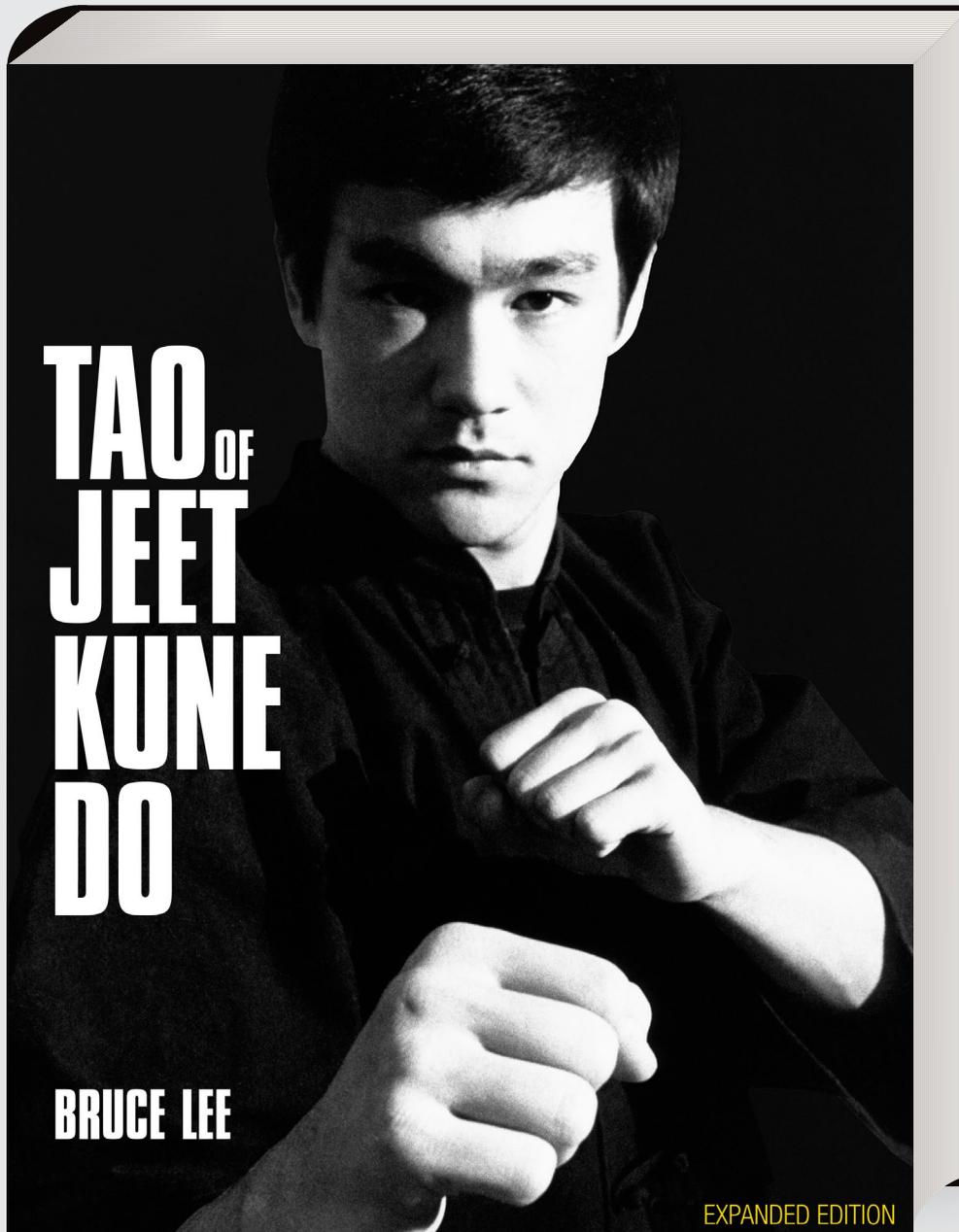


Bruce Lee's Biography

and the Birth of Tao of Jeet Kune Do

by Linda Lee Cadwell



Images by Bruce Lee



A Taoist Priest

THE TAO AND WHY IT CAME TO BE

The publishing of *Tao of Jeet Kune Do* was the idea of Linda Lee Cadwell. After her husband, Bruce Lee, passed away, she was left as the steward of a wealth of writings and information primarily on her husband's ideas about his martial art, *jeet kune do*.

