

[Muzi.com](#)  
[Community](#)  
[HomePages](#)  
**daiwai**  
[My Home](#)  
[My eBox](#)  
[My Email](#)  
[My Guestbook](#)  
**NEW!**  
[My Links](#)  
**Owner**  
[build this page](#)  
[check eBox](#)

## DAIWAI'S COOL KUNG FU

# COOL PEOPLE AND COOL KUNG FU!!



**WELCOME TO DAIWAI'S HOME PAGE!** This site is partly about me (real name David Lovegrove) but mainly about some of the cool people I have had the honour to meet and their mastery of their own art forms. Hopefully I can inspire you to follow a similar path in life, to aspire to greatness and to refuse to accept mediocrity as the normal way of being! (or at least I hope I can amuse you with my stories for a little while!!!)

Some of the people and artforms I rave about.....

- The story of **Tony Aston**, my first martial arts teacher back in 1976, who was a great fan of the philosophies of **Bruce Lee** and a pioneer of freestyle martial arts in Australia.
- The impact **Bruce Lee** had on us young Australian dudes in the 70's, and the impact he is still having now!!
- The style of **Wing Chun kung fu** taught by **Sifu Suzanna Ho** here in Sydney (Sifu Ho is a student of **Si Gung Tsui Seung Tin** from Hong Kong who was a student of Bruce Lee's Sifu, **Yip Man**).
- The amazing energy and spiritual strength that comes from the practise of **Hatha Yoga**, and
- Some of the **secrets of drawing and painting** I have learnt that will help you create strong art whether it is **fine art, comics or 3D computer animation**.

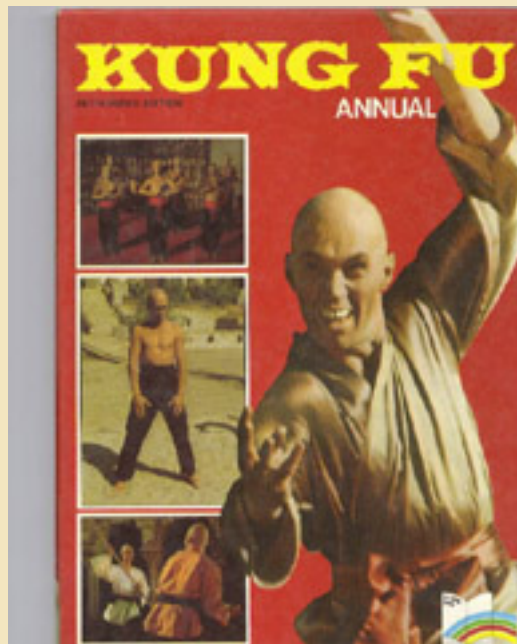
**DAIWAI'S COOL KUNG FU NOW HAS PICTURES !!!!  
THE SITE HAS BEEN UPDATED, SO IF YOU HAVE BEEN HERE BEFORE  
PLEASE CLICK ON A CHAPTER HEADING BELOW TO GO TO THAT PAGE  
FOR MORE COOL PEOPLE AND COOL KUNG FU!!!  
(Note for new users - Just click "back" to return to this menu!)  
CHECK OUT MY NEW SITE AT MUZI!**

**[DAIWAI'S COOL KUNG FU](#)**

**[THE KUNG FU DEMO](#)  
[ENTER THE ASTON](#)  
[TONY ASTON](#)  
[EARLY KICKBOXING CONTEST](#)  
["THE DRAGON !!"](#)  
[THE MIND OF THE DRAGON](#)  
[KUNG FU AND YOGA](#)**

**TONY ASTON AND BRUCE LEE**

I was in high school (1975) when I heard the name Bruce Lee, and all my friends told me that he was this incredible fighter in the movies. For some reason I wasn't all that interested, I actually thought he must be just another american actor, because his name didn't really sound chinese to me. Funny thing is I knew him as Kato in the show "The green hornet", and thought he was a great actor/fighter, but didn't know his real name.



Along came the series "Kung Fu" with David Carradine, and suddenly I was hooked!! The mystery and the power and the gentle spirit of this "kung fu" was very attractive to most of the people I knew and I was really impressed. One of my best friends, a Japanese Aussie named Steve Wellington, told me that Bruce Lee could kick Kwai Chang Caines arse anyday of the week, but I found that hard to believe!!

