

Jean-Claude Van Damme Quotes

*Believe, Stars, Character, People, Past, Guy, Years, Wife, America, Body,
Karate, Age, Real, Thinking, Beautiful, Challenges, Heavy, Funny, Reality,
Perfect*

You can create the perfect triceps by just pushing yourself off your wall.

~Jean-Claude Van Damme

God gave me a great body and it's my duty to take care of my physical temple.

~Jean-Claude Van Damme

If you phone a psychic and she doesn't answer the phone before it rings, hang up.

~Jean-Claude Van Damme

A cookie has no soul, it's just a cookie. But before it was milk and eggs. And in eggs there's the potential for life.

~Jean-Claude Van Damme

According to statistics, one person out of five is disturbed. If there are four people around you who seem normal, that's not good.

~Jean-Claude Van Damme

I am fascinated by air. If you remove the air from the sky, all the birds would fall to the ground. And all the planes, too.

~Jean-Claude Van Damme

Air is beautiful, yet you cannot see it. It's soft, yet you cannot touch it. Air is a little like my brain.

~Jean-Claude Van Damme

I love challenges. If you don't have any and can do whatever you want, then it's probably time to die.

~Jean-Claude Van Damme

A pair of legs engineered to defy the laws of physics and a mindset to master the most epic of splits.

~Jean-Claude Van Damme

I've had my ups and downs. My fair share of bumpy roads and heavy winds. That's what made me what I am today.

~Jean-Claude Van Damme

•When I walk across my living room from my chimney to my window, it takes me 10 seconds, but for a bird it takes one second, and for oxygen zero seconds!

~Jean-Claude Van Damme

I love karate, it's like a bible to me. But deep inside I'm so I mean, I'm so sensitive.

~Jean-Claude Van Damme

I'm fast, why? Because I eat vegetables.

~Jean-Claude Van Damme

•If you work with a jackhammer during an earthquake, stop, otherwise you are working for nothing.

~Jean-Claude Van Damme

A man may have the best of wealth, cars and fame. But there is nothing more precious in life that he will get than a woman's heart.

~Jean-Claude Van Damme

Showing myself nude from behind doesn't pose any problems, but from the front that's another story. I don't want to lose all my fans!

~Jean-Claude Van Damme

I'm a big traveler these days. I was in Hong Kong. I live there. I was just in Belgium with my parents and now I'm on my way to North America. You will find me all over.

~Jean-Claude Van Damme

Obviously I've taken drugs.

~Jean-Claude Van Damme

It looks good when you see someone kicking at the age of 51 with no double. It's kinda cool for people to know that past 50 we can keep flexible.

~Jean-Claude Van Damme

Everybody understands a slap in the face. In Japan, Belgium, or America, a punch is a punch. Comedy will be different in Europe or America or Japan, so my movies are very international.

~Jean-Claude Van Damme

I really am a guy who can be black and white. I don't understand, too much, the gray. And truly I can go from one type of character to another type of character.

~Jean-Claude Van Damme

I'm one of the most sensitive human beings on Earth -- and I know it.

~Jean-Claude Van Damme

All I wanted to do was to become famous, but then I found out that it was nothing special.

~Jean-Claude Van Damme

In the past, I was working out too heavy.

~Jean-Claude Van Damme

I'm not complaining about doing 20-hour days. It's a joy to be able to work on yet another film.

~Jean-Claude Van Damme

Because no matter what you say in life, the truth will always be the truth. You know when someone is telling the truth, you look in the eyes.

I have a tendency to believe people.

~Jean-Claude Van Damme

If a product is more expensive than another one and more sustainable in ecology, consumers will not buy it. We're in a very sharp competitive market.

~Jean-Claude Van Damme

I'm not a movie star. I'm a brand name. Van Damme is like Levi's. I go on vacation, and everywhere I go, people love me for my name, not for my movies.

~Jean-Claude Van Damme

Karate's a very boring sport, but when you know the technique you can go further and further.

~Jean-Claude Van Damme

I'm lucky, because I started action movies at the age of 25. Now I'm 47, and I'm still kicking like a mule, and I'm as flexible as before.

~Jean-Claude Van Damme

What is a movie star? It is an illusion. It was everything I ever wanted to be, but it became a kind of shell, non? It was what made me famous and got me women. But it wasn't real.

~Jean-Claude Van Damme

I've become 40, my audience is partly the same age.

~Jean-Claude Van Damme

My wife is not my best sexual partner, but she's good with the housework.

~Jean-Claude Van Damme

I now truly believe it is impossible for me to make a bad movie.

~Jean-Claude Van Damme

I am the Fred Astaire of karate.

~Jean-Claude Van Damme

When I was 24, I was full of life. I was that ham who wanted to be famous, a movie star, all that stuff. I think it's cool. But it was not what I was searching for, really. It was more a delusion.

~Jean-Claude Van Damme

I train, for me, very smartly. I don't train heavy, I do a lot of isometrics.

~Jean-Claude Van Damme

You need at least six or seven years to understand the philosophy and concentration of karate to know to clean your spirit of everything and dedicate your mind and body to the sport.

~Jean-Claude Van Damme

Believe me - I've done very good stuff and very crazy stuff, and I don't regret the crazy stuff.

~Jean-Claude Van Damme

In an action film you act in the action. If it's a dramatic film you act in the drama.

~Jean-Claude Van Damme

You have to believe what you say, and if you believe what you are saying, then acting is easy.

~Jean-Claude Van Damme

My time of martial arts was traditional.

~Jean-Claude Van Damme

The action films I will make in the future will be more believable and

character-based. I am now on my second cycle of fame, and I want to make films that smell real and are truthful.

~Jean-Claude Van Damme

There are some movie stars in Hollywood that are so scared, they also tell the reporter that they are recording them, in case there is something wrong with what they wrote about them in the papers.

~Jean-Claude Van Damme

I came to America with a dream and I made it. The dream became reality. America is built for success.

~Jean-Claude Van Damme

My body looks like 30 but my face looks like 50. But I cannot walk bare-chested in the streets. I like to do these movies to challenge myself physically.

~Jean-Claude Van Damme

Your body has enough weight for you to be in perfect condition just working against yourself.

~Jean-Claude Van Damme

When you finish a film, if you believed in your character, you're empty.

~Jean-Claude Van Damme

We are here to condemn the Palestinian occupation of the territories, but also to condemn the recent racist attack in France, against both Jews and Arabs.

~Jean-Claude Van Damme

I came back to my original wife. I came back to her after I made a few boo-boos in my life. Coming back to her was good for me, good for her and good for the children.

~Jean-Claude Van Damme

What really helps a guy to become an action hero today is the directing of the movie. All those fast cuts.

~Jean-Claude Van Damme

What I promise to my actors, and to my director, is to give them the salary and everything they need.

~Jean-Claude Van Damme

Take your big stick, and your boyfriend, and go find a bus to catch.

~Jean-Claude Van Damme

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