

Free Bruce Lee!



by Al Case

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introduction

I began Martial Arts in November of 1967. And, during that same time, a young fellow name of Bruce Lee made his debut as Kato, partner of The Green Hornet, on television.

Lord, I used to finish my work out and run for home so I wouldn't miss one precious episode.

And, Bruce went on to become the most impactful Martial Artist in the history of the world. Maybe a few worlds.

Incredible guy.

Anyway, I read every article on him, read his books, saw his movies, even followed the progress of his students.

Time went on. Bruce died, I went to work writing articles for magazines, the internet, and so on.

And I made my own discoveries concerning the martial arts. Mainly, a form of logic, an actual science, that organizes the martial arts.

But, one of my proudest days was when an internet student wrote in and told me that I was on a par with Bruce Lee.

Well, no. But the compliment, and the fact that I really was-am-trying to do my best for the martial arts...it went a long way.

So we come to now. And I've decided to launch a Bruce Lee site. I can't think of a better way to pay homage to the man who gave us so much.

These articles are the original articles I wrote about Bruce. You'll find some interesting research, a bit of humor, and a profound reverence for The Little Dragon.

You'll eventually find them on the website, which is to be called FreeBruceLee.com.

Free him from what?

Nothing.

It's that the site is free for people.

Oh, I'll have the usual ads, and they might pay for the site. If I'm lucky.

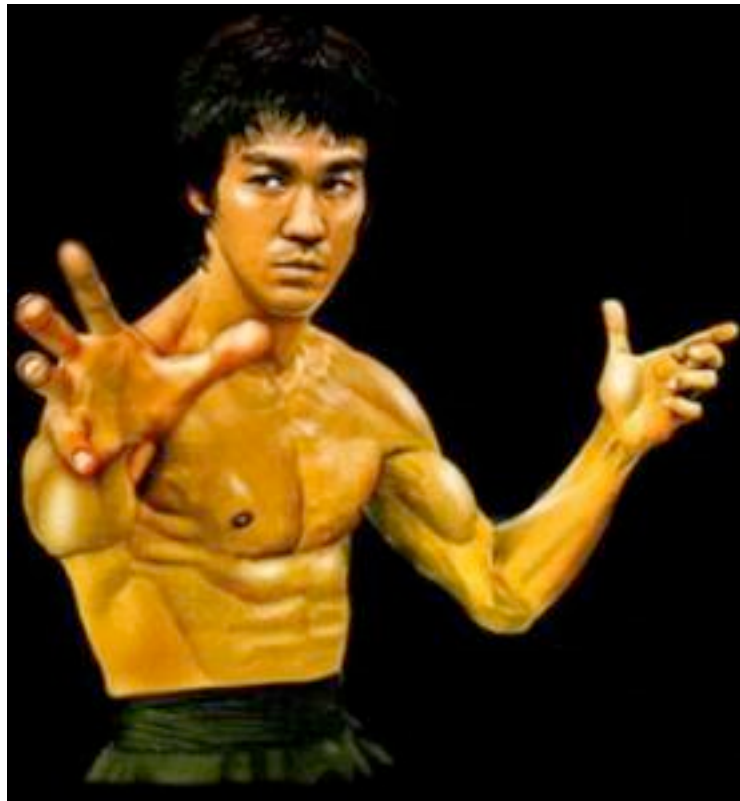
But the most important thing is to keep the memory of Jun Fan, The Little Dragon...Bruce Lee...alive and in the minds of all of us.

Al Case

The Unbelievable Bruce Lee Workout Routine

(Part One)

The Bruce Lee Work out Routine was an amazing accomplishment, and it resulted in Bruce being able to do superhuman feats of strength. (See part two of this article for a list of these accomplishments.) That Bruce Lee did it day after day, month after month, year after year, describes a human toughness that is amazing.



Before one even thinks about doing a Bruce Lee work out, one should understand that the Bruce Lee Workout Routine depended upon one simple principle. The mind is stronger than the body, and can make the body go through anything. In spite of doctor's words, Bruce pushed himself through his regular work outs with beyond human intensity.

From seven to nine every morning Bruce would work in abdominal exercises, flexibility, and running. From eleven to twelve he would do weight lifting and cycling. This was the core of his physical training, and he would spend odd times throughout the day working in specialized techniques.

In the progress of his weight lifting Bruce would practice things like squats, push ups, reverse curls, concentration curls, reverse wrist curls, wrist curls and French presses. He would regularly focus on fast twitch and slow twitch muscle movement. Interestingly, in the beginning Bruce believed that bigger muscles were stronger muscles, but later on, towards Bruce Lee's death, he came to believe that this wasn't so.

He was a true believer of the highest order when it came to doing abdominal exercises. He worked the abs every work out, but he also did them at odd times through the day and into the night. He believed in sit Roman Chair exercises, ups, crunches, V ups and leg raises.

Another favorite exercise with Bruce was running and cycling. He would regularly run two to five miles, usually in fifteen to forty-five minutes. He would also ride a standing bike for 45 minutes, usually putting in 10 miles.

Some of Bruce Lee's secondary exercises were totally beyond belief. He loved jump roping, and after doing the stationary bike he would do as many as 800 jumps. He also loved to thrust his bare mitts into buckets of sand, and he would do as many as 500 repetitions of this ancient toughening drill.

