

# Non-Classical Gung Fu

## by Jesse R. Glover

I received my Gung Fu training from the late Bruce Lee and any expertise that I have acquired in this discipline is due to his instruction.

Other factors which have influenced this training are instruction in Judo and Psychology. The basic principles of Judo gave me insights which hastened my understanding of Gung Fu's basic principles. The study of psychology and general life experiences provided a basic frame of reference for the incorporation of these principles.

It is my hope that it will be useful to the average person seeking a viable method of self protection.

I am sure that there are many good martial art systems in the world , but I have never seen one that could work as well for me as the one that I am about to present.

The techniques are designed for the average person , seeking a practical direct system that will protect him from the type of attacks that he is likely to encounter during the course of his normal life's activities.

This is not for those wishing to show off their skills to friends , and many of the methods become null and void when constantly shown to others.

The material falls into the same general category as the techniques of jujitsu , which are for fighting and not for play.

Many of the techniques and training methods are different from Bruce's techniques and training methods. The reason for this is that I am not Bruce ,and I don't have his talent. I have learned , (the hard way I might add ) that the best way for me to proceed in martial arts is to do the things that my body will allow me to do , and not to worry about what someone else can do. This is the same attitude that I apply to my instruction.

My concern is for what each student can learn and apply based on his potential , regardless of how this potential compares to the potential of other students.

My basic premise is that a sound mind and body make the best functional combination , and that properly orchestrated gung fu instruction can make this premise a reality for most students.

One strong factor in the study of martial arts is fear; fear of domination, fear of loosing face , fear of doing poorly in a physical crisis , and fear of general failure.

My task as an instructor is to examine each student's perspective of fear and show him how to use it to his advantage.

One of the primary lessons that I learned from both Bruce and psychology is that everything that that I learned has to be translated into my own words and concepts before I can claim it as my own.

This is the number one lesson that I have stressed to students over the years.

What I have attempted to effect with each student is the development of an individualized approach to learning which will eventually lead to the creation of their own "mini-system".

In order to achieve this end I have drawn heavily on the field of psychology and its basic principles.

The "unique" method of sticking hands , (an approach whereby a person learns to control the movements of an attacker by using a highly developed sense of touch ) with its emphasis on control , acts much in the same manner as a highly refined conditioning device.