

## 1: THE INTERNATIONAL WING CHUN / JEET KUNE DO ALLIANCE

*Jeet Kune Do [citation needed] and Brandon Lee trained in Wing Chun as well as Jeet Kune Do, Muay Thai, & Shaolin Kung-Fu. Bruce Lee Wing Chun Gung.*

Younger readers may not realize that, shortly before his untimely death, Bruce was actually the most popular movie actor in the world. To this day his name is still known by all martial enthusiasts and even by most of the general public world wide. During that time he was also an amateur boxer and won a championship amateur title for Hong Kong. His brother Peter was an expert fencer and taught Bruce some fencing. Bruce moved to California at age 17. Shortly thereafter he started teaching. Bruce only learned around half of the Wing Chun system and was not a Sifu or given authority to teach, but what he had learned he was very good at and he was charismatic to boot, so he immediately attracted students. Jun Fan was his Chinese name. Bruce was a fanatic about footwork, so he combined footwork from Boxing and Fencing to create a very mobile fighting art. Because he liked the boxing stance, boxing movement, and the power of boxing punches, he incorporated a lot of Western Boxing into this new non-traditional Art. From Fencing, in addition to the footwork, Bruce took the idea of putting his lead hand forward and using it as a power punch instead of as a jab. The only other Traditional Martial Art that he formally studied was Southern Praying Mantis, which he learned from Master Mark for only one month, but as he became famous, many of the very best Karate fighters of the time sought him out to exchange techniques with him, including Chuck Norris, Bob Wall, Mike Stone, and Joe Lewis. Joe, who was the top full contact fighter of his time, had been a champion point fighter, and had earned his Black Belt in Okinawa in an amazing seven months, took private lessons from Bruce for about two years. He also practiced and taught weight training and isometric training. He invented full contact sparring with protective equipment as a safe way of practicing with full power. Towards the end of his short life, Bruce started studying grappling arts and incorporating techniques from judo and wrestling. He also started to de-emphasize Wing Chun. Ultimately only the Wing Chun concepts and a few of the most basic techniques of Wing Chun remained. There have been various explanations proffered, but the one that makes the most sense to me is that Bruce, blessed with natural speed, through his intense training eventually became so fast that practically no one could stop his punches or kicks. Hence, for Bruce, sticking hands and trapping hands had become unnecessary, and indeed merely slowed him down. After his death, the Jeet Kune world became fragmented. Dan and his many students believed that Bruce never meant his Art to be stagnant, and that his successors were not only permitted, but expected, to continue to modify the Art. Other teachers, such as Ted Wong, Jerry Poteet, and others, believed in teaching only techniques that Bruce Lee himself had used during his lifetime in order to preserve the Art. While other arts had similar problems, these seemed to be particularly prevalent in Jeet Kune Do. All the other martial arts are rarely used or seen in MMA, so they have lost popularity, and perhaps even relevancy. I have no opinion either way about contemporary jeet kune do, except that i am somewhat skeptical how much MMA is actually being taught. Notable exceptions shown in the videos above include Octavio Quintero and Yori Nakamura. I have not yet trained or sparred with a jeet Kune do fighter, though I hope to, as one of my law clients is an instructor. I may want to take some lessons from him sometime in the near future.

## 2: Northwoods Combat Arts/Home

*Why Wing Chun CANNOT Handle Boxers or Wrestlers - You MUST Understand Chi Sau - Duration: Dominick Izzo , views.*

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 ].

## 3: Wetoskey Academy of Martial Arts

*Unlike more traditional martial arts, Jeet Kune Do is not fixed or patterned, and is a philosophy with guiding thoughts. It was named for the Wing Chun concept of interception or attacking while one's opponent is about to attack.*

