

I'm not a robot



I fear not the man who practices 10000

(?) Quotes are added by the Goodreads community and are not verified by Goodreads. (Learn more) — Bruce Lee Read more quotes from Bruce Lee One of the most quoted lines from Bruce Lee is "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." It's a quote that emphasizes the importance of focused practice and a high level of proficiency. But it is often used to advocate for developing a narrower technical repertoire and to train for a one-hit-and-done approach to fighting. Crunching Numbers and Stacking Odds To be honest if my only goal (or need) was to survive martial encounters in a specific environment, I would most certainly focus my practice on the narrowest set of skills with the highest percentage chance of success. Anything outside of that subset is going to take valuable hours away from the skills that will help me live. This same focus argument is used by a lot of competitive sports coaches to advocate for training only one side of your body in unilateral sports (Olympic fencing, golfing, shooting, archery). Every hour you spend training your non-dominant side is an hour you've stolen from the training of your dominant one. If you're facing competitors who focused only on one side, then as an ambidextrous practitioner you'd be half as prepared. And if your only goal is tournament fighting, why not narrow those skills further? To win a tournament you should tailor your approach to what will score points (highest point value targets, what is most easily seen/heard by judges, etc.). If there's one kick that has the highest percentage chance of scoring the most points, why waste your time with anything else? The Luxury of Mastery Bruce Lee was anything but a one "kick" pony. He had a tremendous technical repertoire and studied diverse martial arts—including modern fencing—to hone his approach to combat. He studied weapons, multiple forms of unarmed combat, and demonstrated his ability across environments. What made us see him as a master was his technical proficiency at a high level beyond one kick. It was his adaptability and versatility. As modern practitioners of martial arts we have a luxury that few historical practitioners had: The time and resources to develop as full and complete martial artists. There is no sole outcome environment that we must excel in to survive. Thus we have the room to really use martial arts to expand the capabilities of our bodies and minds as broadly as possible. Given a long enough timeline there is room to practice many different kicks 10,000 times, or sword strokes, or wrestling plays. There is a capacity to explore and understand a larger art that can be applied in self-defense, tournament, performance, solo study, and many different environments. Historical fencing masters had this time and wrote about very expansive arts for a noble audience, or professional fighting class, who also had the time to pursue being very broad and capable warriors. A focused set of techniques is a strategy, not a base. Martial art is fluid, diverse, adaptable, and expansive. The path of mastery is not about maximizing results in one field, it's about broadening the capabilities of your mind and body as far and deep as you can go. Quote Meaning: The quote emphasizes the importance of mastering a skill through deliberate practice. Practicing a single skill repeatedly can be more valuable than trying to learn many skills at once. The message here is that it's not about the quantity of skills you possess, but rather the quality of your expertise in a particular area. By dedicating ourselves to mastering a skill through deliberate practice, we can achieve a level of proficiency that others may not be able to match. Who said the quote? The quote "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." was said by Bruce Lee (Bio / Quotes). Bruce Lee was a Hong Kong-American martial artist, actor, and philosopher who is widely regarded as one of the most influential figures in the history of martial arts. Free Resource: A step-by-step blueprint to realize your dreams What's the quote's message? This quote speaks powerfully to the concept of mastery and the pivotal role of focused, consistent effort in achieving true expertise. It's a common misconception that to be versatile, to have a wide array of skills, is the most valuable attribute one can possess. This quote, however, suggests otherwise. It tells us that it's not the man who has a shallow understanding of many things that we should fear, but rather, the man who has a deep understanding of one thing. A person who practices one kick 10,000 times has delved into the intricacies and nuances of that single action, they've honed their body and mind to execute it perfectly, almost as an extension of their being. Their dedication is a testament to their discipline and perseverance, and it's this relentless focus and refinement that makes them formidable. It's a reminder that breadth of knowledge can never truly substitute depth, and that mastering something takes time, persistence, and repetition. Is there a historical example that illustrates the message of the quote? This quote is often attributed to Bruce Lee and it emphasizes the importance of mastery over variety. The principle here is that deep, consistent practice in