

LI

Lee, Bruce



He had this thing called the one-inch punch, and I've seen it on video, him doing it, and all these other guys like Chuck Norris even talks about it, and they don't know how this little - he's little too - this little dude could muster up so much energy. And he would come up to your chest and just put his fist from one inch and punch you from one inch, and he'd make you fly across the floor. He'd just throw this huge 300-pound man away. That would be it. Yeah, he'd be so thick, and to talk about - I mean he was so into it that it's like he did generate energy, and he could make it flow. He started developing Jeet Kun Do, which is his own style of fighting. The whole philosophy of Jeet Kun Do actually relates into living your life as well. No form, be, you know, be free. Keep your cup half empty, let things come to you, and then judge them after you get them. One of his philosophies is be like a log going down the river. Don't ever get caught up in the banks 'cause, like basically, a log resembles you, the banks resemble life, don't get caught up in the river because when you get caught it's stopping your life. Let's say drugs, let's say a bad attitude, stuff like that. You wanna flow 'til your life empties up into the ocean basically.

-Jason Hillard

An excerpt from the **Danville Community Encyclopedia** by Anna Callahan. For more information visit www.anna-callahan.com.