During his life, Lee had been working on writing a book about jeet kune do but struggled always with whether to publish it. He was afraid that the book might be used as a thing set in stone, a gospel truth that would ultimately limit the reader rather than liberate him or her. But once Lee had passed away, Cadwell, a little uncertain of what she should do to best honor her husband's memory and lifework, decided that the thing to do was to share this gift with the world.

THE HEART OF THE MARTIAL ARTS IS IN UNDERSTANDING TECHNIQUES

To understand techniques, you must learn that they contain a lot of condensed movement. This may look quite awkward. When you start to learn it, you will find that it is awkward to you. That is because a good technique includes quick changes, great variety and speed. It may be a system of reversals much like a concept of God and the devil. In the speed of events, which one is really in charge? Do they change places with lightning speed? The Chinese believe so. To put the heart of the martial arts in your own heart and have it be a part of you means total comprehension and the use of a free style. When you have that, you will know that there are no limits.

*** The expanded edition of the *Tao* includes never-before-seen Chinese translations**

* 『拳道』與拳術

拳道以意會，力拙而意巧，力易而意難。
若要从自然動靜中悟出萬物變化之
理，自萬物變化之理中悟出別人之拳
法之節奏，破綻乘虛而入，如水滲隙。

『心拳』與術拳

大巧若拙，拙中之巧，返璞歸真。
內蘊天地變化之機，外藏鬼神
莫測之變。

『哲學』之境

有些武術雖然先聲奪人，但却如喝湯
水之酒，令人越飲越覺無味，但有些武
術其味雖覺苦澀，但却如細嚼橄欖
，便令人越想越覺回味无穷。

『入世』與『出世』

不再以出世為修練拳道的途徑而完
全『入世』了，如佛門弟子心經『入世』
的修持方為正果。
此番入世之後，便可自紅塵中修
學以前無法學到的自然平常的
路徑。



The art of Jeet Kune Do is simply to simplify.

Jeet Kune Do avoids the superficial, penetrates the complex, goes to the heart of the problem and pinpoints the key factors.

Jeet Kune Do does not beat around the bush. It does not take winding detours. It follows a straight-line to the objective. Simplicity is the shortest distance between two points.

Jeet Kune Do favors formlessness so that it can assume all forms, and since Jeet Kune Do has no style, it can fit in with all styles. As a result, Jeet Kune Do utilizes all ways and is bound by none, and liberally uses any technique or means which serves its end.

She called *Black Belt*, with whom Lee had had a long relationship during his life, and asked them whether they would help her publish this book. Of course, the answer was a resounding yes!

Gil Johnson was chosen to head the project from the *Black Belt* side, and he showed a huge enthusiasm and devotion to the project. He was handed a monumental task. He literally sifted through hundreds of pages of writings and notes trying to organize them into a cohesive and organic structure.

Cadwell worked closely with him through the editing process to make sure it stayed true to her intention, which was to be certain it did NOT turn into an instructional manual but rather showed the multifaceted dimensions of Bruce Lee, the artist, the spiritual being, the philosopher, the technician of the arts, and the physical, mental and emotional human being.

“Using no way as way; having no limitation as limitation.”
—Bruce Lee

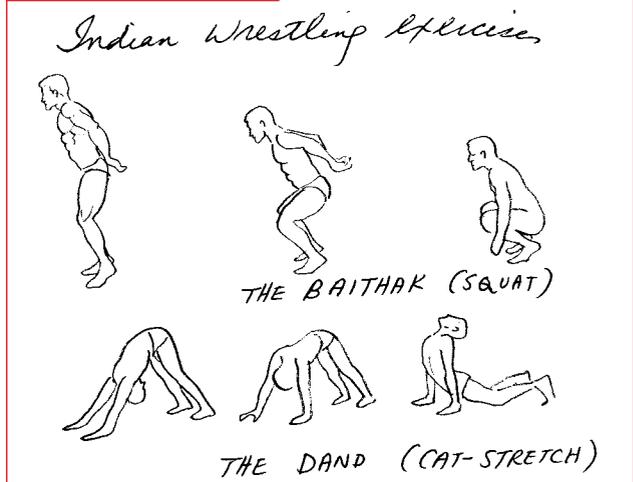
BRUCE LEE’S BIOGRAPHY AS TOLD BY LINDA LEE CADWELL

My husband Bruce always considered himself a martial artist first and an actor second. At age 13, Bruce started lessons in the *wing chun* style of *gung fu* for the purpose of self-defense. Over the next 19 years, he transformed his knowledge into a science, an art, a philosophy and a way of life. He trained his body through exercise and practice.

