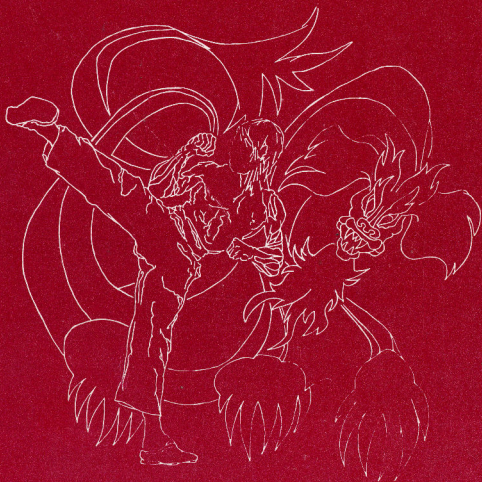


BRUCE LEE



**BY JESSE GLOVER HIS FIRST STUDENT
AND ASSISTANT INSTRUCTOR.**

Bruce Lee Between Wing Chun and Jeet Kune Do

By His first student and assistant instructor Jesse R. Glover

This book is dedicated to the man who taught me how to think, Mr. William H. Lee. Thanks for showing me the way.
Jesse

Special thanks to Karen for all of her help,
and to Sherri for doing the editing.

At six o'clock there was a knock on the door, and when I opened it there stood Bruce Lee ready to give me private instructions. This was my introduction into Gung Fu.

Jesse R. Glover
Aug., 1959, Seattle, WA.

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Introduction

My history in martial arts began in Seattle, Washington. I had rheumatic fever as a child and was weak and sickly. My physical illness and the dictates of an overly concerned mother robbed me of the simple pleasure of getting into childhood fights. These two pressing concerns, my mother and my condition, directed my interest toward adult forms of combat, and I became an avid follower of boxing and wrestling. I listened to boxing on the radio, watched wrestling on T.V. and spent hundreds of hours reading all the material that I could find on the two subjects.

All of the books that I read on boxing and wrestling stressed the need for better than average physical strength. Since I recognized my own limitations I was about to give up on learning self defense and became a fast talker when a friend of mine, Larry Wing introduced me to the art of Jiu Jitsu. Larry told me that Jiu Jitsu used principles of leverage that enabled a small weak person to defend themselves against someone larger and stronger.

I scurried down to the Seattle Public Library, checked out all of the books that they had on Jiu Jitsu, and studied each one until I had all of the moves and the concepts committed to memory. Larry and I spent several hours testing the techniques of each other but neither of us had a functional idea of how leverage was supposed to work.

The only available mats to practice on were located in the downtown Y.M.C.A. One day when Larry and I were at the Y practicing some of the moves that we had taken from the library books, a short stocky blackbelt came in. He watched us go through our moves for a while and told us that the things that we were doing wouldn't work. He offered to teach us to fall, but was reluctant to show us anything else. He taught us how to fall by throwing us with the crab throw. The crab throw is done with a leg scissor movement against the legs and the chest. It is a very difficult throw to fall from, and it is certainly not the type of throw that is used to teach basic falling skills to beginners.

I was into the Japanese idea that a person isn't suppose to show pain and I went home on more than one occasion with bad bruises and severe headaches. I spent the hour long practice sessions bouncing off of mats that were thin and in need of repair. Years later at my first formal Judo school I learned that the reason for my headaches and bruises was due to the blackbelt's failure to teach me the proper way to fall. I wasn't told to keep my chin tucked to my chest, and every time I was thrown my head would bounce off the mat. I was so eager in those days to learn anything about martial arts that I willingly endured the pain. The blackbelt came around for a month, and the only thing that I learned during that time was that it hurts like hell to get thrown on poor matting.

After the blackbelt stopped coming around Larry and I sent away for some cheap paperbacks on Jiu Jitsu. The books were poorly written and the instructions were difficult to follow, but we did come up with a few workable moves. Most of which were arm, wrist and leg locks. They worked quite well once they were secured, but applying them was very difficult. One day Larry moved away, and my rudimentary practice of martial arts came to an end until a few months later when I built a falling platform in my basement. The platform was made from boards padded with rags and covered with old

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