In conclusion, one should be careful when trying to do a work out such as described here. Remember that even Bruce Lee worked up to a level, he didn't just blast it and put his body at risk. Once you have worked up to a high level of the

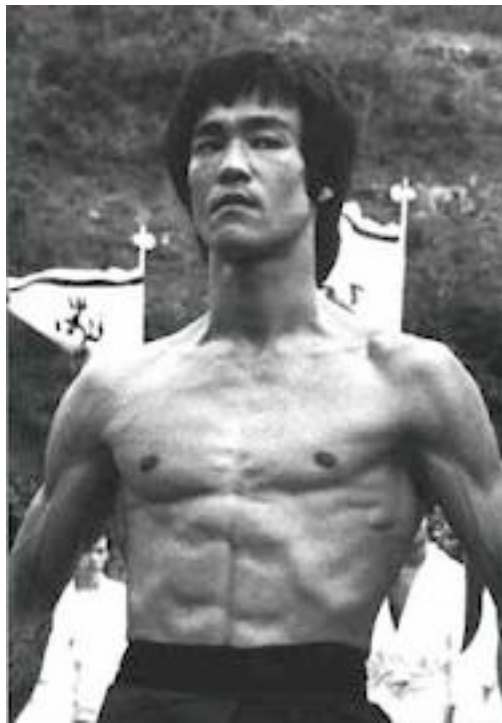
Bruce Lee Workout Routine, however, you should be capable of superhuman feats, too.

Want a work out that will rehab injuries, protect you from injuries, make you stronger and more flexible, and is great for warm up or cool down? Go to Monsgr Martial Arts and find:

Yogata!

Bruce Lee Workouts And How to Have Amazing Strength (Part Two)

When people do Bruce Lee workouts of some sort they have no idea what they are getting into. They see the movies, they read the books, but they don't know what Bruce Lee was really capable of. They don't know just how powerful he really was.



It wasn't just that he was a martial arts true believer, he could actually do superhuman feats. I've listed a few of the things he could do in this bit of writing, and you should think about them seriously when you do your Bruce Lee workouts. It's more than just push ups and sit ups, it is a different and fantastical realm of physical capability.

First, the sheer speed coming out of Bruce Lee training routines is astounding. He could deliver a punch in five one hundredths of second...that's 0.05 seconds. Try timing that on your stopwatch!

Second, Bruce Lee could extend a seventy-five pound barbell straight out for several seconds. That is a unbelievably difficult. Go ahead, pick up a cinder block and hold it straight out, and that is no where near 75 pounds.

Here is your sleight of hand, magician's trick-The Little Dragon could snatch a dime out of your open palm and leave a penny. Man, that is faster than a banker forecloses! It's hard enough to just snatch a coin, let alone leave some change!

Fourth, think you can do a pretty good push up? Try doing one with just the thumb and index finger! His fingers were stronger than your whole arm!

And this one will send the posers packing, Mr. Lee could do 50 one arm chin up repetitions! Let me say that again...that's FIFTY one hand pull ups. How would you like to have a python as strong as his arm wrapped around your neck?

Sixth, and this is for all those pretty boys out there who do a few kicks and call it a workout, Bruce Lee could kick a 300 pound kicking bag and make it hit the ceiling! Now that is elephant busting power! Interestingly, Bruce had to have his 300 pound martial arts kicking bags made to order.

Seventh and last, Bruce could hold an elevated V-sit up position for 30 minutes. I would think that that would actually qualify him as a yoga master, in addition to all his other accomplishments. At any rate, think about some of these things when you are doing your own brand of Bruce Lee workouts.

Free Bruce Lee!

If you want to work on the superhuman strength side of things, head to Monster Martial Arts and check out:

Matrixing Chi!

When Bruce Lee Killed Karate!

It's funny, Bruce Lee came to the martial arts public's attention when he wrote the article 'The Classical Mess,' and common opinion was that Bruce Lee killed Karate.



At the time, everybody thought it was a death blow to Karate. It was an attack upon the forms method of teaching. It was the deathblow. It was predicted that karate schools everywhere would pack up and fade away and whimper.

Actually, he drove people into the karate schools at an astounding pace. I don't believe there has ever been a surge into the martial arts schools like the one he started.

Now, what was the classical mess thing? He was merely in favor of more reality based training.

And, his ideas weren't bad. Karate guys everywhere read them, liked them, and karate changed.

One of his ideas included less technique and more drilling. I remember learning sticky hands and seeing what he meant. It was great.

Another of his ideas had to do with kicking heavier bags, because people weighed more than the bags that were out there at the time. That was another fine idea. And, today we have heavier bags.

The main thing, however, was for the student to wake up, to be aware in the moment, not to be bound by the things he was learning, and by the limitations of practicing a static technique. In this one, he was right, and he was wrong.

He was right, the Karate student does have to wake up. He has to be in the moment. But, the idea that form training doesn't lead there is incorrect. When one does forms one is building a circuit in the body and mind. Eventually, once one has practiced the circuit long enough, it suddenly disappears.

It's true, practicing a technique until it is a circuit, and then further, and the circuit just disappears, and the student is left with...open eyes.

Now, one could argue that Bruce didn't understand this, but he had practiced in Wing Chun long enough that he should have.

Personally, I think he was just so excited by all the arts he studied, and he was seeing how they all connect together, that he spoke a little too quickly. Considering how much he gave us all, he can be forgiven.

At any rate, as I pointed out, though he disagreed with certain karate training methods, he offered enlightenment that we could change such methods as we needed to. And, in the end, it's not true that Bruce Lee Killed Karate...he helped it become better.

An excellent Karate to study is Matrix Karate. It aligns the body, and is cures the 'classical Mess' that Bruce Lee described. Go to Monster Martial Arts:

Matrix Karate!