FITNESS PROGRAM

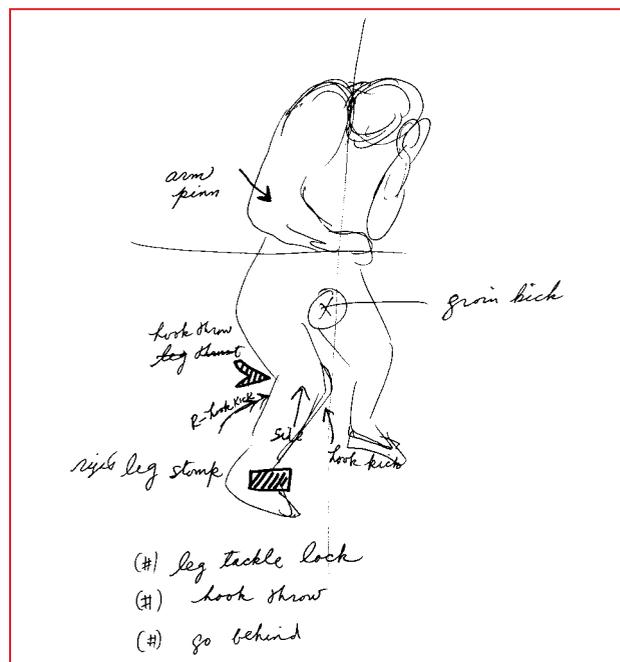
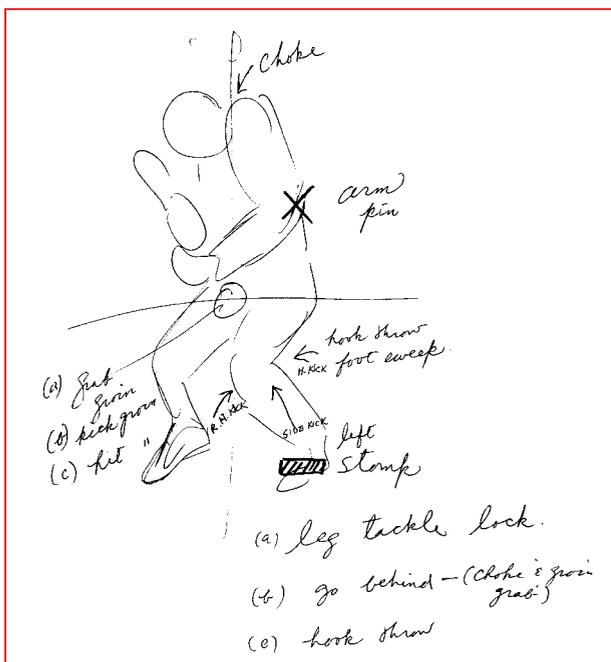
- | | | |
|----------------------|---------------------|-------------------|
| 1. Alternate Splits | 5. High Kicks | 9. Waist Twisting |
| 2. Push-Ups | 6. Deep Knee Bends | 10. Leg Raises |
| 3. Running in Place | 7. Side-Kick Raises | 11. Forward Bends |
| 4. Shoulder Circling | 8. Twisting Sit-Ups | |

INDIAN WRESTLING EXERCISES



He trained his mind through reading and reflection, and he recorded his thoughts and ideas constantly over those 19 years. The pages of the *Tao* represent a look into his life’s work.