a specific area often outweighs broad but shallow exposure across many areas. In historical context, this principle can be illustrated by the story of the Spartan warriors in Ancient Greece. The Spartan soldiers are known for their remarkable military discipline and the simplicity of their tactics. From a very young age, Spartan boys were taken from their families and placed in a rigorous military training program known as the Agoge. Their entire life was centered around mastering the art of warfare. Instead of learning multiple fighting styles or tactics, they focused on perfecting a small set of skills, repeating them over and over until they became second nature. One of their primary tactics was the phalanx formation, a rectangular infantry formation composed of heavy infantry armed with spears and shields. The Spartan phalanx was a simple tactic, but the Spartans had practiced it to perfection. Each Spartan knew his place in the formation, and they could execute the strategy flawlessly under the stress of battle. The effectiveness of their mastery over this one tactic was demonstrated in the Battle of Thermopylae in 480 BC. Although heavily outnumbered by Persian forces, the Spartans were able to hold their ground for three days. The Spartans' deep mastery of their warfare tactics, represented by the phalanx formation, made them a formidable force despite their smaller numbers. This historical example mirrors Bruce Lee's quote by showing that practicing one tactic or skill until it is mastered can often be more effective than having a large number of poorly-practiced skills or tactics. How can the quote be applied in a real-life scenario? The quote can be applied to various real-life scenarios, particularly in personal development and career growth. Imagine someone pursuing excellence in a professional field, such as a musician, an athlete, or a business leader. Instead of spreading their efforts across many different skills, they might choose to focus intensely on one area. For instance, consider a software developer who decides to specialize in one programming language, like Python. Instead of being a generalist who knows a little about many languages, this developer immerses themselves in Python, mastering its nuances, libraries, and frameworks. This deep expertise allows them to solve complex problems more effectively, innovate within their field, and stand out in the job market. In everyday life, this principle can be applied to personal goals as well. For example, if someone wants to improve their physical fitness, they might choose to focus on one particular exercise routine, such as running. By dedicating themselves to running consistently and refining their technique, they can achieve a higher level of endurance and performance compared to someone who tries various fitness regimes without deepening their commitment to any one practice. Free Resource: Over 1000 smart goal ideas to inspire your life The essence of the quote is about the power of focus and repetition. By concentrating on a single skill and practicing it consistently, individuals can reach a level of mastery that sets them apart from those who dabble in many areas without developing deep expertise. This approach can lead to exceptional achievements and a unique competitive advantage in any field. Subscribe to get more wisdom: Reading is Good. Applying is Better: Apply Chief Editor Tal Gur is an author, founder, and impact-driven entrepreneur at heart. After trading his daily grind for a life of his own daring design, he spent a decade pursuing 100 major life goals around the globe. His journey and most recent book, The Art of Fully Living, has led him to found Elevate Society. I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times. Bruce Lee, the legendary martial artist and philosopher, once said, "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." This quote encapsulates a profound truth about mastery and expertise. It emphasizes the importance of focused, repetitive practice on a single skill, rather than merely dabbling in various techniques. In essence, Lee is highlighting the power of depth over breadth. At first glance, this quote may seem like a straightforward lesson in discipline and dedication. It urges individuals to invest their time and energy into honing their craft to achieve true mastery. By practicing a single kick 10,000 times, one can refine their technique, develop muscle memory, and attain a level of skill that transcends mere competence. However, beneath the surface of this seemingly simple advice lies a deeper philosophical concept that adds a layer of intrigue to Lee's words. It challenges our conventional thinking and encourages us to question the nature of expertise and our pursuit of perfection. In our society, we often idolize those who are considered "well-rounded" or possess wide-ranging knowledge and skills. We are conditioned to believe that versatility is the key to success. But Lee's quote presents us with a counterintuitive perspective - that it is the concentrated, laser-like focus on one particular skill that can truly distinguish an individual. This notion invites us to contemplate the concept of specialization versus generalization. While being well-rounded certainly has its advantages, particularly in a rapidly evolving