Bruce Lee or Jackie Chan?

I've always wondered who would win the fight...Bruce Lee or Jackie Chan. These guys were the ultimate top of the martial arts, die hard fanatical kung fu adepts. And, yes. I know, Bruce Lee is dead, but what most people don't know is that they were actually in one movie together, which would have put them at relative ages for a beat down.



The name of the movie, for those who are interested, is Enter the Dragon. I had heard that Jackie was one of the nameless monks when Bruce does his flip in the beginning of the movie. And he may have been. But where he is really obvious is during the prison break scene. He is the guard with the mustache. Go on, watch it. A fascinating piece of kung fu cinema history.

Anyway, on Bruce Lee's side, we have a person who honed himself to physical perfection, who studied the philosophy of the martial arts, who invented his own fighting system.

On Jackie Chan's side we have a person who went through the Peking Opera. Incredibly tough work outs every day, and mastered multiple styles of Kung Fu.

Now, to contrast these two marvelous martial artists...Bruce knew Wing Chun Gung Fu, but he didn't master it. Yes, he studied many martial arts, but he comes out behind Jackie Chan in this one.

In fighting, however, the little dragon has it over 'Big Nose.' Bruce's willingness to fight is legendary. From rooftop contests to back alley brawls, Bruce fought any and all. Even during filming of his movies, when he obviously could have stood back and played the star, he preferred to meet any who doubted and make believers out of them.

In the face of this awesome fighting talent Jackie might take second place, except for one thing. In spite of the Little Dragon's incredible physique, Jackie was actually better at stunts, and, let's face it, he could take immense amounts of damage and keep going. The outtakes of his movies show him breaking literally every bone in his body, and yet he kept going. Broken leg? Cast it up and jump from a dock to a moving boat. Skull fracture so bad you could see the grey matter? Back on the set in two days.

So, what do you think?

Interestingly, Jackie Chan was in a Bruce Lee movie. He was the mustached guard in the jail break scene of Enter the Dragon. Jackie always spoke highly of Bruce, and considered him deeply when choosing his own persona in the movies.

Bruce Lee Kicked 700 Pound Bag and Fell on His...

I have always been a fan of Bruce Lee, guy was incredible. Moral, honest, driven to perfection, a martial artist of the first tier. When I came across this 700 pound bag story, however, I had to laugh.



The original story was in an interview done for a martial arts forum. In it, the interviewer asked a fellow who had trained with Bruce to tell him about the 700 pound bag. The story was embellished, and ended with Bruce hitting the bag and falling down.

Now, there were write ups done in the martial arts magazines way back when, and I remember one done shortly after Bruce died. It concerned his kicking bags.

Bruce liked training with a regular bag, by certain accounts. There are movies of him training with James Coburn in which he kicks a pretty regular looking bag to the ceiling. He did, however, take a running start at it.

This aside, he apparently ordered a 300 pound martial arts kicking bag. As I recall, the writer at that time thought it was a 400 pound bag. At any rate, I don't think it was completed before Bruce died, and they didn't know what to do with it afterwards.

The skinny on this is that Bruce Lee was an innovator, and he went through a variety of martial arts kicking bags, and of martial arts equipment. He had small bags, big bags, in between bags, bouncy bags, stiff bags...heck if he had a grocery sack he would have puffed it up and told somebody to hold it for him.

But a 700 pound martial arts kicking bag? I want you to think about something? What was it stuffed with? 700 pounds is a lot of stuffing. And, how were the seams hold together? 700 pounds is a lot to ask a seam to hold. And, when you get right down to it? How was it supported? What house beam, what tree limb, is going to hold firm for a 700 pound bag. And was it held with chains or ropes? And, BTW, who mounted it? Did Jose and Castor come along with a ladder and tack the sucker

up? I mean, it would take an industrial forklift (are there any other kind) to lift the darned thing.

So, guys, I am a fan of The Little Dragon. Big Time. I used to perch in front of the TV to watch each episode of the Green Hornet. I've read the Bruce Lee JKD books and inspected martial arts videos teaching the variations of his fighting Kung Fu, but a 700 pound kicking bag?

I've net a 700 pound bully, but if there is one, Bruce was ready and willing to take him on! If you want to improve your kicks, make them strong enough to knock down an elephant, there is a FREE course called Power Kicks bundled in with the Matrix Karate Course.

Power Kicks!

Bruce Lee Martial Arts...the Real Secret Behind Them!

Bruce Lee Martial Arts get people thinking of how tough he was, and in so doing, they really miss the point of the man. Yes, The Little Dragon was tough, could do incredible bodyweight exercises, but there was a lot of stuff behind that tough Bruce Lee movies image.



First, Bruce Lee was an actor first. I don't necessarily mean in his heart, but he was from an acting family, and he was actually a child star in Hong Kong. An actor has to have passion, empathy, and feeling for his characters, and for his fellow man.

Second, he had a profound and large library, but it wasn't all martial arts. He apparently had thousands of volumes on philosophy. We are talking about a man who understood man's deepest thoughts on man; we are talking about a man who

cared about who he was, and what man was. From Sanskrit to Islam, from Western to Eastern, you can bet Bruce read it.

Third, I want to give an anecdote that was relayed to me by my editor at Inside Karate, John Soet. John had been in Hong Kong when Bruce was shooting Enter the Dragon, and he found himself in a room with Bruce, George Lazenby, and a dozen assorted and well known martial artists.

Most people don't remember George Lazenby, but he was the fellow played one James Bond, and then was fired. Apparently, he just didn't catch on.