Anyhow, Bruces movies started a second run at the movies in Brisbane where I lived and I went to one of them, I think it was Way of the Dragon, the one set in Rome, and WOW!!!

was I impressed with Bruce Lee. Suddenly I understood that the series Kung Fu was cool in a legendary way, but here was the real thing!!! This guy Bruce Lee was a living Legend. I remember leaving the theatre so amped, every dude and his dog was jumping down the stairs, side kicking each other, making Bruce Lee noises and wishing he was Chinese!!

My sister Cathy (Sis) and I started going to Bruces movies every Sunday (this is in the good old days when you got two movies and they ran for a couple of months!!

Often we would be the only people in these great big theatres, just us and Bruce (and Nora Miao (I was in Love!!) and Ah Gung, the yes boss, yes boss guy, the evil uncle, the evil karate men, and all the other dudes that were like old friends). Yes, Bruce Lee was the man to follow, and he totally rearranged the western mind regarding Chinese culture. I always had a certain interest in Chinese culture, but now I became in my own mind a sort of honorary chinese guy, or at least thats what I wanted to be.

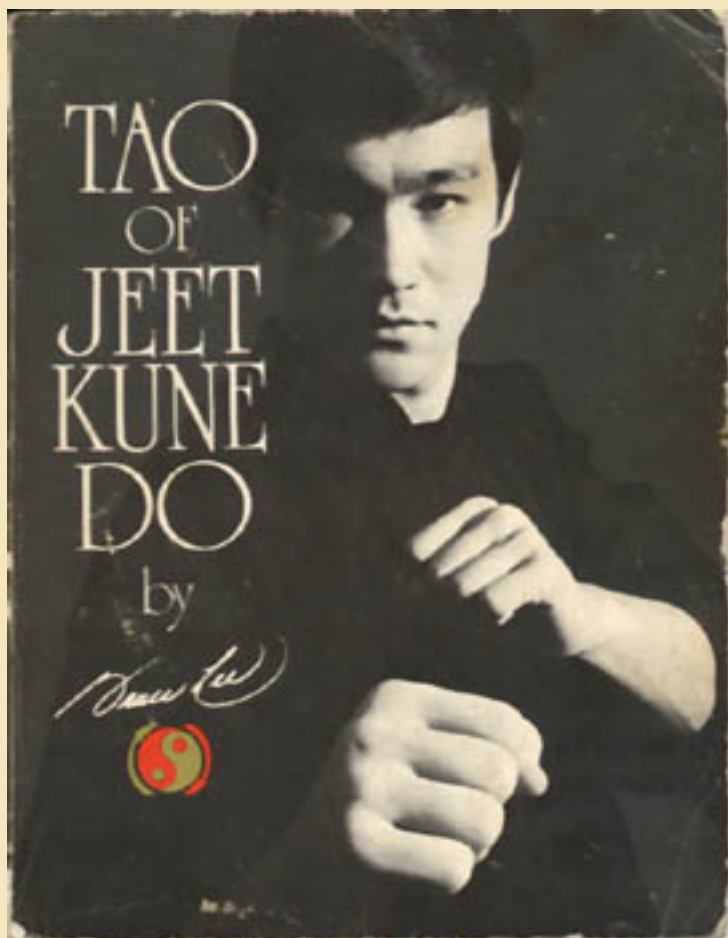


**Bruce Lee with his Sifu Yip Man in Hong Kong**

I started collecting heaps of books and magazines, whether they were well written or not, as long as they were about either Bruce Lee or Chinese Kung Fu.



(There was an incredible magazine from Hong Kong then called "The World of Kung Fu". The English was atrocious but the spirit of it was cool and the pictures in it were fantastic - lots of Bruce Lee and far out pictures of masters of every imaginable style of Chinese boxing. My great regret is that all of my collection got lost over the years, and one brilliant glossy picture of Bruce in the mirror room in Enter the Dragon was sent to a framer to be glued on board and the idiots glued the wrong side down. I cant begin to express how p@ss@d off I was!! I felt like going down to the frame shop and grabbing the dude and doing the "Why you kill my master, why why why why why why why!!!! " from Fists of Fury!!)



The Tao of Jeet Kune Do came out in 1975, from some of Bruce's notes, put

together by Linda Lee, his wife.

I bought the Tao of Jeet Kune Do,(this is still 1976), and I really couldnt make much sense of it. The Taoist and Buddhist thought went over my head though I tried my hardest to understand. I became really desperate to learn Jeet Kune Do but no one was teaching it here. I didn't want to learn other styles because I thought they would give me wrong habits. I would have learnt Wing Chun for sure but there was no Wing Chun teacher in Brisbane either.

