



by Guru Scott McQuaid

Foreword

My first introduction to combat was when I was only six years old. I followed my older brother to our local boxing gym and it was there I learned the basic principals of punching. I soon turned my attention to the martial arts after seeing the Bruce Lee movie 'Enter The Dragon'. I began training in karate but after two years I found myself back in the boxing gym working the bag.

I would not step in a dojo again until I was fourteen years old when I took up Ju-Jitsu; shortly after I started to train in Muay Thai boxing alongside the Japanese style. After two years of both these arts I resorted once again back to the western pugilistic square ring.

I was sixteen when I enrolled in a Wing Chun class and although I enjoyed the fast hand techniques I was not happy with the footwork so I left the class and by chance stumbled onto the art I have been practicing for the past two decades. The Indonesian style of Minangkabau Silek Harimau.

To me this art had everything I desired from a combat system and although I have since dabbled in various other silat styles, this art has always been my preferred art. This said, I still maintain a level of boxing fitness, training once a week in general circuit training. I have always considered myself as a fighter first and a silat practitioner second. I think there are many great martial art technicians within their specific style but very few actual fighters within their art.

The evolution of MMA (mixed martial arts) has helped bridge the art of boxing and martial arts and today's octagon gladiators showcase great skill in both these areas. Indeed MMA has now become its own official style of combat bound by the rules within a sport.

The ultimate question posed to me growing up was the matter of who would win in a fight, Bruce Lee versus Muhammad Ali. As a student of both these combat styles I cannot give a simple answer without asking more questions.

'Too much time is given to the development of skill and too little to the development of the individual for participation'.

--Bruce Lee

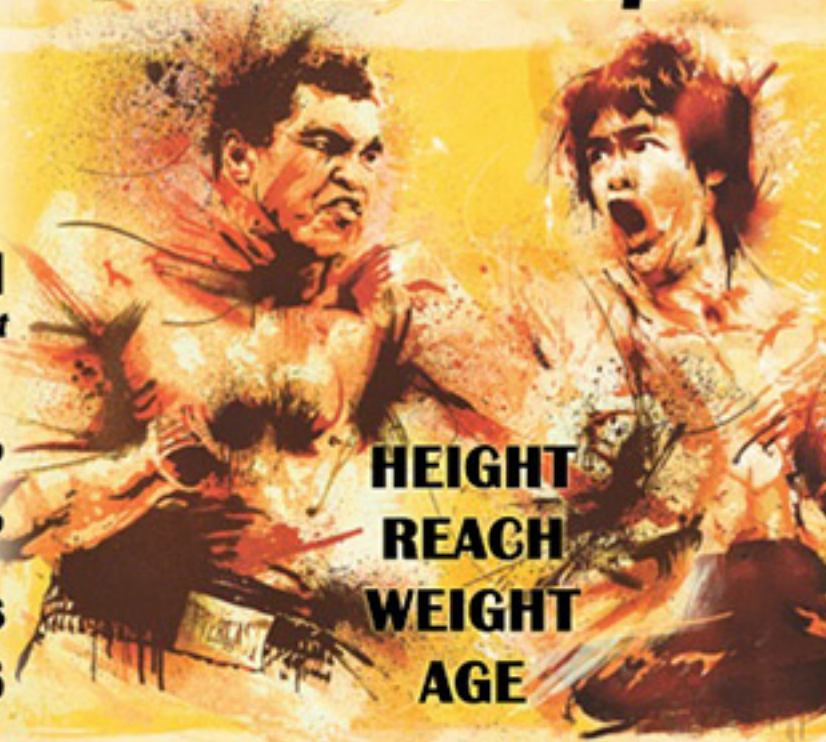
In pubs across the world every now and then an argument arises of who would win in a fight between three time world heavyweight boxing champion Muhammad Ali and a renown martial arts master and actor Bruce Lee.







Tale of Tape



ALI <i>heavyweight</i>		LEE <i>junior middleweight</i>
6'3"	HEIGHT	5'7"
78"	REACH	70"
210 lbs	WEIGHT	160 lbs
26	AGE	32