Welcome to Northwoods Combat Arts Our mission is to coach, motivate, and inspire anyone who has chosen martial arts as a path of self-actualization. Northwoods Combat Arts practices martial arts that have a self-defense or combative orientation. Wing Chun was developed in the 1800s to combat against the Manchu in the Manchurian conquest. Jiu-Jitsu was originally a method used by the Samarai to combat against an adversary with a weapon. Combatives are martial arts used by military that combine the highest percentage techniques from various martial arts in order to create a superior fighting method. We believe that martial arts should be measured by their effectiveness in a self-defense situation. We want you to have a strategy for the moment. A systematic approach that will lead to you being victorious. The attacker or bully is almost always a bit bigger, and so, we must have a strategy to handle the larger, stronger, opponent. You cannot overpower a larger opponent therefore one must learn to use, economy of time, motion, and energy. They need to use leverage, momentum, and natural body movement rather than strength to create a scientific art of self-defense. We will help you develop reflexes to efficiently and properly handle any attack that is thrown at you. The lessons have been systematically broken down and structured in a way to increase retention. We want you to be able to protect yourself and your loved ones in the face of danger. It is said the monks spent 30 years creating Wing Chun combining all of their styles of Kung Fu to create a superior fighting method. They needed an art that could defeat larger attackers and that could be learned quickly to train civilians and rebels to fight during the Manchurian conquest. The art emphasizes a centerline principle and attacking weak areas of the body as methods to defeating larger opponents. Being a small, frail individual he adapted the techniques to work for his smaller size. They worked because of leverage, natural body movement, momentum, joint manipulation and other various concepts and principles. Jiu-Jitsu is a superior fighting method as it closes the gap to escape power kick and punching range. If the practitioner can get the fight to the ground they can gain dominant position, exhaust the opponent, and then finish the fight through joint locks, chokes, and other manipulations. Bruce Lee coined the idea of four ranges of combat. He believed in the concept of distance management in a different way. Jiu-Jitsu, and Wing Chun believe in closing the gap into trapping and grappling range to control the fight. Bruce Lee believed in controlling the distance with kicks, and punches. Lee personally believed to always avoid going to the ground in a real fight.

## 4: Wing Chun & Jeet Kune Do Seminar - Connecticut Wing Chun

*A very discussed theme lately: Wing Chun vs Jeet Kune Do. Here is a very theoretical approach towards both disciplines. Here is a very theoretical approach towards both disciplines. It is specified right at the beginning: Bruce Lee learned a different Wing Chun than that that he taught.*

It tells me that you want to improve yourself or that you want to have the very best for your child. I would like to help you get the all of the benefits that martial arts classes have to offer, for either you or your child. We have been teaching martial arts classes since March of when we moved to Las Vegas from Hawaii. Since that time we have worked very hard to provide the Las Vegas and Henderson, Nevada areas with the best martial arts instruction and self improvement training possible. When I was a teenager, I started training in the martial arts. I just thought it was the coolest thing in the world to be able to actually learn this stuff. The improvement in my life that I gained from learning these life skills, far exceeded any benefits that the physical skills like kicking and punching ever gave me. Skills like focus and concentration, confidence, and self discipline became a huge part of my personality. In other words, as I went to more and more martial arts classes, my life began to change. I found that in every aspect of my life I was using the warrior mindset and applying the lessons of martial arts to everyday encounters with people. I found that I began to surround myself with like minded individuals and I began to spend less time with people who were content with being lazy, undisciplined and irresponsible. I found that the same perseverance that I had to have in order to learn a martial arts form was the same type of perseverance that I needed to write a college paper. I found that mental toughness required for sparring helped me get through stressful times in my life. To me, martial arts is really a way of life. Training in the martial arts is a never ending quest for improvement. If you can commit yourself to the time and effort it takes to really learn the martial arts, training can be by far the most wonderful, life changing, activity that you could ever hope to do. If you master the skills required of a true martial arts style, you will in essence have mastered yourself. My life has been transformed by martial arts classes, and I hope that it can do something similar for you. If you are looking for martial arts classes in Las Vegas or Henderson, NV, we would like for you to come in and check us out. We award 2 winners every month! Have a safe and wonderful holiday! We will have class on Dec. The regular class schedule applies for those 3 days. Normal class schedule starts up again on Jan. Have a safe and fun holiday [â€™] Member Login Pages.

