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Bruce Lee's Jeet Kune Do: Jeet Kune Do Techniques and Fighting Strategy (Self-Defense Book 6) (English Edition)



Par Sam Fury

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Description :

Prsentation de l'diteurDiscover and Train in the Concepts, Techniques and Strategies of Bruce Lee's Jeet Kune DoBruce Lee's Jeet Kune Do: Jeet Kune Do Techniques and Fighting Strategy is more than a bunch of martial arts techniques. It is a fully useable Jeet Kune Do training manual covering all aspects of Bruce Lee's fighting method in a progressive format.Bruce Lee's Jeet Kune Do Includes* The fundamental lead straight punch and all the incredibly important lessons that go with it.* How to deliver non-telegraphed attacks (so your opponent never sees your attack coming!).* Simple explanations of the principles of economy of motion including directness, simplicity, simultaneous defense and offence etc.* Details the 5 ways of attack

and how you can apply them in your fighting strategy.* Learn about the centerline and how to use it to your advantage.* The On-Guard Position.* Development of power and speed.* The fastest strike you can do and how to make it (and all other strikes) as fast as possible.* The most powerful strike you can do and how to make it (and all other strikes) as powerful as possible.* Jeet Kune Do footwork including the shuffle, quick movements, circling, bursting etc.Offensive and Defensive Jeet Kune Do Techniques* Evasive movements.*

Parries.* Counter attacks.* Trapping.* Punches.* Kicks.* Combinations.* Interception. (Jeet Kune Do literally translates to The Way of the Intercepting Fist)* Sliding Leverage.* Knees and Elbows.... and much, much moreLOOK INSIDE Bruce Lee's Jeet Kune Do: Jeet Kune Do Techniques and Fighting Strategy to see everything thats included!Get your copy of Bruce Lee's Jeet Kune Do NOW and discover just how effective it is!Train in the Way of the Intercepting Fist* Each chapter is a different Jeet Kune Do lesson.* Easy to follow descriptions with clear pictures.* Jeet Kune Do techniques, concepts and strategies.* Lessons are presented in a progressive manner.* Includes training tips.Jeet Kune Do is Made for Street

FightingUnlike many other martial arts, Bruce Lee developed Jeet Kune Do to be highly practical in self defense and street fighting scenarios. Learn the best target areas on the human body and how to put down your opponent as quickly as possible. Included in Bruce Lee's Jeet Kune Do: Jeet Kune Do Techniques and Fighting Strategy is a chapter dedicated to instinctive training and self defense scenarios, where you develop the best ways for you to instinctively escape/react to any situation including armed assailants and multiple attackers.Learn Jeet Kune Do Fighting Strategy* Discover the use distance in fighting including your fighting measure, closing in, the four ranges, etc.* Understand the use of broken rhythm, cadence and other timing concepts which can give an otherwise slower person the upper-hand.* Learn how to create opening in your opponent's guard with feints, false attack, drawing and other methods.* Breaks down the 5 ways of attack for complete understanding and use in fighting strategy.Bruce Lee's Jeet Kune Do Bonuses!* Includes a complete copy of Ground Fighting Techniques to Destroy Your Enemy by Sam Fury, FREE!* Get access to all the latest Survive Travel publications FREE!Get your copy of Bruce Lee's Jeet Kune Do NOW and discover just how effective it is!Prsentation de l'diteurDiscover and Train in the Concepts, Techniques and Strategies of Bruce Lee's Jeet Kune DoBruce Lee's Jeet Kune Do: Jeet Kune Do Techniques and Fighting Strategy is more than a bunch of martial arts techniques. It is a fully useable Jeet Kune Do training manual covering all aspects of Bruce Lee's fighting method in a progressive format.Bruce Lee's Jeet Kune Do Includes* The fundamental lead straight punch and all the incredibly important lessons that go with it.* How to deliver non-telegraphed attacks (so your opponent never sees your attack coming!).* Simple explanations of the principles of economy of motion including directness, simplicity, simultaneous defense and offence etc.* Details the 5 ways of attack and how you can apply them in your fighting strategy.* Learn about the centerline and how to use it to your advantage.* The On-Guard Position.* Development of power and

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Enemy by Sam Fury, FREE!* Get access to all the latest Survive Travel publications FREE!Get your copy of Bruce Lee's Jeet Kune Do NOW and discover just how effective it is!Biographie de l'auteurSam has had an interest in self preservation and survival (e.g. wilderness medicine, street fighting / self defense, fitness, escape and evasion, urban and wilderness survival) for as long as he can remember. His accumulated knowledge is a result of years of formal and informal training, career related experience and general interest in survival, martial arts, the military, adventure travel and other various outdoor pursuits. Describing himself as a 'Survival, Minimalist, Traveler', he has now devoted himself to traveling the world taking training courses (Jeet Kune Do in China, Filipino Martial Arts in the Philippines, Krav Maga in Thailand, wilderness medicine in the US, parkour in Singapore, survival courses in Africa etc.) and sharing what he learns through his training manual style books. He is also a moderator and key contributor of SurviveTravel.com.