

# 100 TIME

## KOSOVO

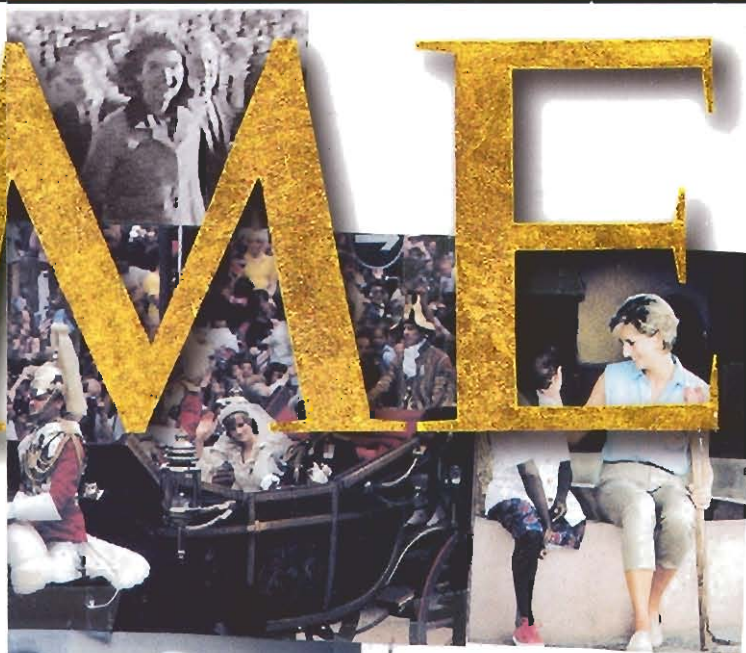
WHAT THE  
PEACE DEAL MEANS

SPECIAL ISSUE

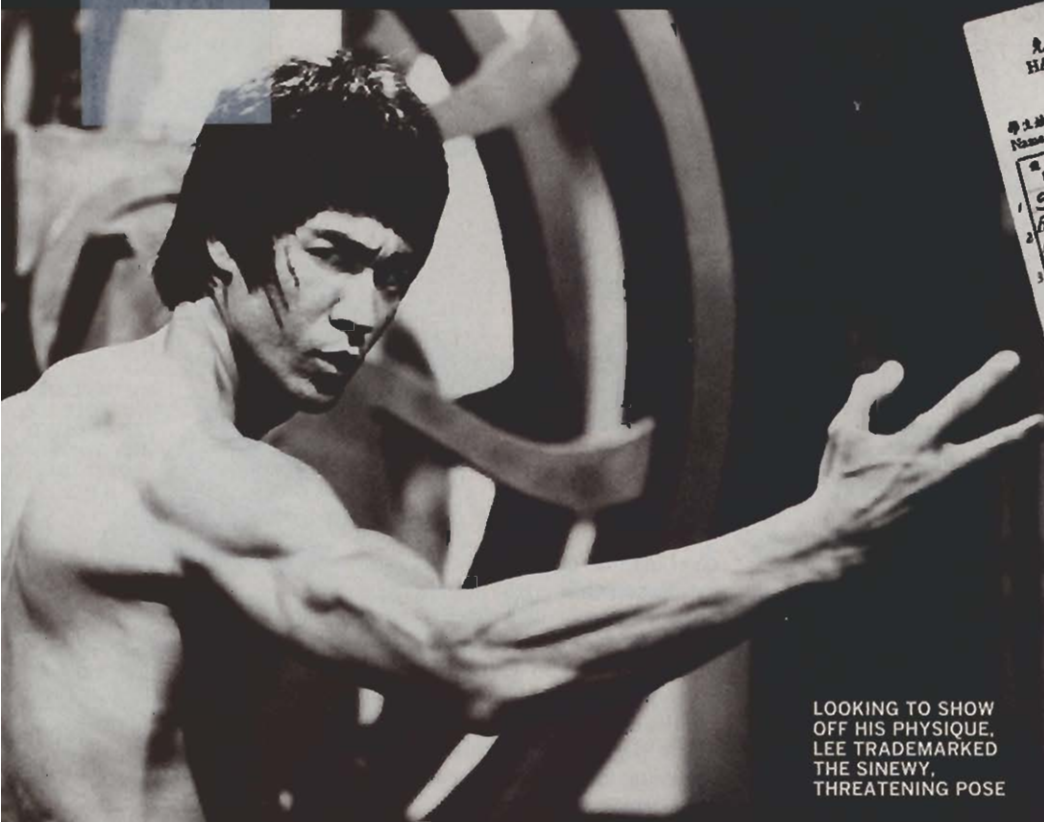
## HEROES AND ICONS

The fifth in our series of the 100  
most influential people of the century

Hank Aaron on **JACKIE ROBINSON**  
Colin Powell on **THE AMERICAN G.I.**  
Paul Rudnick on **MARILYN MONROE**  
Harold Bloom on **BILLY GRAHAM**  
Rita Dove on **ROSA PARKS**  
Susan Cheever on **BILL W.**  
Diane Schuur on **HELEN KELLER**  
Henry Kissinger on **PELE**  
George Plimpton on **MUHAMMAD ALI**