Anyway, during the conversation George remarked how he had gone from being a star, to ignored. He said something like, 'Overnight, it was like nobody even liked me.'

The room went quiet, because apparently George felt strongly, and everybody could feel the emotion in his voice. It was one of those awkward moments when nobody knew what to say, and all these tough guy martial artists just sort of looked at the floor.

"I like you, George." It was Bruce. He had seen the man, had seen that nobody was willing to step forward, and he did what was needed for his fellow man.

Odd, such a simple thing to say, and yet when I think of Bruce Lee, I always think of that incident.

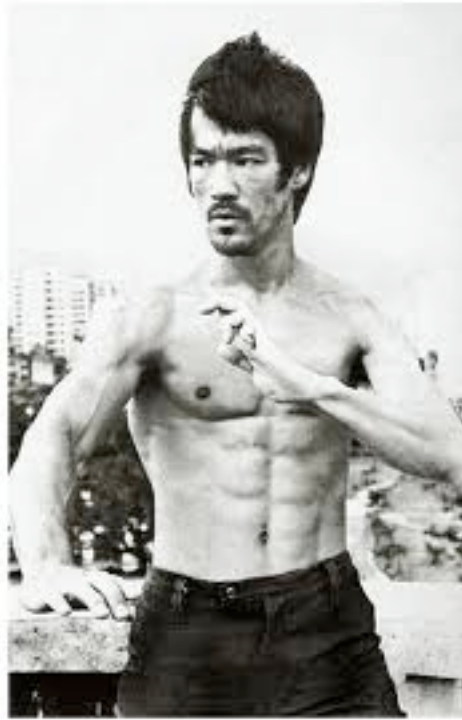
Not the Enter the Dragon fight scene, not the Big Boss nor Fists of Fury, but a backroom somewhere where Bruce made the distinction between a tough guy movie artist, and a human being who cared.

Anyway, when you watch a Bruce Lee movie, don't get distracted by the fantastic fighting scenes and his incredible body weight exercises, and that sort of thing. Remember that he was passionate, compassionate, and loved his fellow man. That is the secret of the real Bruce Lee Martial Arts.

Working with people like John Soet and people at the various Martial Arts magazines was not just a joy, it was an education. Here is one of my favorites courses, Blinding Steel. Do it and you can handle ANY weapon in offense or defense. Head for Monster Martial Arts and check it out!

Blinding Steel!

The Vicious Kung Fu Fights of Bruce Lee!



I have had a couple of people ask me if Bruce Lee could really ‘Kung Fu Fight.’ Obviously, these guys weren’t martial artists, so I was gentle with them.

Bruce had two distinct arts. He had his cinema art, which you saw on the screen, and which made him look like the baddest cat around. Then he had his real art, the one he used to be the baddest cat around.

Everybody knows about his cinema art, but only JKD students, or very wise researchers, know of his real fighting ability.

In 1958 the Little Dragon fought in the Honk Kong boxing championships. He knocked out Gary Elmes in three rounds using some rather vicious Wing Chun trapping maneuvers.

In 1959, now a member of the 'Tigers of Junction Street,' Bruce was to fight in one of the infamous 'rooftop' matches Hong Kung was famous for. He was sucker punched, and became so angry he broke his attacker's arm.

In 1962 Bruce fought a Karate black belt in Seattle. The fight lasted all of eleven seconds. Bruce struck the Black Belt some 15 times, kicked him, and rendered him unconscious. Period.

Bruce's most famous fight was in 1964 with Wong Jack Man in Oakland (San Francisco?). There is a tremendous amount of controversy surrounding this fight, and, because of differing eye witness accounts, there is confusion to this day as to who the winner was.

People from Mr. Lee's camp state the fight lasted three minutes, and Bruce won.

People from Wing Jack Man's camp state that the fight lasted 25 minutes, and that Wong Jack Man won.

While there is controversy, it should be pointed out that Bruce changed his training methods after the fight, and formulated his final version of Jeet Kune Do. Win or lose, Bruce was one to learn from his fights.

There are also accounts of Bruce accepting a challenge on the set of Enter the Dragon. He is reported to have handled all the other fellow's attacks, then taking him down easily.

And, the one fight not many people know about, a fellow invaded Bruce's home in Hong Kong and challenged him to a fight. Bruce states that he had never kicked a fellow harder. Without corroborating accounts, it can still be surmised that the fight lasted the time it takes to do one kick.

So, two arts, many fights, and a legend lives up to his name...these are the kung fu fights I tell people about when they are naive enough to ask whether Bruce Lee could fight.

The Wong Jack Man fight has always stirred up controversy. Wong Jack Man doesn't speak of it, and conducts himself like a gentleman. So...?

If you want to avoid controversy and win fights, go to the Monster...

The Punch!

Ed Parker And Bruce Lee Weren't Really Nice Guys!

I always take delight in pointing out that people like Ed Parker and Bruce Lee were bad people in the martial arts. People always get upset with me and even want to bodyslam me and teach me a lesson. Then, when I tell them what is really what, they can't do anything but mumble a lot.



Ed Parker apparently never made it to Black Belt in the system taught by Thunderbolt Chow. Heck, halfway through teaching his students, he had to go home to Hawaii because he ran out of material and needed more. And, Chow told him no.

So he made up his own martial arts, hired a kung fu fellow to help make up new patterns and techniques, redid his system (five times), and so on. The result was that he was giving out high degree black belts, hosting tournaments, inspire the starting of whole chains of schools, and some people hold that he was really only a brown belt. And the whole world was fooled into accepting him as the grand

poobah of Chinese American Kenpo, and hardly anybody but a dedicated Kenpo practitioner knows where it all came from.