Then one fateful day I saw an add in the paper for an exhibition by Mr Lawrence Lee, the host of the incredibly popular documentary "The World of Kung Fu". Mr Lee was a master on the same path as Bruce Lee, I knew that, and what is more he had the right name!!! So I rang the number given and enrolled for the show.

## **THE KUNG FU DEMO**

A couple of days later this guy came knocking our the front door of my parents house. His name was Tony Aston and he was visiting people who had enrolled. He was really keen that lots of people actually came to Mr Lee's demo, as Mr Lee lived in Sydney and was prepared to fly up to Brisbane every week to teach his style,Tong Kune Do, if there were enough students. I was real keen and assured Tony that Dad (Nev) and I would be there. I thought that Tony was a beginner like me, he seemed sort of nervous and not a big or tough looking guy at all.( Thats how you can get into trouble isn't it, judging a book by its cover!!)

Anyway, we turned up at the demo and Mr Lee talked for quite a while about martial arts generally and about his art, which if I'm not mistaken had its roots, like Jeet Kune Do, in the Wing Chun style. Mr Lee was a fascinating speaker and everybody was rapt except for a couple of big young aussie guys up the back who were pretty rude, laughing and talking and basically giving the impression that they thought perhaps Mr Lee wasn't quite as good as he seemed on the TV.

I don't really know what their story was, but they were really pushing the patience of those of us who wanted to hear and show respect to this martial arts master. Mr Lee didn't seem phased by them at all.

He said that he wanted to give a small demonstration of the amazing power that could be developed in a short distance by a standing front leg side kick. He had a thick block of foam that was to be the target and asked for volunteers.

Lots of us keen young guys put up our hands, but Mr Lee said "How about you guys up the back.You look like you know something of the martial arts!?"

These guys were truly straight out of one of Bruce's movies!  
(Or out of a comic book, as Jim Kelly says to Mr Han in Enter the Dragon).  
They swaggered down to the front, and they really were big fit looking guys.

Mr Lee gave the loudest mouth the foam and placed his mate a couple of feet behind him. This set-up caused the guy with the foam to look a little worried for the first time.

"I'm not going to hurt you, just brace yourself and hold that foam tight to your chest, OK?"

Mr Lee faced the audience again and spoke about developing power in the side kick. He was no more than an arms length from the pad. Suddenly his right leg shot out in a blur

POWW!!! and the guy just took off, flew thru the air into his friend and the two of them landed in a heap.



Strangely enough they cut the smart mouthing after that!! Later I went and looked at the foam block and I saw that it had a perfect imprint of Mr Lee's track shoe in it!!

Unfortunately the response to the demo was poor, I don't to this day know why, Mr Lee impressed the hell out of Dad and myself, but the long and the short of it was that he couldn't afford to make the regular trip.

A few days later Tony Aston phoned me and said that he was going to start up a group anyway and would I like to join.

I was pretty damn disappointed, and thought that this guy would surely not have much to teach me, yet I decided to go for a while and see what happened. Maybe Mr.Lee would return!!.....NEXT INSTALLMENT...ENTER THE ASTON!!

---

---

## ***"ENTER THE ASTON!!"***

---

The truth about Tony Aston,as far can be known, is that he was a 2nd Dan (black belt) in Tae Kwon do, the excellent Korean martial art, and a bit of a wild man.

**He was about 27 years old at that time, and despite his slim build he was a supremely fit and powerful athlete.**

**I soon found out on that first night that he knew a lot about martial arts, and even though he didn't show off, you could see the years of training in the blinding speed and agility with which he moved. He had a calm and quiet manner about him, yet he had that aura about him that tells you that this is not a man to be taken lightly!!**

**That first night was mainly talking and a few demos, but I liked what Tony talked about from the start.**

**He told us that our school would be a school of real self defense, a school devoted to realistic fighting as you might encounter it in the pub or on the street or in a dark alley. He explained that we would learn the basics of Tae Kwon Do , as a foundation, but that the emphasis would be on open minded exploration of every type of martial technique that he or any of us could share with the group.**

**The second night it was down to business and Tony exercised us in the traditional Tae Kwon Do/Karate way, which means he pushed us until we were ready to drop.**

**He was constantly coming up with new exercises and variations on them (and keep in mind that this was the mid 70's, way before the gym and fitness craze of the 80's).**

**We did innumerable sit ups, knuckle push ups, finger push ups, running on the spot full speed, jump ups, and one of his specialties that I still do- three chair press, where you do pushups as normal except that your feet are on one chair and your hands on the other two. Then you turn over and work your triceps. The three chair exercise extends you more than you could go on the floor.**

