the jet lag caused by a six hour time change before we attended the seminar. Friday we registered for the seminar and got to meet a few people. Richard Bustillo personally introduced us to Shannon Lee, who was a very nice person. I also met Richard’s representative in Holland who has 150 adult students (how in the hell does he do it?). Saturday morning we had breakfast with students and instructors together. We ate with Tim Tackett and Bob Bremer who are always a joy to be around. The breakfast buffet was simply amazing in the number of selections of food available.

The seminar was broken up into one hour sessions with different instructors teaching each section. We went from room to room with the same group of people and trained with them throughout the whole seminar. Our schedule of classes were as follows:

Ted Wong/Jesse Glover: Jesse covered the straight blast and a stepping through rear straight punch. Ted covered stance mechanics, as well as some basic footwork.

Allan Joe/George Lee (lecture): Allan Joe went over some fitness and breathing exercises. He also discussed his influence on Bruce’s physical fitness training. George talked about the

different types of equipment he built for Bruce. Taky and Andy Kimura: This father/son team covered some enter to trapping to grappling drills as well as some JFJKD chi sao energy drills. Linda Lee/Shannon Lee (lecture): We were able to see rare footage from the soon to be released re-edit of ‘The Game of Death’. Question and answer session about Bruce’s personal life.

Steve Golden/Pete Jacobs: Lots of trapping drills working from long range, entering and then trapping and hitting. Lots of details for techniques that we already knew.

Tim Tackett/Bob Bremer: Dropping the hammer was heavily covered. As well as some broken rhythm drills. Bob likes to nail a young, fast student by dropping the hammer from about 5 ft. away. I love when he does that.

Jerry Poteet: Mostly trapping drills from matched stance. Some nice lap sao and double lap sao drills. It was good to see him feeling better after his illness.

Richard Bustillo: Covered empty hand knife defense. Some basic moves leading into more complex techniques.

Chris Kent/Cass Magda: Details of attack by drawing (ABD). Learning to really “sell” your opponent into making the attack you desire.

Daniel Lee: Lots of Yin/Yang energy principles and how they relate on a physical level. A few energy drills from the engaged position emphasizing pliancy rather than hardness.

There was a very nice banquet Saturday evening where a few people told personal Bruce Lee stories. Afterward we had a few too many beers while bowling next to Shannon Lee. My drunken bowling technique is getting pretty good. But by far the best portion of the

TACKLING THE TACKLE *by Sifu David Peterson (reprinted with permission from the author)*

(continued from last issue)...When we do a “normal” defensive footwork action (we normally refer to it as a side-step, despite the fact that it is NOT mostly to the side but BACKWARDS and to the side), the action follows this outline: imagine standing in the centre of a clock, facing 12 o’clock (where the opponent is positioned). If I choose to move to the right (or the force of the attack, if contact is already existing, pushes me there), the right foot steps back towards the 5 o’clock position and the left foot slides after it, maintaining the original distance between the feet (corresponding to the basic “goat” stance). I should be still facing front-on to the centre of the clock (the point where my opponent would now be, he/she having occupied my original position), a line drawn between my heels running straight back to that point; the weight is on the rear leg, the front foot is still turned

inwards (as it would be in the basic stance from which I moved) so as to act as an automatic trap for the opponent’s forward leg, while the rear leg is now turned outwards so that the feet are parallel. As a final test of the position, if I leave my heels exactly where they are and turn the left foot inwards, I should end up still standing in my “original” basic position.

Now, the difference between this type of footwork and that which I described imperviously (the “knife” form footwork) is that instead of drawing the left foot back in line with the right foot as described above, the left foot is pulled right back so that it is in much the same position as it would be when I do a pivot, or the stepping in the ‘Cham Kiu’ form. To use the clock-face model again, the right foot is at the 5 o’clock position while the left foot is now pretty much

Taky Kimura demonstrates a technique.



Tim with Tommy Gong and Ted Wong.



convention was getting to meet so many people from all over the world who admire Bruce and wish to thank him for influencing their lives. It will be a trip that will never be forgotten.

on the 6 o’clock spot. Against a weapon, such as the pole, this is a safety measure because the “normal” side-step (‘Tui Ma’) action would leave the front leg open to attack from the longer weapon (against empty hands it’s ideal, for trapping, etc., but against a longer weapon, it remains vulnerable, both to attack and balance problems), so by pulling the front leg further back in this exaggerated fashion, it draws it out of the line of fire. (continues next time)

About the Author

David Peterson is the principal instructor of the ‘Melbourne Chinese Martial Arts Club’ where he instructs in the “Wong Shun Leung Method” of Wing Chun. He is a fully endorsed member of the ‘Wong Shun Leung Wing Chun Martial Arts Association’ and the Hong Kong-based ‘Ving Tsun Athletic Association’.