And if you think Ed Parker did some bad things, wait until you consider Bruce Lee! Bruce 'The Little Dragon' Lee apparently didn't finish his Wing Chun training. He was apparently involved in the street gangs of his native country and his parents finally had enough of his bad ways and sent him to cool off in the United States! In the United States, though he hadn't completed his Ving Tsun training under Yip Man, he started teaching that martial art to whoever wanted to learn.

Not knowing the whole wing chun system, he began bolstering it up with studies in boxing, fencing, and 24 other martial arts. Yes, he was a sponge, but he was teaching Kung Fu outside his community, betraying his race (according to some), and teaching stuff that went beyond the classical martial arts. He was teaching a wild eclectic Jeet Kune Do system that went far beyond the classical forms training of the time.

The end result of all this was a fight where nobody won (Wong Jack Man), and then he throws it all away to try and make it in Tinsel Town! Is that the mark of a dedicated martial arts innovator? Or is that some unbalanced wannabe giving it all up for fame and money?

Now, it is time for this writer to fess up. Most of you readers know what I am doing anyway. I am engaging in a little yellow journalism for sarcastic sake.

Ed Parker, Bruce Lee, and other true innovators studied sufficient in the classical martial arts to know what it was, then they chose, for their own reasons, their own directions. They then did better than their teachers, and expanded the field of the

martial arts to the benefit of all. Yes, Bruce Lee and Ed Parker were treasonous bad guys, as are all true artists, as need to be anybody who wants to go beyond same old same old training methods and delve into the true martial arts.

I wrote this, had a lot of fun, just to get people riled. It appears that there will always be people who don't understand satire, don't appreciate a good headline, and that's all right.

And I hope you appreciate a good martial art. Here's the one i use to bring people to Black Belt in under a year. Sometimes considerably under a year. Check it out at Monster Martial Arts.

Three Month Black Belt Course

You Might Be Tough, But Do You Really Think You Are Bruce Lee Tough?

Martial Artists like to think they are tough. They break a few bricks and swagger around and make grunting sounds. But once you read the following list of feats, you are going to know that these martial artists aren't anywhere near Bruce Lee tough!



Do you want to be faster than a snake taking a does of steroids? Try placing your hands at your sides and striking. Bruce Lee could manage a punch from this relaxed stance in five hundredths of a second!

You think those cannon balls you call biceps are a big deal? Try holding a dumb bell against your chest, then extend your arms straight out. Bruce Lee could hold 75 pounds extended for 20 seconds!

Oh, you don't have a 75 pound dumb bell hanging around? Okay, let's try something easy. Bruce could do 50 one armed chin ups!

In fact, it is likely that Bruce Lee had more power in his fingers than you have in your whole body! He could do one arm push ups on a thumb and pointing finger. Remember, we're talking about push ups on only one hand here!

Bruce Lee's fingers were so powerful he could stick a finger through the side of a filled soda can! And this was back in the day when cans were real! They were made of steel, and not this thin, aluminum crap!

Here's one of my favorite Bruce Lee tricks, a trick that would make any magician hang his head. If you placed a dime in your palm and held it out, Bruce Lee could snatch the dime...and leave you a penny! Now that is freakin' fast!

Now, I know you are looking at that one inch pine board you just broke and are doubting yourself, but don't. Bruce Lee was a unique human being, and he got where he was by incredible hard work. So, instead of feeling like a weak sister, just get to work and make your own self...Bruce Lee tough!

Oh! You want to learn to fight! Excellent. Here's the place.

Matrix Combat!

Jet, Bruce, Jackie: The Best Martial Artist? Who Is It?

Whenever martial artists get together there is always one burning question to be considered. Of the three top stars in martial arts moviedom, which is better? Jet, Bruce, Jackie? Three great martial arts movie stars! All have a claim to being the greatest martial arts cinema star of all time.



Emotional and physical effort led each of these three men to their heights. Interestingly, a different route to the top was demonstrated by each of these three greats. No matter what path they took, however, we can judge their success through the consideration of three things.

Who made the most money at the box office is going to be one of the most important questions we can consider. How good they really were? Lastly, that ever fascinating question, how good a fighter were they?

Jackie Chan comes out on top when it comes to how many box office dollars they made. Jackie made more movies than Jet or Bruce, so he gets an obvious edge on this question. To be considered in this question is the fact that Jackie's movies have been popular in the orient long before the west even knew he existed.

Jet is the man when it comes to how good an art is displayed. Millions of people across China were considered, and Jet was chosen because he was an obviously and extremely talented martial artist. In addition, neither Jackie nor Bruce put in as many training hours per day as he did.

Bruce is the hands down winner when it comes to the artist with the most effective art. Bruce honed his skills, developed his art, and always had the question of combat in the back of his mind. One cannot argue with the fact that Jeet Kune Do is an obviously superior method of self-defense.

Thus, in spite of the differences, neither Jet, Bruce, nor Jackie have a clear cut edge when it comes to top martial arts movie star of all time. They each have a solid win in one category. When one inspects the quality of each, perhaps it is understandable.

There is one item more to be considered, however! Time passes, and fame is fleeting, and bodies grow old, and eventually someone better is bound to come along. Bruce and Jackie and Jet have all had their time in the limelight, and there is bound to be an artist in the wings who will build upon their accomplishments, and even surpass them...is that Tony Jaa behind door three?

Free Bruce Lee!

Man, tell me you don't think about stuff like this!