**From the hour or so of exercise we would go straight into a discussion of some new or old techniques, and then into free sparring.**

**Tony believed that light to full contact sparring was essential for a fighter, both to practise techniques in a fighting situation and also to get psychologically prepared for the stress of fighting.**

**Added realism came from the fact that a lot of us in the class actively hated each other!!!**

***Stay tuned fellow kung fu fans, more soon!!!updated 8/11/99***



**1977, Peter 'Trin' Frost and Dave 'Daiwai' Lovegrove spar in the front yard**

**Tony kept a strict eye on us when we sparred (no protectors, gloves or boxes, we just didn't punch to the head.) He used a Korean word to break us up if someone was hurt or if tempers were getting out of hand.**

**One night, after about a year and a half of hard training, me and this blond surfer guy were sparring in a boxing ring (we had to leave the first venue, Souths rugby league club in south Brisbane after one year).**

**He was a strong solid guy, and originally I got on well with him, but he seemed to think I was a bit of a wanker, mainly because I wasn't just into traditional Tae Kwon Do and he was. At least that's how I read the situation back then. Anyhow we were hooking into each other, but not anything out of the ordinary. Tony taught us not to take blows personally, and I guess time was up and Tony yelled out this command in Korean, which meant "STOP!". I stopped still and this other guy kicked me in the mouth with a curving hook kick. I felt my lip bust (luckily no teeth!) and I was prepared to cop it as a reflex accident.**





**Then I caught this glint in the guys eye which said,"Take that, I've been waiting a long time to do that" (or a look to that effect!)  
Anyway I just lost it and front kicked him in the guts and laid him out on the floor. I walked out of the ring speechless with fury and Tony came at me looking the same way, and I just said "Sorry Teacher, the @#\*&@ deserved it"**



**I was ashamed because I had disobeyed my teacher, and it is to Tony credit that he didn't wallop me one, as this guy was a friend of his and one of his first students.**

**Tony was very calm and controlled, though I'm pretty sure he had a fierce temper, and I only really saw him let go (a bit) once. There was this skinny guy who used to turn up to the school dress in full on silk black kung fu outfit, he had long greasy hair, and he used to walk to the school and home at night wearing this outfit through one of the roughest areas of Brisbane. I said to him once didn't he think he was asking for trouble (in those days wearing such an outfit in public was tantamount to walking down the street yelling " I'm a kung fu master and I can beat any**

**b@#\$ta@d who dares have a go!" In answer he pulled out the most massive set of nanchukus imaginable and reckons he will protect himself with them. You could almost pity the poor bugger except that he was insufferably arrogant and sure of his superior prowess.**

**One night he was sparring and mimicing the up and down hand waving that Bruce does against the russian in FISTS OF FURY.**

**Tony told him that it was a useless and dangerous (to the waver) move (except for the Dragon of course!!)**

**He kept it up (he knew better of course), so Tony stepped in to spar with him and as the floppy hand waved down Tony kicked it.**

**Of course anyone with half a brain would see the error of their ways but no, this guy was a definite no-brainer!**

**Tony warned him that he should keep his gaurd up and that every time he waved his hand down it would be kicked.**

**Tony kicked the guys hand (holding back too!!) three time and then the maniac lost it. With a ferocious scream of fury he flew at Tony, bent on Shaolin style destruction.**

Quick as a cat Tony dropped into a spinning foot sweep, Kwai Chang Caine came crashing down and Tony was on him even before he hit the ground with a strike to the throat which if he hadn't of pulled it would have probably killed the guy. The speed and precision of Tonys moves actually scared the hell out of us, it was like a cat turning into a panther. He was shaking with anger, i guess because this twit was so totally unteachable and useless and arrogant at the same time. Tony told him to get out of there and never come back, and the clown took off calling out threats, at which we all cacked ourselves laughing.

*updated 12th November 1999, to be continued soon...*

Hi to Hendra my main man and Morg you old kung fu son of a gun!!

## **TONY ASTON**

After the first year of training people started to lose interest in training ( a common phenomena in schools were the training is tough!) We didn't go in for belts and gradings, etc., because Tony's whole idea was to help us become confident fighters should we need to defend ourselves, and he trained us as hard as possible with that in mind. I guess he set a personal standard of physical fitness, toughness and skill, much as Bruce Lee did for his first students in Seattle. Tony was simply a man who lived to perfect his martial art and to help others do so.