LOOKING TO SHOW OFF HIS PHYSIQUE, LEE TRADEMARKED THE SINEWY, THREATENING POSE

先鋒體育學院  
HAK KUNG GYMNASIUM  
運動秩序  
Exercise List  
姓名: Bruce Lee  
Date: 1971-12-05

EXERCISE	REP	SET	REMARKS
1. SQUAT	3	75	10
2. FRENCH PRESS	4	64	6
3. INCLINE PRESS	4	35	6
4. "COW" CURL	4	64	6
5. PUSH-UP	3	20-20	8
6. TRICEP STRETCH	3	16	6
7. DUMBBELL CURL	4	164	6
8. REVERSE CURL	4	64	10
9. WREST CURL	4	10	12
10. SIT UP	5	5	20
11. CALF RAISE	5	5	20

先鋒體育學院 請勿外借 Please do not take it away

LEE'S EXERCISE AND WEIGHT-TRAINING REGIMEN

guys into unconsciousness, all while punching out two others mostly offscreen, you knew the real Lee could do that too.

He spent his life turning his small body into a large weapon. Born sickly in a San Francisco hospital, his father, a was e s n

hero: an undescended testicle and a female name, Li Jun Fan, which his mother gave him to ward off the evil spirits out to snatch valuable male children. She even pierced one of his ears, because evil spirits always fall for the pierced-ear trick. Lee quickly became obsessed with martial arts and body building and not much else. As a child actor back in Hong

Kong, Lee appeared in 20 movies and rarely in school. He was part of a small gang that was big enough to cause his mother to ship him to America before his 18th birthday so he could claim his dual-citizenship and avoid winding up in jail. Boarding at a family friend's Chinese restaurant in Seattle, Lee got a job teaching the Wing Chun style of martial arts that he had learned in Hong Kong. In 1964, at a tournament in Long Beach, Calif.—the first major American demonstration of kung fu—Lee, an unknown, ripped through black belt Dan Inosanto so quickly that Inosanto asked to be his student.

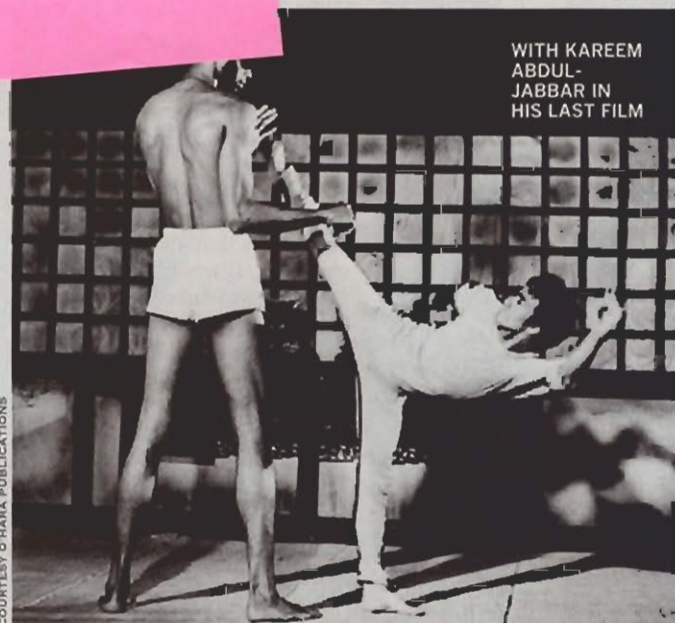
Shortly after, Lee landed his first U.S. show-biz role: Kato in *The Green Hornet*, a 1966-67 TV superhero drama from the creators of *Batman*. With this minor celebrity, he attracted students like Steve McQueen, James Coburn and Kareem Abdul-Jabbar to a martial art he called Jeet Kune Do, "the way of the intercepting fist." Living in L.A., he became the vanguard on all things '70s. He was a physical-fitness freak: running, lifting weights and experimenting with isometrics

and electrical impulses meant to stimulate his muscles while he slept. He took vitamins, ginseng, royal jelly, steroids and even liquid steaks. A rebel, he flouted the Boxer-era tradition of not teaching kung fu to Westerners even as he hippily railed against the robotic exercises of other martial arts that prevented self-expressive vio-



▲ CHARLES ATLAS

His mail-order isotonic exercises lured princes, stars and millions of scrawny teen boys tired of getting sand kicked in their face.



WITH KAREEM ABDUL-JABBAR IN HIS LAST FILM

PHOTO COURTESY MEDIA ASIA; STAR TV FILMED ENTERTAINMENT; COURTESY O'HARA PUBLICATIONS

CORBIS-BETTMANN

GEORGE ROSE—GAMMA LIAISON