world, there is something profound about dedicating oneself to a singular pursuit. It suggests that depth and mastery in one area can be far more impactful than familiarity with multiple disciplines. Consider an analogy from nature - the majestic ocean. At first glance, it may seem boundless, encompassing vast expanses of water, teeming with diverse marine life. Yet, when we descend into the depths, we discover a remarkable contrast. Here, within the dark abyss, resides the coral reef - a vibrant ecosystem offering an unparalleled abundance of life. The reef, with its intricate tapestry of coral formations, thrives precisely because it specializes in a niche habitat. It is the epitome of Lee's philosophy - a vivid illustration of the power of focusing deeply on one thing. In our own lives, we can find several examples that reflect the significance of Lee's quote. Consider a gifted musician who spends hours upon hours perfecting their ability to play a single instrument. As they delve deeper into the nuances of their chosen instrument, they unlock new levels of creativity and mastery. By dedicating themselves to a single kick, a martial artist can unleash its full potential with a precision that is unparalleled. These individuals exemplify Lee's philosophy - they are the ones who inspire awe and respect. Moreover, this philosophy extends beyond the realm of skills and expertise. It invites us to reflect on our approach to life itself. How often do we find ourselves spreading thin, attempting to excel in multiple areas simultaneously? Are we sacrificing depth for the sake of breadth? Lee's quote perhaps serves as a gentle reminder to pause, evaluate our priorities, and invest our energies where they truly matter. In conclusion, Bruce Lee's quote, "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times," communicates a profound lesson about mastery and expertise. While it serves as a reminder of the importance of disciplined practice, it also challenges our conventional thinking and prompts us to consider the power of specialization. By emphasizing the significance of depth over breadth, Lee invites us to question our own pursuit of well-roundedness and encourages us to cultivate true mastery in the areas that resonate with us. It is through this focused dedication that we can unlock our full potential, achieving a level of skill that goes beyond surface-level competence. So, let us heed the wisdom of Bruce Lee and strive to be the ones who have practiced one kick 10,000 times. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Practice makes a man perfect. It is one of the most ancient idioms. Everyone who has ever succeeded in life has not achieved it overnight. There is a lot of intense training, failures, great falls, and comebacks even greater behind their success. If they have never tried after falling to make it perfect, they would have never won anything in their whole lives. However, there are two types of people, ones who are practicing their strengths many a time in a day. Also, there are people who practice a thousand moves, and they master none. You can relate "jack of all trades master of none" here. Now, if there is a competition between these two types of people, the first one will come with one move but is a master of that move. However, the later one will come with various moves but, (s)he will not properly complete even one of them. This will emerge as a major disadvantage in the competition for the later one. Moving forward is important. In order to grow in life, we all have to learn new things and practice them. However, if you opt for new moves without properly mastering the old ones, you will start learning the ultimate move before you can even properly portray the first ones. This way, you will never learn those first moves. However, if you have mastered the basics properly, the advanced moves will become easier for you eventually. An inspirational quote attributed to martial arts and film legend Bruce Lee has been circulating on line for years, prompting some to ask whether the quote is real. The quote is about the value of consistency in practicing to perfect a skill. "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." Lee is quoted as saying. The quote is authentic. It was posted to Twitter by the official Bruce Lee Twitter account, which is run by Lee's daughter Shannon Lee: The Bruce Lee Foundation told Snopes in an email that the quote is authentic, crediting its source to the Bruce Lee Family Archive. The quote is meant to instill in its audience the importance of perfecting a technique, rather than a scattered approaching of learning many things but never getting good at them. Lee is a cultural icon — a martial arts maestro who created his own discipline, Jeet Kune Do. He is probably best known to the public at large as a martial arts film star with lightning fast movement. But after his untimely death at the youthful age of 32, his widow, Linda Lee Caldwell published a book containing a collection of Lee's writings about his martial art form, "Tao of Jeet Kune Do." We asked the Bruce Lee Foundation what the exact source of the quote was: i.e., did it come from a line of dialogue in one of Lee's films, or was it in the book, or from another source? We will update this story if and when we receive more information.