He wasn't tolerant of half hearted effort though, and though he didn't demand to be called Sensei or Sifu, he expected to be obeyed during the class. I always called him "teacher", (probably because of Bruce's attitude in Fists of Fury!) even though he would say "just call me Tony".

He wouldn't stand for bullying in the group and if someone consistently trained but wasn't a "natural" he wouldn't give up on them. Money wasn't a real issue either, he never demanded fees though I'm sure he needed money. I don't remember him having a job, I'm pretty sure that he spent most of his time training.

He used to tell me some wild tales about teachers he'd trained with and great martial feats he had seen.

He told me once that he had seen Bruce Lee give a demo in Hong Kong where he poked his finger through a playing card that was attached to a hanging rope.



**(Tony was also adamant that Bruce faked his death, and was still living somewhere in the hills of China cultivating his art. I'm not so sure but hey, who really knows??)**

**He told me about a teacher whose house he would go to to train. The teacher instructed Tony to try and sneak up on him and hit him with a broom stick. He reckoned that he only got near the guy a couple of times, and that the last time he got a good swing at the guy from behind. The teacher spun and broke the stick with a strike and then broke the bit in two that was still in the air!!!**

**Maybe I am gullible, but he told me in all seriousness, so.... anyway the teacher then informed Tony that now it was his turn to be attacked whenever he came to train!!**

**(Sounds like that Kato look alike in Peter Sellers movies doesn't it!)**

**He was also always talking about things like yoga, meditation, internal arts, and he told me once that he'd learn't a way of meditating so that he only had to meditate for 2 hrs a night and then he didn't need to sleep.**

**He was fascinated by Wing Chun, knowing that it was Bruce's original art, though unfortunately there was no teacher in Brisbane. He tried to teach me Chi Sao,( sticking hands ),**

**which is a very important part of Wing Chun. I know now that he didn't really understand what it was really about,**

**(not that I know much about it either, but I get into that later!) The thing was he opened my mind to infinite possibilities, and through his example showed the way to self discovery. He always kept a book full of quotes from any source that he thought was useful or cool, and he was as much interested in the eastern philosophys of life as in the fighting methods. He was really interested in any technique that worked in a real fight. He asked us on the first night if we'd had any previous martial art experience,**

and when it came to me I said no, only western boxing (taught by my father). Tony surprised me by really praising boxing and stating that a well trained boxer was a dangerous martial artist and that there was a lot to be learnt from boxing.

It seems obvious to me now how much of Bruce's thinking he had taken on board, and the boxing footwork and control of fighting distance were skills he emphasised when we were free-sparring. One night we were working on ground techniques and I showed him some techniques my Dad, a policeman, had taught me that had saved me from a few bashings at school. Tony was impressed with them and immediately started to improvise on them. He questioned every technique and move. One night he said to me that I should always think as if I am being attacked, in whatever ordinary situation I was in, so that I prepared my mind for any kind of attack. He held his hand about 6 inches (15cm) from my face and said " You should think about how you could develop a powerful blow from this distance, and from any angle. That's the way it is in a real fight!!

For the last 6 months that I knew him he would come to my parents house and he and I would spar on the front lawn.

He was really tough on me, and the best I could do was try to block his lightning kicks and punches. I used to be covered in bruises but I think now that he knew he was leaving soon so he wanted to give me a taste of dealing with a real fighter. One night he took me to what must have been one of the first kickboxing events in Australia (1977).

### **EARLY KICKBOXING CONTEST**

It was held in Festival Hall in Brisbane, and was put on by a big Karate club that had a very tough reputation.

These guys wore full on colourful silk gi's and fu manchu moustaches and some of them looked so tough I don't think they needed karate, they were just natural fighters.

The fighters were mostly guys my own age (19 - 20) and came from all over Australia. I asked Tony why he hadn't entered me in the contest, and he just said "you don't need this scene, i want you to just watch closely"

What really shocked me was the lack of fighting condition and skill of most of the guys!! From the early days our group would freespar for at least 15 - 20 mins without a break, and after 2 years training with Tony I had got to a point where once he and I sparred for 45 mins without a break ( I was totally buggered afterwards though.)

Most of the fighters were deadset useless, and I guess in those days not many of them had actually done that much sparring, and a lot of them fought from very traditional stances. The only guy who I thought was my match (or better) was this blond guy who ended up winning this "Australian Title". I was really frustrated that I couldn't get into the ring and have a go!!

Now this may seem like just so much bragging, the 40 year old guy telling you what a hero he was when he was young, and I guess I am bragging a bit, but in all honesty the quality and intensity of Tony's training over those two years had brought me to a point where I really believed that I was as good a fighter as this guy who won the title.