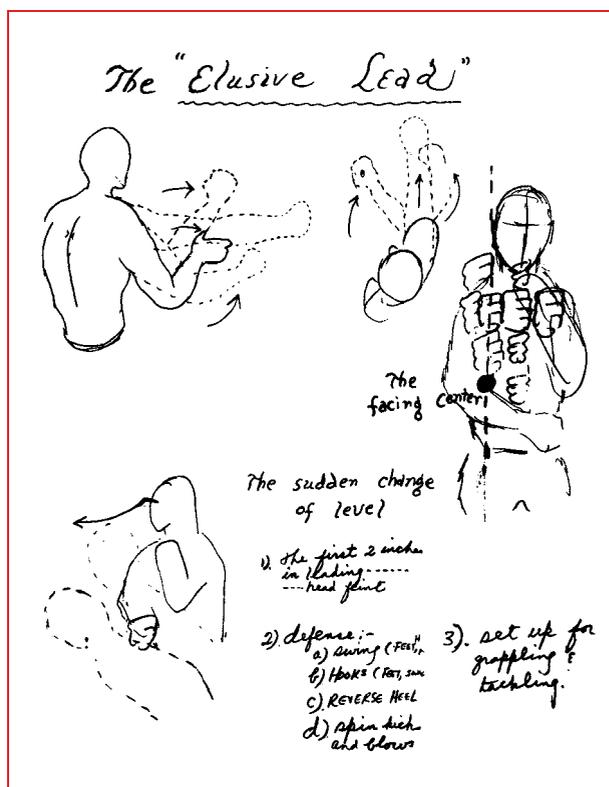
In his lifelong quest for self-knowledge and personal expression, Bruce was constantly studying, analyzing and modifying all available, relative information. His principle source was his personal library, which consisted of more than 2,000 books that dealt with all forms of physical conditioning, martial arts, fighting techniques, defenses and related subjects.



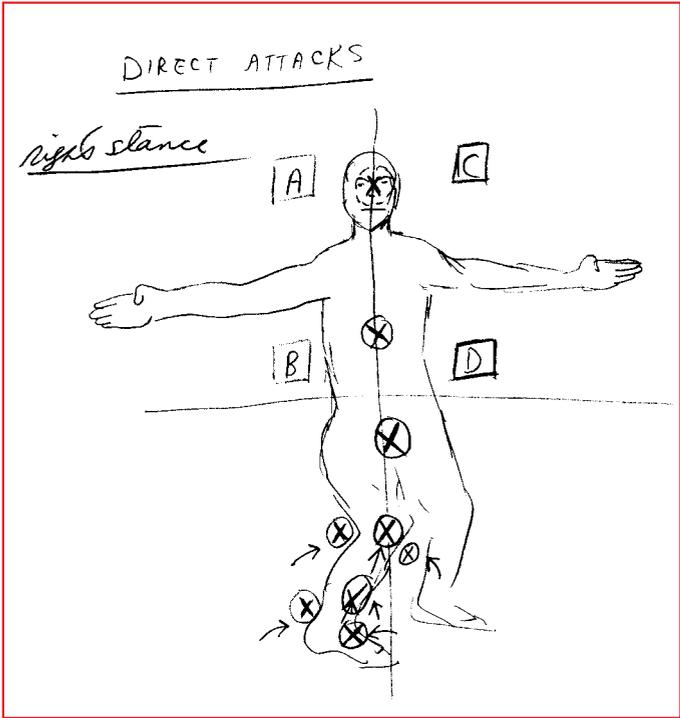
In 1970, Bruce sustained a rather severe injury to his back. His doctors ordered him to discontinue the practice of martial arts and to remain in bed to allow his back to heal. This was probably the most trying and dispiriting time in Bruce's life. He stayed in bed, virtually flat on his back for six months, but he couldn't keep his mind from working—the result of which was *Tao of Jeet Kune Do*. The bulk of these writings were done at this time, but many scattered notes were recorded at earlier and later times. Bruce's personal study notes reveal that he was particularly impressed by the writings of Edwin L. Haislet, Julio Martinez Castello, Hugo and James Castello, and Roger Crosnier. Many of Bruce's own theories are directly related to those expressed by these writers.

Bruce had decided to finish this book in 1971, but his film work kept him from completing it. He also vacillated about the advisability of publishing his work because he thought it might be used for wrong purposes.

He did not intend it to be a "how to" book or a "learn kung fu in 10 easy lessons" book. He intended it as a record of one man's way of thinking and as a guide, not a set of instructions. If you can read it in this light, there is much to be aware of on these pages. You probably will have many questions, the answers you must seek within yourself. When you have finished this book, you will know Bruce Lee better, and hopefully, you will also know yourself better.