And tell me you don't think about what it would be like to know Kung Fu as good as a Shaolin Monk!

The Shaolin Butterfly!

Bruce Lee Workout Increases Strength and Power

The Bruce Lee Workout I am describing comes from studies of about Bruce Lee, but is combined with research from other sources. There is data from bodybuilding exercises, weightlifting workouts, and so on.

Mind you, I call it the Bruce Lee Workout, but it comes from a variety of sources. many of which cropped up after his death, or were studies of his workout routines.



*Bruce Lee used weight training, diet,
and other factors to get this physique!*

There are three component parts to a Bruce Lee Workout.

The first deals with Bruce Lee Strength training. This is that weightlifting is the third best way of increasing strength. This is because when you weight lift you

isolate the muscles. Yes, the muscles get bigger, but since the whole body is not being used, one will not get the tremendous speed of Bruce Lee.

The second principle associated with a Bruce Lee Workout deals with dynamic strength training, sometimes referred to as dynamic tension. This is when muscle works against muscle. This is a type of workout Bruce Lee liked, but didn't always talk about. There are, however, Wing Chun exercises in which dynamic tension is present, or can easily be put in. The glory in these exercise routines is that the muscles, though they work against each other, do not isolate. They stay in a 'group mode,' and so one is able to use these exercises to achieve Bruce's speed.



Bruce Lee believed in simple Body Weight exercises!

The third Bruce Lee workout principle holds that body calisthenics are the best method for increasing personal strength and power. While the Little Dragon did weights and dynamic tension, he also did Yoga and other body calisthenic exercises.

Tying all of the above together, of course, are things like the Bruce Lee diet, and other fitness concepts.

Thus, to make your own Bruce Lee Workout, one should do a lot of stretching, especially Yoga style. Then do light weight training. Light as one doesn't want mass so much as definition and efficiency. Finally, the heavy stuff, body weight calisthenics.



Bruce did do weights, but his lack of mass puts them lower on his priorities

And, though many people may object, especially in light of certain Bruce Lee quotes regarding classical martial arts, this author prefers classical martial arts for his body weight calisthenics. It is just more fun to do than simply lifting heavy metal plates, or other similar types of weight training. And, finally, more yoga to cool down and make sure the muscles relax after the work out.

So consider these points when you analyze your own body, what you want to get out of your training, what you think is fun, and then create your own Bruce Lee Workout.

Free Bruce Lee!

And, if you liked the Shaolin butterfly, you will like the course that translates Shaolin into an internal Martial Art. This one is available at Monster Martial Arts.

Butterfly Pa Kua Chang!

How Bruce Lee Handled The Stalking Method of Classical Karate Fighting Strategy

Classical Karate Fighting Strategy is based on the principle of stalking. You simply fix your attention on your opponent, wait for the opening, and then pounce. This is an excellent strategy, but there are a few things wrong with it.



Number one, the guy who attacks you on the street is not going to stalk, he is going to pounce. The psychos on the street, you see, are crazy, they aren't capable of premeditated stalking, except in the most evil sense. Stalking on the mat is premeditated, and builds vast ability.

Number two, it gives away the causative viewpoint. If you are waiting, then you aren't causing, therefore you are a victim. This is not true on the higher levels, of course, but it is true on the lower levels of classical martial arts.

When Bruce Lee was stalked he would immediately move, and this undid the stalking. The stalker could never keep his attention fixed; he could never settle into the 'stalking mode.' And the principle here is clear, you can't stalk a prey who knows you are stalking them.

Now, the terrible result of all this is that many schools stopped teaching or pursuing the stalking method of fighting. This tended to lower the level of all freestyle. People simply went to boxing, and left off the development of stalking, and never discovered the true benefits of the stalking method.

Now boxing is fun, and it is good if you need quick self defense. I'm not going to argue that. But boxing does not lead to the higher abilities that classical martial arts methods create in the human being.

I have never heard of Boxers experiencing sixth sense abilities, like reading minds, seeing what a person is going to do before he does it, and that sort of thing. On the contrary, there are a lot of boxers who suffer from cauliflower ears, speech impediments, and other cranial disruption. Mind you, this doesn't happen to everybody, but it does happen.

So, I put it to you, do you want the quick fix of the slobberknocker, the science of pugilism, and a retarded adulthood, or do you want higher abilities. You know Bruce gave us so much, but in undoing the Stalking Method of Classical Karate Fighting Strategy there is another side. Probably the best solution would be to take what works from Bruce, and put it into the learning methods of traditional martial arts.

Here's that course that is the cure for the classical mess Bruce loved to talk about:

[Matrix Karate!](#)

The Bruce Lee One Inch Punch

Real Secret is Not Faked!

The Bruce Lee One Inch Punch has taken on mythic proportions. People watch Bruce Lee movies like enter the Dragon, and then they look into the history Little Dragon, and when they see the famous Bruce Lee Punch their jaws drop and they think it can only be done by a super human.

The fact is, the Bruce Lee One Inch Punch can be done by anyone, if they are willing to understand some basic concepts and do a little hard work. Before we start, however, let me state that when you google Bruce Lee One Inch Punch you will find wikihow, and they will offer a five step explain on the thing. The problem is that the Wikihow description is for a Karate Punch! It's not Bruce Lees Martial Arts at all!



Bruce Lee could do a push up on one finger, that certainly helped!

And, you will also find sites explaining the thing through an analysis of the Bruce Lee One Inch Punch power through brains scans, and all sorts of other things. You

will also find people claiming, in spite of the Long Beach one inch punch video, that the Bruce Lee One Inch Punch video is fake! Can't even believe their own eyes. Sheesh.