Tony agreed with me, and then got sort of Shaolin master like and said, "Don't judge yourself by others, and never worry about getting awards and merit badges. Martial arts excellence is a personal goal, and in the end what matters

is that you have given everything to your training and you know that you still have a world of knowledge to gain"

Tony just disappeared one day and I heard on the grapevine that he had gone to Townsville to live. I suspect that he was in some sort of trouble, and maybe just didn't want to involve any of us. Whatever the reason, he was gone and an era ended for me. I got into surfing instead of continuing with martial arts, and though I have dabbled in it over the years it is only in the last 2 years that I have returned to it, studying true Wing Chun here in Sydney.

What I am learning now is really very different from the type of training I got with Tony Aston, internal as against external, soft as against hard, but the honest dedication and questing spirit of a great man has stuck with me, like the spirit of the great Bruce Lee, and he continues to inspired me still.

*In 1994 Mr Lawrence Lee, who still teaches martial arts in Sydney, told me that Tony had been killed in a traffic accident in Western Australia. I regret that I never got to really thank him for what he gave us in that formative time for martial arts in Australia, and I must say I just plain miss the guy. If anyone reading this knew Tony, and especially if they have a photo of him please contact me.*

*Thanks!*

*updated 15th November 1999, NEXT INSTALLMENT...*

## **"THE DRAGON!!!"**

As I mentioned at the start of this story I had heard of Bruce Lee for about a year before I actually saw one of his movies. As I also mentioned I also thought Kwai Chang Caine was an incredible fighter, not realizing that the actor David Carradine had never had any martial arts training.

All his cool moves were more about great cinematography and tricks, and really the great thing about the series "Kung Fu" was the mystique of this secret clan of Chinese supermen, sort of holy Robin Hood's saving the poor and the weak from the worlds many bullies.

When I first saw Bruce Lee in action I knew that I was seeing something entirely new ( to Western eyes anyway!).

The guy was totally convincing, with the sheer animal grace, speed and power of the professional warrior.



**I guess Bruce was really that archetypal hero that legends are made of, the quiet gentle man who nevertheless springs into lethal action when the monsters start preying on the innocent. I was 18 at the time and really in need of a hero, of a cool role model in a cultural time (the 70's) when it was intellectually very fashionable to laugh at the idea of heroes as if such creatures couldn't exist. It is probably hard for people born after that era, brought up with so many screen macho heroes (Rambo, Schwarzenegger, Van Damme to name a few) to understand what that time was like.**



**At school we studied novels about "anti-heroes", flawed characters who sort of stumbled into doing something brave and noble, against their own will.**

**It was the time of the protests against the Vietnam War and really just protests against all the vicious fascist acts that governments and people perpetrate all over the world.**

**Young people were very cynical about authority and about the motives of other people.**

**Then along comes this handsome smiling Chinese guy, real modest and actually a pretty cool hip sort of dude, looking like he didn't have a mean bone in his body, getting caught up in nasty situations that most of us would run a mile from, and suddenly theres this ferocious metamorphosis, and the gentle smiling nice guy turns into the fists (and feet) of fury.**

**This screen hero was really different. He didn't get around looking mean and moody, wearing "I'm a tough dude" clothes, and especially not carrying a massive gun.**

**He was essentially the kind of guy that most ordinary young guys would like to be - a person who just enjoys life, just wants to have fun, but hey, start giving his friends or anyone undeserving of it a hard time and ....watch out!!**

**My Dad, Neville, used to scoff at Bruce when I raved about how amazing he was, and he used to say that any good western boxer could clean him up. (Dad hadn't seen a Bruce Lee movie at this time!) I kept hassling him to come to a movie with me, and eventually to shut me up he went to one.**

**I think it was "The Big Boss" (what we knew in Australia as "The Chinese Connection"), the movie set in Thailand .**

**As you would remember it takes a while for Bruce to start fighting. When he**



did Dad nudge me and said " This guy is so much better than anybody I have ever seen!!"

Dad had done a lot of boxing in his youth and wasn't easily impressed. He told me that I was going to be trained in this kung fu if he had anything to do with it.

As the years past I always had a special place for Bruce in my heart, even though I moved right away from martial arts after the 2 years with Tony Aston. Every now and then I would get out my old black karate pants and practise my kicks and punches, and sometimes I would dig out the Tao of Jeet Kune Do and try to understand what Bruce was saying.

