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FROM: Wing Luke Museum of the Asian Pacific American Experience (The Wing)
CONTACT: Margaret Su, Deputy Director for Institutional Giving & Marketing – 206.623.5124 x127 / msu@wingluke.org

Wing Luke Museum Reveals *Day in the Life of Bruce Lee* with All-New Exhibit Opening Oct 1

"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

Seattle, WA: The all-new *Day in the Life of Bruce Lee: Do You Know Bruce? Part 3* exhibition explores what it took to become "Bruce Lee." Gain insight into how Bruce Lee approached his every day – from his personal habits, routines, and work out strategies to his written and visual art, reading, and time with family and friends.

During waking hours, Bruce Lee tirelessly cultivated three areas he identified as important – body, mind and spirit – to reach his potential and ultimate goal of honest expression: 4.5 hours working out and training in martial arts, 6 hours reading and writing, 3.5 hours spending time with family during meals, and 2 hours of socializing with friends and family.

Even before Malcolm Gladwell's book [Outliers](#) popularized the 10,000 hour rule as the minimum practice time needed to become exceptionally successful, Bruce Lee self-applied an intense daily schedule of dedicated and multi-faceted training. He utilized every possible minute, practicing while doing everyday tasks. He evolved his weight-training to strengthen areas of weakness. He voraciously read books of philosophy, nutrition, self-help, and film-making to gain new perspectives. He changed his diet to include whole grains, protein drinks, juicing, and tea. And he set aside time for quiet reflection, family and friends to refuel and refocus.

Despite setbacks of discrimination and a debilitating injury that threatened further practice of gung fu, Bruce Lee persevered and made his passion for martial arts a lifestyle. Like Mason Currey's investigation on the lives of Beethoven, Maya Angelou and other creative geniuses in his book, [Daily Rituals: How Artists Work](#), examining the daily routine of Bruce Lee sheds new light on the amount of discipline, drive and dedication needed to achieve his mastery of art. He lived, breathed and set his sights high for martial arts, and along the way, developed, evolved and innovated his own practices and methods.

This exhibition gives you a chance to see what it took to become "Bruce Lee." Examine Bruce Lee's path toward personal growth and be inspired to reflect on and find your own approach.

Highlights of the new exhibit:

- Bruce Lee's original writings and poetry, calendars, rare drawings, custom training equipment, and personal photos
- Immersive Hall of Mirrors installation, inspired by the infamous *Enter the Dragon* scene
- Digital interactive where visitors can view Bruce Lee's Day in the Life schedule and recreate and share their own day
- The first 10 visitors admitted each day receives a free limited edition postcard. Each month will feature a new design (while supplies last).

Upcoming events:

- **Wednesday, September 28, 2-4pm – First media preview of exhibition**
First look preview with exhibition lead Cassie Chinn (staff at The Wing)
- **Friday, September 30 – Preview Bash**
 - 1:30-3pm – media preview, interviews available with daughter Shannon Lee (media only)
 - 3-8pm – *Day in the Life of Bruce* Exclusive Preview Bash (members and invited guests only)
- **Saturday, October 1 – *Day in the Life of Bruce* Opening Day (10-5pm, open to public with admission)**

- 10:15am – *Bruce Lee's Chinatown* tour
- 11am – Talk with Peter Chin, Bruce Lee's close friend and pallbearer at his funeral (limited seating)
- 12-1:30pm – Dim sum lunch at Joyale Restaurant with Perry Lee and other Bruce Lee collectors as well as Bruce Lee's close friend, Peter Chin. Special video presentation by Japan's Riki Hashimoto, who played the villain, Suzuki in *Fist of Fury*. (\$20 meal cost, no admission needed)
- 2pm – *Bruce Lee's Chinatown* tour
- 2:30-4pm – Demo by Jun Fan Gung Fu Institute of Seattle (the first school Bruce Lee created in Seattle; led by Bruce Lee's close friend Taky Kimura)

Exhibit Lead Sponsor: Delta Air Lines. Exhibition text is written by national blogger Phil Yu (aka Angry Asian Man) with Chinese translations available. *Bruce Lee's Chinatown* tours, which include exhibit admission and a meal at Bruce Lee's regular restaurant hangout, restart with new content on October 1.

About the Bruce Lee Exhibition Series: The *Do You Know Bruce?* exhibition series at the Wing Luke Museum provides fresh and untold perspectives on Bruce Lee's life and his connection to Seattle. Developed in partnership with Bruce Lee's wife and daughter and the Bruce Lee Foundation, it is the only interactive exhibition, outside of Hong Kong, about Bruce Lee. Featuring personal family items and memorabilia, the exhibition series give both an intimate and wide angle approach to detailing his personal philosophy as well as the external influences and circumstances that helped shaped his journey from a young student in Seattle to a global icon who continues to inspire millions.

To obtain media access to any of these events, contact 206.623.5124 ext 127 or msu@wingluke.org.

For more info, visit doyouknowbruce.com.