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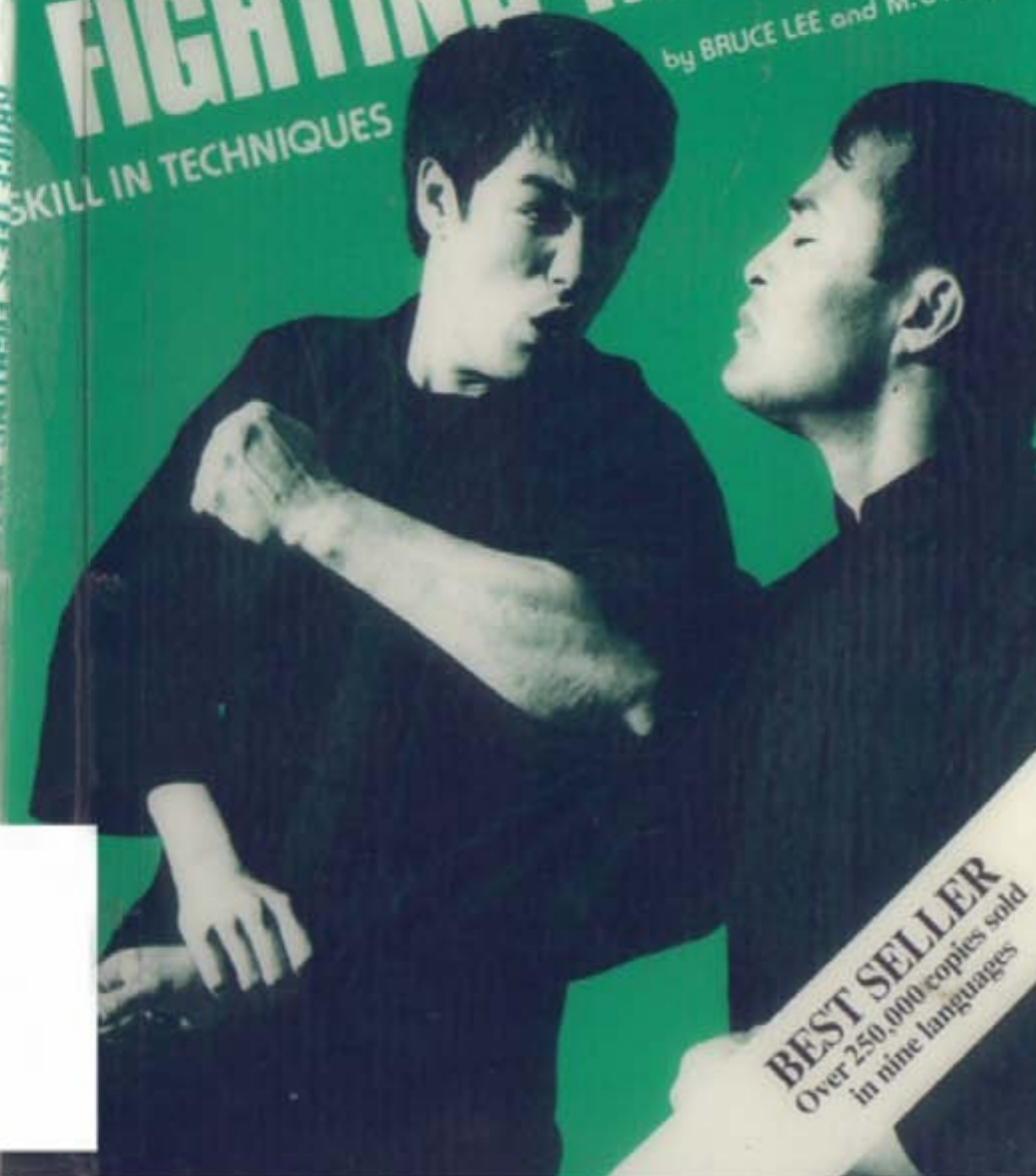
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DEDICATION

To all the friends and students of Bruce Lee

ACKNOWLEDGEMENT

Our sincere appreciation to Joe Bodner, who spent so much time in photographing and developing the film. Our appreciation also goes to those who participated in this book: Dan Inosanto and Ted Wong. They were both Bruce Lee's devoted students.

To Rainbow Publications, Inc., for the use of several photographs taken by Oliver Pang.

Introduction

This book was in the making in 1966 and most of the photographs were shot then. The late Bruce Lee intended to publish this book years ago but decided against it when he learned that martial arts instructors were using his name to promote themselves. It was quite common to hear comments like: "I taught Bruce Lee" or "Bruce Lee taught me jeet kune do." And Bruce may never have seen or known these martial artists.

Bruce didn't want people to use his name to promote themselves or their schools with false pretenses. He didn't want them to attract students this way, especially the young teens.

But after his death, his widow, Linda, felt that Bruce had contributed so much in the world of the martial arts that it would be a great loss if the knowledge of Bruce would die with him. Although the book can never replace the actual teaching and knowledge that Bruce Lee possessed, it will enhance you, the serious martial artist, in developing your skill in fighting.

Bruce always believed that all martial artists train diligently for one single purpose—to defend themselves. Whether we are in judo, karate, aikido, kung fu, etcetera, our ultimate goal is to prepare ourselves for any situation.

To train yourself for this goal, you must train seriously. Nothing is taken for granted. "You have to kick or punch the bag with concentrated efforts," Bruce used to say. "If you are going to train without the concept that this is the real thing, you are short-changing yourself. When you kick or punch the bag, you have to imagine that you are actually hitting an adversary. Really concentrating, putting 100 percent in your kicks and punches, is the only way you are going to be good."

If you have already read the first two volumes of *Bruce Lee's Fighting Method*, entitled *Self-Defense Techniques* and *Basic Training*, you are now ready to continue your lesson with this third book, *Skill in Techniques*. This book explains the ways Bruce Lee trained and the ways he developed his perfect skills. Included also are techniques in sparring and parrying. The next or final book will delve more heavily into strategy in defense and attack. Most of the photos in this book and the next have never been published before.

If you have not read *Tao of Jeet Kune Do* by Bruce Lee (Ohara Publications, Inc.), please read it. It was meant to complement this book, and the knowledge from both books will give you a full picture of Bruce's art.

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