It wasn't until about 1997, twenty years after I first saw Bruce on the big screen, that his words and example and especially his insight into such concepts as the Tao and Buddhist thought began to make sense to me.

I started to train in Wing Chun at the International Wing Chun school of Sifu Jim Fung in Sydney.

Sifu Fung is a renowned Wing Chun master and as I studied at his school I was amazed at how many of the old questions that Tony Aston had put to me and that I had wondered about myself were answered. I was taught that Wing Chun is not based on muscle strength but rather on the relaxed and highly skilled movements and focus found in the 108 moves of the first Wing Chun form - Sil Lum Tao.

At the same time I had started to learn to practice Iyengar Yoga, the physical form of yoga that is called Hatha Yoga. As I practiced both these ancient relaxed eastern arts I found that my whole understanding of strength, both inner and outer began to change.

I had always been a bit skeptical of "internal" or "soft style" kung fu being a real thing, but now as I actually practiced under experienced teachers I started experiencing the incredible strength and "hardness" that lies in sophisticated softness.

Then I started to look again at the Tao of Jeet Kune Do, and was soon introduced by my friends Dave Rasko and Morgan Buchanan to the fabulous Bruce Lee Collection compiled by Mr John Little (Buddha bless you as they say in the Shaolin movies!). I rewatched all of Bruce's movies on video, with the obvious advantage of slow motion and pause, and was surprised that here I was seeing Wing Chun principles underlying every move, even the most obviously showy and cinematic!! And Bruce's philosophical writing totally blew me out, as I now had some of the key understandings myself to be able to access what he was talking about.....

***next update....THE MIND OF THE DRAGON !!! 23/11/1999 daiwai***

---

I hope that I have not given the impression that I am a great martial artist, far from it, I just like to write about experiences and people and ideas that inspire me!



**Daiwai now (1999)**

**The REALpower of martial arts is in that mysterious region known as the mind or the soul. Bruce Lee was an inspired philosopher, student and practitioner of this internal aspect of martial arts, an aspect that comes from the profound understanding of life that has existed in Asia for a very long time, and that is expressed in such arts and belief systems as Taoism, Buddhism, Yoga, Qi Quong, Zen and many others.**

**There are many wonderful books and teachers who are far better equipped to speak of these ideas in depth than me, so I will just illustrate from some of Bruce's own words that inspire me, and later I will list some sources for your own explorations!**

***Into a soul absolutely free  
From thoughts and emotion,  
Even the tiger finds no room  
To insert its fierce claws.***

***One and the same breeze passes  
Over the pines on the mountain  
And the oak trees in the valley;  
And why do they give different notes?***

***No thinking, no reflecting,  
Perfect emptiness:  
Yet therein something moves,  
Following its own course.***

*The eye sees it,  
But no hand can take hold of it-  
The moon in the stream.*

*Clouds and mists,  
They are midair transformations;  
Above them eternally shine the sun and the moon.*

*Victory is for the one,  
Even before the combat,  
Who has no thought of himself,  
Abiding in the no-mind-ness of Great Origin.*

**Bruce Lee , from first page of Tao of Jeet Kune Do**



**A wonderful drawing of a warrior philosopher by Bruce. He was an artist in the true sense of the word. WHAT A DUDE!!**

**As I mentioned earlier I first bought the "Tao of Jeet Kune Do" in 1976, but the meaning of this poem illuded me until recently. I want to try to explain what it means to me**

**as simply as possible, because I believe that it sums up what Bruce was pursuing personally.**

**(Note- it is significant that in the book this poem is the first thing you encounter, and beside it stands Bruces drawing of a Taoist priest - Bruce by the way was an excellent drawer!)**

**The essential Taoist theme is the Tao, which is a name given to the un-nameable, the profound mystery that is the life force and the guiding force of the universe, neither male nor female, animal,mineral or vegetable. This Tao (which is not called Tao!) is the ultimate ground of being, and I believe that Bruce sought this with all his heart.**

**In western religions and philosophys the intellect and the conscious mind is given precedence, and if a concept or thing cannot be rationally explained then it is considered nonsense.**

**What Bruce points to in his poem is the state of "Abiding (living) in the no-mind-ness of Great Origin".**

**This, at least to the current Western mind, at first seems like nonsense! How can you have 'no-mind' without being an idiot or a madman?**

**After reading a lot of books by the American Joseph Campbell, the psyscholgy of Jung, The Tao Te Ching, and practising Yoga and Wing Chun for a little while I would like to offer my humble explanation!**