Okay, now you know where not to look, let me give the simple explanation in simple physics.

When you punch you must sink your weight into the ground, and lean slightly forward so that your body weight goes into the punch. Then it is all a matter of martial arts timing.

Yes, it is that simple. But, the one thing that nobody seems to want to understand, or even to say-and this is the real secret behind the Bruce Lee One Inch Punch-is that Jun Fan (his real Chinese name) studied classical Kung Fu!

It was his studies in Wing Chun that enabled him to do many of the things he did.

Now, it is true that it was his amazing work ethic, his 24/7 obsession with martial arts, that enabled him to translate that classical knowledge into something that worked. But the basic knowledge came from Classical Wing Chun Kung Fu.

I know this to be true because it was in my studies of Classical Karate, and I have seen it in virtually all other traditional martial arts.

The problem with people not being able to do what Bruce did is twofold. First, because the martial arts happened so fast in the United States and the world, much of the knowledge was lost, not passed on.

The second thing, of course, is that people don't have the intense desire that Bruce Lee had.

That said, the simple description you have here is only one, little, teensy piece of the puzzle. It won't do you any good unless you decide to learn, and commit yourself to studying the Martial Arts.

And, to insure that you are able to do such things as the One Inch Punch, the physics, the 'secrets,' have been resurrected and written down and put on video at Monster Martial Arts.

I know some people will tune this out, and think, yeah, scam, but let me explain a simple fact.

In 'The Punch,' just to mention one of the martial arts training programs, There are a hundred pages, and these one hundred pages detail the five ways of doing a martial arts punch, and the correct order.

That's something that nobody knows. A complete step by step sequence of ALL the things necessary to a true martial arts punch.

Most martial arts instructors tell you to hit the bag, or have you strike air, or do your forms, and they never explain the things that are really happening. That's not learning knowledge, that's monkey see monkey do, and it will take you a lifetime to get where you are going!

Or, if you are lucky enough to actually find somebody who teaches an authentic and real and true martial arts system, they usually only know one system, or, at the

very least, not enough systems to have the full range of knowledge that The Little Dragon had, and which enabled him to do his One Inch Punch.

So a lifetime of sweating and bleeding, and then you have to be pretty lucky and find the right system and not get waylaid by marriage and kids and education and career changes and car accidents and all of that sort of stuff...or just get the book, get the knowledge!...and simply do it!

Remember, the Secret of the Bruce Lee One Inch Punch is not just the simple three steps I have explained here, but the fact that he he had committed himself to learning ALL of the martial arts.

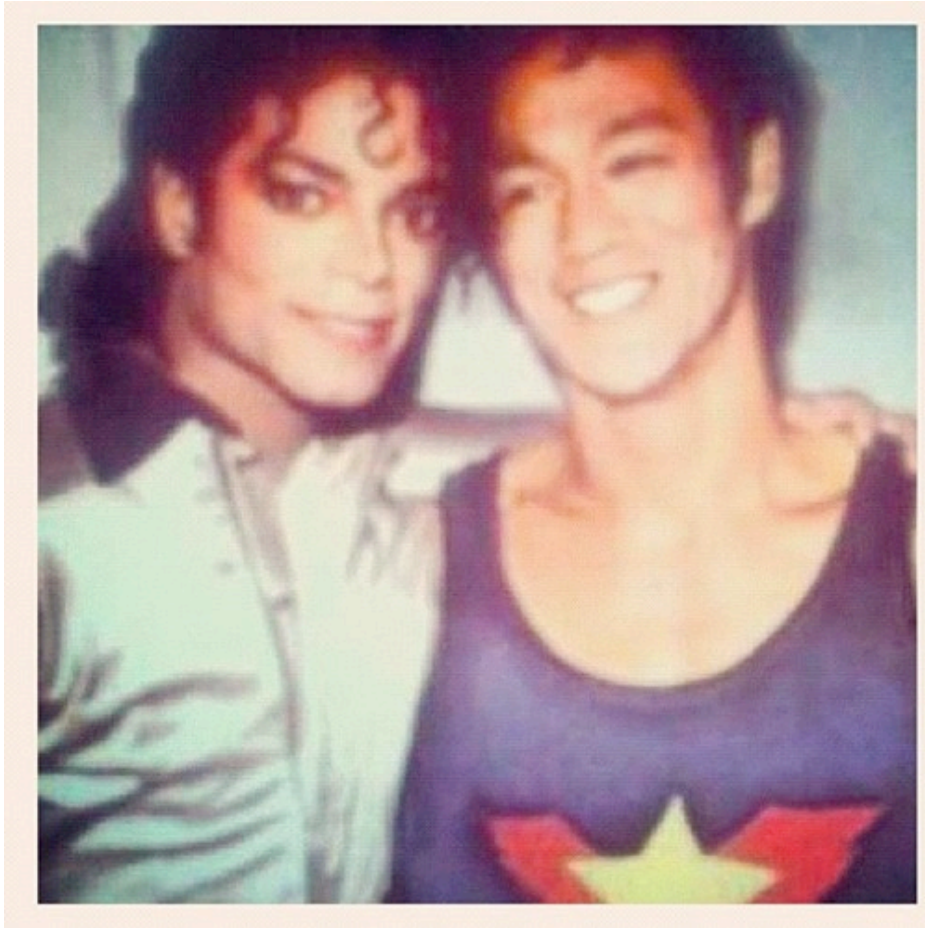
Believe it or not, I worked on doing single finger push ups for years. Got down to two absolutely straight fingers. But some people don't care about one finger push ups. They are more interested in the softer side of the Martial Arts. Did you know that Bruce Lee had studied Tai Chi Chuan? Here's the matrixed version of Tai Chi Chuan.

