

BY BRIAN MILLER

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## ENHANCING LIVES

Most people know Bruce Lee for his leading roles in major international martial arts movies such as 'Enter the Dragon' and 'Game of Death.' Many don't know, however, Bruce Lee transcended movies and martial arts and entered the realm of philosopher and inventor. His constant quest for knowledge and understanding were so deep that he even questioned his own roots in Kung Fu and developed his own unique blend of martial arts styles. One could say that Bruce Lee was the inventor of modern MMA or mixed martial arts. Although his style, known as Jeet Kune Do, was strictly for self defense, he was one of the first to refuse old ways of thinking and practice for the benefit of creating better martial artists. At the time, combining other styles, changing the way your style was taught, and creating your own unique blend of different styles was highly frowned upon. Bruce Lee went against the grain and transformed the martial arts forever.

**"All fixed set patterns are incapable of adaptability or pliability. The truth is outside of all fixed patterns."**

**Bruce Lee**

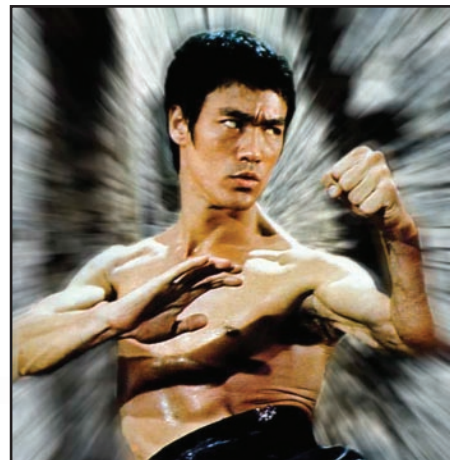
It's hard to believe that sixty years ago, martial arts got their humble roots in America. In its infancy, it was nearly impossible for a non-Asian to find an instructor to teach them. Bruce Lee broke this mold and began teaching any and all students who wanted to learn self defense. This decision was highly scrutinized by his higher ranking instructors and elders who believed he was giving away

ancient secrets. Against their will, Bruce Lee pushed forward, opening up multiple schools to spread his unique brand of Kung Fu. Many of the most successful people in life question the molds we create for one another and determine whether they are necessary or necessary to break. The truly greatest martial artists are adaptable: Able to take on the shape of their opponent and flow with the energy of their movements. These same principles can be applied to any situation in life.

**"Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential."**

**Bruce Lee**

Our potential is so amazing—as individuals and as an entire race. It bothers me to no end when I hear people saying how bad things are now and how things keep getting worse. It is our egos that tell us our society is the worst it has been. The most profound version of this ego-first thinking is the belief that the world is going to end in our lifetime. Every society has believed that this would happen on their watch. Luckily, every single one was wrong. If you really step away from yourself and from being emmersed in society, as an observer of humans over time, society has gotten so much better. It will never be perfect—no matter how hard we try—but over time, we have gone almost exclusively in the upward direction for thousands of years. Although we still have



a long way to go, each of us have the ability to reach our own unique potential. The more and more of us that begin to approach our potential, the greater our society will become.

**"If you always put limit on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."**

**Bruce Lee**



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