**I think that "no-mind-ness" is referring to the stopping of the literary,verbal conscious mind and accessing the original mind of man , the "unconscious mind".**

**The trouble once again for westerners is a matter of words- 'unconscious' usually means 'knocked out, totally unaware, blank'. This is NOT what the word means in the psychological sense, in fact the unconscious mind is the exact opposite of 'unaware'.**

**It is the mind that animals have, the mind that little children have, and it is a mind that speaks a language of vision and instinct and sensory (and extra sensory) perception. It does not rationalize to itself, that is speaks to itself in words trying to find logic in every situation. It is a mind tuned to the infinite past, the eternal present, the real 'nature' of reality.**

**Bruce's poem speaks of this state in each verse.**

**(It is one of the ironys of this whole concept that to teach it we must(usually) use the verbal conscious mind to express it in words for the inquirer. Poetry is closest in the literary sense to acheiving a synthesis of the conscious and un-conscious minds.)**

**Verse 3. No thinking, no reflecting, perfect emptiness;  
Yet therein something moves,Following its own course.**

**This is the crux of it! The Tao is Life in its perfect, wonderful and brutal reality, and the state of relaxed un-anxious, unconcerned no-mind-ness , like the innocent state of a wild animal, allows the Tao to move you along the right course.**

**"We walk by faith and not by sight", that is literally we proceed confident in the knowledge that God (the Tao) has it all under control and only requires our total trust, even though the events befalling us might seem out of our control**

and totally out of control.

Tony Aston used to say to me that I should never be afraid to fight, as "the worst they can do is kill you!"

Yeah right!!!

But this is what Bruce is saying.

The martial artist who is in harmony with nature and the Tao, who 'abides in the no-mind-ness of Great Origin', does not fear defeat or death because he looks past such small things as physical death and sees that he too is eternal, like the sun and the moon, being spiritually above the 'midair transformations' of 'clouds and mist' that are the events, circumstances and dramas of day to day life.

Quote from "Tao of Gung Fu" by Bruce Lee and compiled by John Little.-

"Gung Fu is a special kind of skill, a FINE ART rather than a physical exercise. It is a subtle art of matching the essence of the mind to that of the techniques in which it has to work. The principle of Gung Fu is not a thing that can be learned, like a science, by fact finding and instructions in facts. IT HAS TO GROW SPONTANEOUSLY LIKE A FLOWER, IN A MIND FREE FROM EMOTIONS AND DESIRES.

THE CORE OF THIS PRINCIPLE OF GUNG FU IS TAO -  
THE SPONTANEITY OF THE UNIVERSE"

**SOME BOOKS WORTH READING-**

"Tao of Jeet Kune Do" Bruce Lee, Ohara Publications

"Bruce Lee" Vols 1 - 5 (more to come) Bruce Lee, compiled by John Little, Tuttle Publications

"Tao Te Ching" available in many translations, the main source book regarding Taoist thought.

**SOME OTHER SOURCES OF RELATED INFO-**

Anything by Joseph Campbell ("The Power of Myth" is a good starting point).

Man and his symbols - Carl Jung

The road to Ixtlan - Carlos Castaneda

Light on Yoga , The tree of Yoga - B.K.S Iyengar

and if you are prepared to get really out there -

"Autobiography of a Yogi"- Paramahansa Yogananda

**NOTE - These books are very inspiring but can be a bit heavy, and the important thing with all knowledge is that it has its right time and its wrong time. If you read something and you don't get it, don't worry!! It might not be the right time for you to read it, or what is written could even be complete crap!! Books like people and 'Masters' are only guides, and in the end you must find your own way, and so just get to it and remember-" ABIDE IN THE NO-MIND-NESS OF GREAT ORIGIN".25/11/1999**

**FOR MORE COOL KUNG GO TO DAIWAI'S NEW SITE AT MUZI - [DAIWAI'S \(NEW\)COOL KUNG FU](#)**

Search HomePage

Go

Names  Zones

Arts

d

Rankings

Just Edited

**Muzi**.com 木子网

Muzi.com Highlights



My Muzi  
我的木子



Community  
木子社区

[MyMuzi](#): [eBox](#), [eBuddy](#), [eWeb](#), [eBuilder](#), [eNews](#)

[Community](#): [Polls](#), [Forums](#), [Chat](#), [BBS](#), [MuziLove](#), [HomePages](#), [Join](#)

[Muzi.com](#) : [About](#) | [Sitemap](#) | [Friendsite](#) | [Ads](#) | [Help](#) | [Contact](#)

Copyrights 1994-2000 - All rights reserved.