Five Army Tai Chi Chuan!

Bruce Lee or Michael Jackson?

Not to be disrespectful, it is obvious after all, but both Bruce Lee and Michael Jackson happen to be dead. Finis. Gone.

And, the burning question left in their wake, which one of these superstars had more impact on the world. It doesn't matter that they were in different areas, they can still be compared. So, here we go.



When it comes to acting, Bruce Lee wins. Heck, Michael didn't make much in the way of movies, so he gets a big zero. Bruce, on the other hand made several movies, and they are still avidly watched to this day.

When it comes to who was the better singer, we have an interesting dilemma, but Bruce Lee will again win. The dilemma is that while Bruce didn't make any songs, his vocals are still having more impact than Michael Jackson's. When the mugger jumps out of the alley, are you going to call him a PYT, or give him a woop woop that will chill him to the bone and remind him that there are people in this world who can kick some serious ass!

When it comes down to the all important question of moves, Bruce Lee still has the edge. Michael may have been able to walk backwards funny, but he couldn't do the splits or kick somebody's adam's apple or anything worthwhile. And, quite honestly, I think Bruce could have moonwalked like a sucker, but I don't think Michael could kick Chuck's ass.

Now, downright sheer impact, and...Bruce wins again. Michael encouraged a generation of young, impressionable minds to walk funny backwards, uh, walk backwards funny, uh, you know. Bruce, on the other hand, encouraged several generations, and is still going strong, as to the value of being able to protect yourself, the value of healthy living, living an artistic lifestyle, and on and on and on.

Who had more presence, I think it is obvious that Bruce wins, once again, and bigger time than ever. Michael filled a stage, and an occasional boombox, but he never said a line like...you have offended my family, you have offended Shaolin. Really, not to be disrespectful, but, except for words from a few songs that are hard to understand, can anybody remember anything that Michael said?

So Bruce Lee would have kicked Michael Jackson's ass, big time, in life, and now even in death. Oh, you don't like it, you think I rigged the results worse than a

Michael Jackson trial? Well, you better walk backwards funny away from me and say your piece so I can't hear it, because, my friend, I study Bruce Lee.

A bit of humor, for which I received hate mail. Lord, people hated this article. But I think they were all named Beavis and Butthead. Truth of the matter is that it is a good headline, was fun, and was not meant to be disrespectful at all. Ahhh well.

Here's something else that is fun, the ability to take anybody down through the most concise study of joint locks and throws in the world.

Matrix Kung Fu!

Monster Martial Arts Releases 500 Martial Arts Articles!

Monster Martial Arts has announced the release of a single volume containing 500 martial arts articles.

The volume is a massive undertaking which took years to write. Consider that it has over 600 pages, and nearly 250,000 words, and one quickly realizes that it is one of the largest martial arts books ever written. It is even larger than many dictionaries.



The instant download is nearly 6 MB alone!

The 500 articles were written by Al Case over the last six years, and were intended to bring attention to his Monster Martial Arts website. That they succeeded is

obvious, as that site has become extremely popular, as have the martial arts instructional courses on the site.

The courses cover a broad range of eastern disciplines, including karate, aikido, kung fu, pa kua chang, tai chi chuan, weapons, and more. The courses are designed to instruct one how to matrix the martial arts. Matrixing is a new form of logic which makes the martial arts easier and faster to learn.

The 500 articles also cover a broad range of interests. Consider the following list of titles.

4 Bruce Lee, Jackie Chan, Jet Li: Who's the Better Martial Artist?

60 How to Fight in the Dark

82 How to Tell if a Martial Art Instructor is Any Good!

124 Kung Fu Master...and the Secret of Light Kung Fu!

179 The Greatest Training Device in the Martial Arts Isn't So Great!

209 The Fastest, Hardest Kick In The Martial Arts

250 I Beat Eight Ninjas in a Barfight Using Spetsnaz Karate Techniques!

276 Flux Theory and the Secret of Negative Tai Chi Chuan Chi

297 Martial Arts Breaking Techniques: Boards with a Single Finger

346 Five Martial Arts Exercises Make You Five Times More Stronger, Faster And Powerful!

369 Tony Jaa Threatens to Kill Himself, then Becomes a Monk!

402 Karate Kick Harder with These Seven Simple Tips

418 Take a Punch and Walk Away Smiling with One Simple Exercise

447 Karate Freestyle and the First Few Seconds of a Street Fight

488 Is This the Most Powerful Punch in the Whole World?

The release of the 500 articles coincides with the upcoming ‘Great Matrixing Tour.’ The purpose of the tour is to bring Matrixing to the Martial Artists across the United States.

People who buy the book will be contributing directly to the tour.

Again, the book is an instant download on the net, and a complete viewpoint of the martial arts, including history, techniques, personalities, and even the new sciences of Matrixing and Neutronics. People interested in purchasing the 500 Martial Arts articles should go to:

Free Bruce Lee!

Hey! It's an ad, and it is the largest collection of good articles on a large collection of martial arts. Many of the articles are related to, explain, or are influenced by Matrixing. It's a lot of fun to pick an art and do a search and find out what comes up. Anyway, I figured if you liked reading this short tome you might like to expand your mind a little further. Guaranteed...it is FUN!

Go to:

MonsterMartialArts.com