



Jeet Kune Do: A Core Structure Training Manual

Dave Carnell

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Developed over a number of years by the renowned Bruce Lee, Jeet Kune Do—which translates as “the way of the intercepting fist”—was designed as an antithesis to the overly formulaic structures of other martial arts. For all its freedoms, Jeet Kune Do has a unique structure that must be mastered in order to present an organized defense or mount an effective counterattack. This fundamental training manual provides instructions for learning the fundamental aspects of Jeet Kune Do, including basic footwork stances, defensive and offensive techniques, kicks, and the essential on-guard position. The central principle of interception is addressed along with the five-way attack and key modes of grappling. A useful glossary of English and Chinese terminology used in Jeet Kune Do rounds out this essential reference.

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