

Bruce Lee Quote Applied to Knife Fighting

by Keith Pascal

If you have read any of my other martial arts works, you know that I am a big fan of efficiency in martial arts. There is definitely a correlation between effectiveness and efficiency.

I keep suggesting that folks take the direct, efficient route in their knife fighting.

Bruce Lee said it best in "The Tao of Gung Fu, Volume Two," by Bruce Lee, edited by John Little (Tuttle, 1997):

"[Gung Fu's] techniques are smooth, short, and extremely fast; they are direct. to the point, and are stripped down to their essential purposes without any wasted motions. Simplicity is the key word in this art — to do the utmost in the minimum motion and energy...."

— page 180

So, do you crave martial competence with a knife? Do you really want to respond with effective techniques that are automatic?

Try putting all of your martial responses through the efficiency filter.

Are your techniques "smooth, short, and extremely fast?" Have all "wasted motions" been stripped away? Have you eliminated all that is complicated and only execute 'simple,' direct moves?

Think economy of motion -- until you learn the few occasions that you should take the longer route to your target. For now, think efficiency.

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