

Bruce Lee: The founder of Jeet Kune Do, Lee is one of the most famous martial artists and martial arts movie actors of all-time. Jerry Poteet: One of Lee's original students in the late 's, Poteet continues to teach Jeet Kune Do in the same way it was taught to him by Lee (Jun Fan substyle).

Not wanting to create another style which would share the limitations that all styles had, he instead described the process which he used to create it: I have not invented a "new style," composite, modified or otherwise that is set within distinct form as apart from "this" method or "that" method. On the contrary, I hope to free my followers from clinging to styles, patterns, or molds. Remember that Jeet Kune Do is merely a name used, a mirror in which to see "ourselves". Jeet Kune Do is not an organized institution that one can be a member of. There is no mystery about my style. My movements are simple, direct and non-classical. The extraordinary part of it lies in its simplicity. Every movement in Jeet Kune Do is being so of itself. There is nothing artificial about it. I always believe that the easy way is the right way. The closer to the true way of Kung Fu, the less wastage of expression there is. He is still hung up on his self-closing resistance, in this case anchored down to reactionary pattern, and naturally is still bound by another modified pattern and can move within its limits. He has not digested the simple fact that truth exists outside all molds; pattern and awareness is never exclusive. It is the result of the lifelong martial arts development process Lee went through. Lee stated his concept does not add more and more things on top of each other to form a system, but rather selects the best thereof. The dominant or strongest hand should be in the lead because it would perform a greater percentage of the work. Lee minimized the use of other stances except when circumstances warranted such actions. Although the On-Guard position is a formidable overall stance, it is by no means the only one. He acknowledged there were times when other positions should be used. Lee felt the dynamic property of JKD was what enabled its practitioners to adapt to the constant changes and fluctuations of live combat. Lee believed that real combat was alive and dynamic. Circumstances in a fight change from millisecond to millisecond. Thus, pre-arranged patterns and techniques are not adequate in dealing with such a changing situation. As an antidote to this line of thought, Lee once wrote an epitaph which read: Familiarity with each of the "Four ranges of combat", in particular, is thought to be instrumental in becoming a "total" martial artist. JKD teaches that the best defense is a strong offense, hence the principle of an "intercepting fist". For someone to attack another hand-to-hand, the attacker must approach the target. This provides an opportunity for the attacked person to "intercept" the attacking movement. The "Five ways of attack", categories which help JKD practitioners organize their fighting repertoire, comprise the offensive teachings of JKD. These concepts were modified for unarmed combat and implemented into the JKD framework by Lee to complement the principle of interception. Stance[edit] Seen in many of his movie fight scenes such as in The Way of the Dragon vs Chuck Norris, Bruce Lee fought in a side southpaw horse stance. His jabs and crosses came from his right hand and followed up with a lot of side kicks. Instead of a common check seen in Muay Thai, Bruce uses an oblique leg kick to block a potential kick. Bruce Lee adopted other defensive concepts found in many other systems such as slipping and rolling from Western Boxing and forearm blocks found in Eastern martial arts such as Kung Fu. Straight lead[edit] Lee felt that the straight lead was the most integral part of Jeet Kune Do punching, as he stated, "The leading straight punch is the backbone of all punching in Jeet Kune Do. The straight lead should always be held loosely with a slight motion, as this adds to its speed and makes it more difficult to see and block. The strike is not only the fastest punch in JKD, but also the most accurate. The straight lead punch can be thrown from multiple angles and levels. He argued that the attacks should catch the opponent off-guard, throwing them off their balance and leaving them unable to defend against further attacks. Lee wanted no wind-up movements or "get ready poses" to prelude any JKD attacks. Lee explained that any twitches or slight movements before striking should be avoided as they will give the opponent signs or hints as to what is being planned and then they will be able to strike first while one is preparing an attack. Consequently, non-telegraphed movement is an essential part of Jeet Kune Do philosophy. To obtain victory, therefore, it is essential not to be rigid, but to be fluid and able to adapt to any situation. He compared it to being like water:

If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot it becomes the teapot. Now water can flow, or it can crash. Be water, my friend. One should know when to speed up or slow down, when to expand and when to contract, and when to remain flowing and when to crash. It is the awareness that both life and fighting can be shapeless and ever changing that allows one to be able to adapt to those changes instantaneously and bring forth the appropriate solution. Lee did not believe in "styles" and felt that every person and every situation is different and not everyone fits into a mold; one must remain flexible in order to obtain new knowledge and victory in both life and combat. One must never become stagnant in the mind or method, always evolving and moving towards improving oneself. Economy of motion is the principle by which JKD practitioners achieve: An attack which reaches its target in the least amount of time, with maximum force. Doing what comes naturally in a disciplined way. Thinking in an uncomplicated manner; without ornamentation. This is meant to help a practitioner conserve both energy and time, two crucial components in a physical confrontation. Maximized force seeks to end the battle quickly due to the amount of damage inflicted upon the opponent. Rapidity aims to reach the target before the opponent can react, which is half-beat faster timing, as taught in Wing Chun and Western boxing. Stop hits[edit] "When the distance is wide, the attacking opponent requires some sort of preparation. Therefore, attack him on his preparation of attack. To reach me, you must move to me. Your attack offers me an opportunity to intercept you. It is for this concept Jeet Kune Do is named. JKD practitioners believe that this is the most difficult defensive skill to develop. Stop hits and kicks utilize the principle of economy of motion by combining attack and defense into one movement, thus minimizing the "time" element. This is not as advanced as a stop hit but more effective than blocking and counterattacking in sequence. This is practiced by some Chinese martial arts such as Wing Chun, and it is also known in Krav Maga as "bursting". Efficiency is gained by utilizing a parry rather than a block. By definition a "block" stops an attack, whereas a parry merely re-directs it. Efficiency is gained in that the opponent has less time to react to an incoming attack, since they are still nullifying the original attack. Maintaining low kicks utilizes the principle of economy of motion by reducing the distance a kick must travel, thus minimizing the "time" element. However, as with all other JKD principles nothing is "written in stone". If a target of opportunity presents itself, even a target above the waist, one could take advantage and not be hampered by this principle. Four ranges of combat[edit].

