



Shifu Kanishka
Combatives

JUN FAN JEETKUNEDO

LEVEL 1 INSTRUCTOR COURSE

zoom WEBINAR



PART 1

NOVEMBER 19 & 20TH

1hr 45 minutes per session

THE COURSE

- Footwork and Mobility
- Jeetkunedo Striking
 - (SDA- Kicking and Punching)
- Job Cross Counter Series
- Focus Mitts Drills
- Wingchun Hands and Deflection Drills
- Trapping Series- Pak and Lap Sau
- Swinging Gate Drill
- Straight Blass Drills
- Jun Fan ABC
 - (Kickboxing Combination)
- JKD Wooden Dummy Set 1 and 2

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Instructor Guide Jkd

Arthur James Wells



Instructor Guide Jkd:

Jeet Kune Do Dave Carnell, 2008 Jeet Kune Do JKD which translates as the way of the intercepting fist was developed over a number of years by Bruce Lee as an anti thesis to what he saw as the formulaic straightjacket of the classical martial arts which he argued failed to allow individuals to fully and honestly express themselves However as Cass Magda points out in his Foreword JKD is definitely not a do it yourself martial art and it does have a unique structure Indeed it is essential for the JKD fighter to master this structure if he or she is to present a highly organized defence and mount an instantaneous and effective counter attack AUTHOR Dave Carnell is the owner and Director of Impact Martial Arts Academy in Stoke on Trent England which has several branches throughout the country Dave is a much sought after instructor who teaches in the United Kingdom elsewhere in Europe and in the United States Dave is a Senior Full Instructor for Cass Magda s MI Association and is Supervising Instructor for the United Kingdom ILLUSTRATIONS 350 photographs **Instructors Confidential Manual Supplemental Handbook** , *Black Belt* ,1995-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *The Essence of Jeet Kune Do* Dave Carnell, 2010 The art of Jeet Kune Do is difficult to define because its founder Bruce Lee wanted individuals to undertake their own journey of self discovery and self expression and hated referring to his art as a style or system Moreover JKD is a martial art that is alive and forever changing

Monthly Catalog of United States Government Publications ,2001 **Black Belt** ,2003-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Jeet Kune Do** Larry Hartsell, 2002 Jeet Kune Do is the most complete martial arts system developed by the late Bruce Lee which is a compilation of various arts and elements amalgamated to make the most effective hand to hand combat method known to man The Author uses elements from Jun Fan Kali Shootfighting and other sources to give the student a recipe that will make him a better martial artist fighter You will also discover within the pages of this fascinating book the philosophical elements and concepts that will make you a thinking martial artist A must have book for any martial arts student regardless of style or system Fully illustrated with over 400 B W photos This edition also includes personal photos from the authors archives **Jeet Kune Do Basics** David Cheng, 1993-03-15 This useful and informative book offers a detailed overview of Jeet Kune Do practice while explaining the specific moves readers will need to perfect their techniques As a foundation the book recalls the origination of Jeet Kune Do

the philosophy history and different styles of the martial art This introduction gives readers an important reference point on how the practice evolved From there the book explains how to choose a school and takes readers through their first class including the etiquette and dress requirements The essential elements of the style stances footwork upper body and lower body techniques and grappling are all well represented and defined Building upon this solid groundwork the book informs readers of the five ways of attack including the single direct attack the attack by combination the progressive indirect attack the attack by drawing and the hand immobilization attack Fighting instructions include the tactical considerations of Jeet Kune Do practice such as defenses counterattacks and sparring The book concludes with a comprehensive list of resources to help students further develop their knowledge of and training in Jeet Kune Do Compact and easy to read this book gives readers everything they ll need to start their practice of this critical fighting art made famous by Bruce Lee *Ultimate Guide To Tai Chi* John R. Little,Curtis Wong,1999-11 The gentlest of the Chinese martial arts tai chi has become a path toward inner peace and stress management for practitioners all over the world This book discusses the philosophy and benefits of tai chi 300 photos Information Circular ,1978 *The New American Guide to Athletics, Sports & Recreation* Craig T. Norback,Peter G. Norback,1979 *Encyclopedia of Associations V1 National Org 46 Pt2* ,2008-04 *Journal of Asian Martial Arts* ,2005 **The Jeet Kune Do Mindset** Martin Oneill,2017-07-31 No individual has influenced modern martial arts more than Bruce Lee and his legend lives on through the teachings of his own art Jeet Kune Do Lee believed martial arts had become too rigid and unfit for real world encounters Combat is spontaneous and unpredictable with the victor being the one who moved fluidly to any given situation and was able to adjust accordingly Unlike many other martial arts JKD does not have fixed patterns of movement It has simple techniques that are easy to learn and master but are adaptable in the chaos of a street battle Minimal movement with maximum effect JKD is also a philosophy with guiding thoughts on how to approach life and wellbeing how to treat others and how to be a positive influence Physical and emotional fitness and improving self confidence are at its core and is suited equally to a beginner or seasoned martial artist Renowned instructor Martin O Neill has been studying JKD and martial arts for more than four decades and has real life experience of using his training effectively in combatant situations as well as in the gym In his first book **The Jeet Kune Do Mindset** Martial Arts Ways For A Better Life Martin takes readers on a step by step introduction to JKD including its ethos mentality and a guide to the basic JKD techniques of self defence He also offers advice on training being mentally prepared and shares a detailed 12 week work out programme Interspersed with anecdotes from his youth growing up in Northern Ireland during The Troubles to his days working as a bouncer and within social care Martin shows how martial arts can lead you to improved physical and mental wellbeing and to have a better life Start your journey and become a happy warrior **Jun Fan Gung Fu** Kevin Seaman,2016-08-30 *A Handbook of Martial Arts* Fay Goodman,2003 This book examines the underlying philosophy behind each martial art and the physical benefits to be gained and presents the most popular

techniques and some of the more advanced moves [Access Guide to the Web](#) Stephanie Chang, Kaesmene Harrison, Karin Kaneps, Stephanie Rottenberg, Lauren Wiley, 2000-09 *Forthcoming Books* Rose Army, 2004 **The British National Bibliography** Arthur James Wells, 2000 *Encyclopedia of Jeet Kune Do* Chris Kent, 2006-10-10

The Encyclopedia of Jeet Kune Do is designed to serve as a resource guide not only for the person training in JKD but for any martial artist sincerely interested in enhancing his or her performance and achieving one's full potential. Many of the principles and training methods illustrated in one section or chapter of this book can and should be cross referenced with motions or actions in another. The goal is for you the reader to use this book to improve your understanding and working knowledge of the art, science and philosophy of unarmed combat known as Jeet Kune Do. Remember it's not how much you absorb but how much of what you've absorbed that you can apply alive that counts.

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