"To become different from what we are, we must have some awareness of what we are."
—Bruce Lee



THE BIRTH OF TAO OF JEET KUNE DO

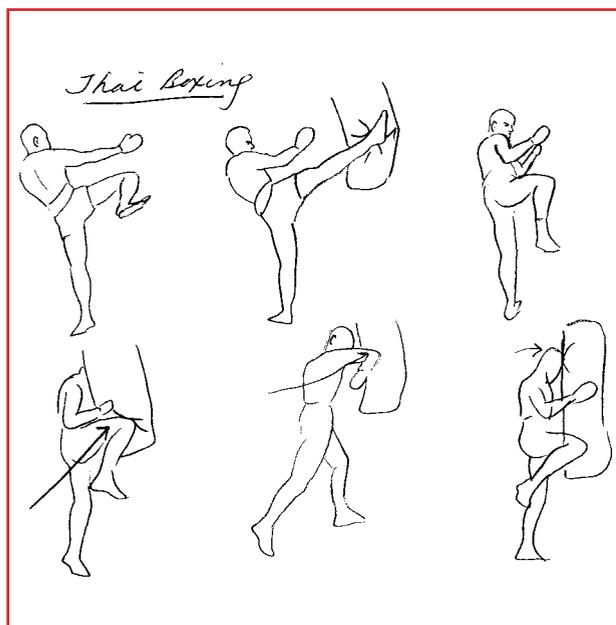
In the decades since *Tao of Jeet Kune Do* was first published, generations of readers have discovered that Bruce Lee was a man of profound depth who translated his love of martial arts into a way of living life well. The *Tao* has spurred practitioners of every discipline to question, research and apply physical principles to life lessons. The inspirational message of the *Tao* is to "know oneself" in order to be effective as a martial artist and as a human being.

My husband Bruce's mind always worked in concert with his body and vice versa. If he were thinking of a martial arts technique, he could then translate this physical act into the idea of being intensely aware and focusing on his desired achievement in any area. Alternatively, Bruce's avenues of thought often turned to aspects of human behavior that he then applied to his martial arts. For example, many people have more faith in what they imitate rather than what they originate. Thus, it is often the case that people learn a martial art through simple rote and repetition of what has been handed down through the ages. In jeet kune do, the

goal is self-knowledge through breaking free of unexamined tradition and being fully involved in the reality of the moment with no attachment to prescribed routines.

Because Bruce was able to flow from one situation to another, I also learned how to approach circumstances from different angles instead of getting “stuck” in one way of responding. He taught me that if something is not working one way, then try another. I saw Bruce do this time and time again. Instead of just accepting what life had dealt him, he found a new way, forged a new path. For example, when Hollywood kept closing its doors on him, he went to Hong Kong to make films and showed the world that he had international appeal.

Many people have written to me over the decades to express that they first picked up the *Tao* because of the instructional material in it. As they read it, they began to have an inkling of how Bruce’s mind worked, and thus, they began to see what made him stand out from all other martial arts practitioners. They would also tell me how the philosophical passages in the *Tao* eventually assumed an even greater importance than the martial arts techniques in their own development as a human being.



“To float in totality, to have no techniques, is to have all technique.”

—Bruce Lee

THE TAO OF JEET KUNE DO AFTER BRUCE

There are phrases in the *Tao* that have had significance in my life. I am thinking now of what the *Tao* says about *understanding* a situation or another person. Instead of starting from a conclusion, such as “I don’t like the way this person acts,” it is far better to free yourself by observing, by not being tied to an instant perception. *Observing* requires a continuous awareness, a continuous state of inquiry without conclusion. So by observing in this manner, you might find out that a person acted in a certain way for reasons that were not immediately apparent, and thus, *compassion* is ushered into the equation. I try always to keep this idea in mind whenever I am in challenging situations.

The *Tao* stresses that this formula for understanding applies to oneself principally because, as Bruce said, “self-knowledge is the basis for living life effectively,” and I must add, happily.

Every time I open the pages of the *Tao*, I am transported to the picture in my mind of Bruce bent over his books with his pen in hand. I reflect on his intensity of thought whilst chaos—kids, dogs, outside noises—was going on around him. I am astonished all over again at the depth of his exploration of the workings of the human mind, body and heart. He left me with a treasure trove of golden thoughts to help me face difficult times. I learned from Bruce that fighting adversity is like fighting an opponent: You must give it your all without any thought of being defeated.



If the *Tao* had never been published, perhaps the name Bruce Lee would simply be a footnote in the annals of martial arts and film history. But I don't believe that! I can, however, say that *Tao of Jeet Kune Do* has made important contributions to the growth and flowering of individuals and that it has enhanced people's recognition of Bruce as a man of substance and profound thoughts.

“Moving, be like water.
Still, be like a mirror.
Respond like an echo.”

—Bruce Lee

武道釋義