Chapter 2 : My Martial Arts Training Guide: "Jeet Kune-Do" by Bruce Lee

*Jeet Kune Do Unlimited: A Jeet Kune Do Concepts Guidebook [Burton Richardson] on www.nxgvision.com *FREE* shipping on qualifying offers. Burton discusses the concepts that bind all martial arts together. He provides information on martial philosophy and tactics; he then explains in detail five components shared by all martial arts - ranges.*

Paul at the following locations: Each direction is a path of true initiation. Unlike many philosophical teachers, religious teachers, spiritual guides and gurus, the true martial arts teacher seeks no followers. You have asked me to be your guide, and this I will be because you asked from your heart. As a guide I will be a friend and we can share discoveries. It is a way of doing, a way of being and a way of becoming. On the contrary, I hope to free my followers from clinging to styles, patterns or molds. More about this later, but in the meantime, do remember that the term Jeet Kune Do is merely a name used, a mirror in which we see ourselves. The brand name is really nothing special. Unlike the traditional approach, there is not a series of rules, a classification of techniques, and so forth, that constitute a so-called JKD method of fighting. To begin with, let me be the first to tell you that there is no such thing as a method of fighting. To create such a method is pretty much like putting a pound of water into wrapping paper and shaping it "although [many] futile arguments exist nowadays as to the choice of colors, textures, and so forth, of the wrapping paper. Briefly, JKD is not a form of specialized conditioning with a set of beliefs and a particular approach. Structurally, it does not look at combat from a certain angle but from all possible angles, because it is not bound by any system. And, consequently, its techniques cannot be reduced to a system. And, although it utilizes all ways and means to serve its end efficiency is anything that scores, it is bound by none, and it is therefore free from all ways and means. In other words, JKD, although possessed of all angles, is itself not possessed; for as previously mentioned, any structure, however efficiently designed, becomes a cage if the practitioner is obsessed with it. To define JKD as a style gung fu, karate, kickboxing, and so forth is to miss the point completely, for its teaching method cannot be reduced to a system. If JKD is not a style or a method, maybe it is neutral or maybe it is indifferent. Within the totality there is simply no distinction; everything IS. A good JKD artist rests in direct intuition. Artist of Life, Bruce Lee. Or I can do all kinds of phony things and be blinded by it. Or I can show you some really fancy movement.

Chapter 3 : Jeet Kune Do - Wikipedia

The ultimate guide to jeet kune do is a very practical but complete guide to bruce lees martial art. A book that should be on any jkd persons books self!

Chapter 4 : Tao of Jeet Kune Do - Wikipedia

Dan Inosanto teaches The Art and Philosophy of Jeet Kune Do, Filipino Martial Arts, Shoot wrestling, Brazilian Jiu Jitsu, Muay Thai, Silat, mixed martial arts and other arts at his Marina del Rey, California school, the Inosanto Academy of Martial Arts.

Chapter 5 : Jeet Dune Do Guidebook: Absorb What is Useful by Dan Inosanto

Jeet Kune Do (Chinese: 截拳道; Cantonese Yale: jìht kyáhn douh; [tsǎ̃-ĕ̃.tľ̩.kĕ̃y̌]•ĕ̃.n.tǎ̃²u]), "The way of the intercepting fist" in Cantonese, abbreviated JKD, is a hybrid philosophy of martial arts heavily influenced by the personal philosophy and experiences of martial artist Bruce Lee.

Chapter 6 : Tao of Jeet Kune Do Summary & Study Guide

The Ultimate Guide to Jeet Kune Do 4/25/ Excellent book. Covers interpretations of jeet kune do as provided by several

of Bruce Lee's first and second generation students.

Chapter 7 : JKD London | Bruce Lee | Jeet Kune Do – Bruce Lee martial art Jeet Kune Do London

Jeet Kune Do The final symbol that represents Jeet Kune Do and Bruce Lee's approach to life is a full yin yang symbol surrounded by arrows. The arrows represent the constant interplay of the complements of yin and yang.

Chapter 8 : Dan Inosanto - Wikipedia

What, then, is Jeet Kune Do? Literally, "jeet" means to intercept or to stop; "kune" is the fist; and "do" is the way, the ultimate reality - the way of the intercepting fist. Do remember, however, that "Jeet Kune Do" is merely a convenient name.

Chapter 9 : JKD Online Academy | Learn real Jeet Kune Do Online today

Bruce Lee, the creator of the martial art Jeet Kune Do, was renowned for his physical attributes - two of which were his extraordinary speed and explosive power.. This has led many to consequently think that in order to successfully score a hit or intercept the opponent, one has to be as fast and powerful.