### 5: Training & Lineage – WING CHUN COMBATIVES HAWAII

*Me, myself being a practitioner of both JKD and Wing Chun Kung Fu found this book to be interesting. It shows you how Bruce Lee used his Wing Chun knowledge and skill to be the basis of Jeet Kune Do.*

Wing Chun Kung Fu practitioners specialize in close range fighting utilizing both striking and stand-up grappling. Therefore, if an attack fails the practitioner will be able to flow into a follow-up attack. Stance Wing Tsun Kung Fu favours a high, narrow stance with the elbows kept close to the body. Within the stance, arms are positioned across the vitals of the centre line. Turning within a wing tsun stance is carried out either on the heels, balls or middle of the foot, depending on the lineage. All attacks and counter-attacks start from this stable, firm base. Wing tsun rarely compromises structure for more powerful attacks as this is believed to create defensive openings. Softness in Movement Softness, by performing techniques in a relaxed manner is fundamental to wing tsun. Tension reduces punching speed and power. If the arm is tensed, maximum punching speed cannot be achieved. Moreover, unnecessary muscle tension wastes energy and causes fatigue while becoming less fluid and sensitive during trapping and chi sau. Punches Due to the emphasis on the centre line, the straight punch is the most basic and fundamental technique in wing tsun kung fu and it is usually thrown with the elbow down and in front of the body. The fist is held vertically during execution and impact. The contact points vary from the middle two knuckles to the bottom three knuckles. When executing the wing tsun punch one should not stiffen his shoulders and trapezius muscles. The punch comes from the centre, and it is projected by simply reaching forward with a relaxed fist which is only tensed upon impact. Such punches are often delivered in quick succession, better known as chain punching or straight blast. When used with forward pressure, chain punches are the perfect weapon for disorienting and off-balancing an opponent. Parrying Wing Tsun Kung Fu favors the principle of simultaneous parrying and punching. Parrying allows the wing tsun practitioner to deviate the incoming strikes with minimal power and strike back at the same time, on the contrary to other hard styles such as traditional karate, where practitioners use all their power to block and then focus to strike back. Trapping is obtained through a variety of training drills, primarily lat sau drills and chi sau drills. They are designed to knock the opponent off balance, break their leg or to bring an opponent to their knees. Variations of the front kick are performed striking with the heel or the sole of the foot. The body may remain square on delivery and the foot is vertical upon impact. In short distances this can become a knee. The roundhouse kick is performed by striking with the shin, with the power coming from the body pivot. This kick is usually used as a finisher in close range, targeting anywhere from the ribs to behind the knees. Other kicks in wing tsun include a stomping kick, a thrusting side kick and a sweep performed with the heel in a circular way. Chi Sau Chi sau sticky hands is the term for the drills used for the development of automatic reflexes upon contact. Chi sau is practiced by two practitioners who maintain contact with each others forearms while executing techniques. Therefore, they are training each other to sense changes in body mechanics, pressure and momentum. Chi sau drills start with one-armed sets called Dan Chi which help the novice student get the feeling of the exercise. Then practitioners move to two-armed chi sau. Techniques become more complex as the practitioner advances in training. Sticky legs is the lower-body equivalent to the upper body chi sau training, aimed at developing awareness in the lower body and obtaining relaxation in the legs. Forms There are three empty-hand forms in wing tsun kung fu and one wooden dummy form. If you liked this article please help us out by spreading the knowledge and share it with your friends.

### 6: JKD India - Jeet Kune Do, Brazilian Jiu Jitsu, Wing Chun & Filipino Kali

*Bruce Lee's original art (Wing Chun) and the art he developed (Jeet Kune Do) are compared by Sifu Dan. Includes stances and footwork, hand and leg techniques, tactics, and self-defense.*

### 7: Wing Chun Kung Fu - Jeet Kune Do - William Cheung, Ted Wong - Google Books

## WING CHUN KUNG FU/JEET KUNE DO pdf

*The International Wing Chun / Jeet Kune Do Alliance is an organization founded by Ip Man Wing Chun Master Sifu Robert Ley and Jun Fan Gung Fu / Jeet Kune Do Master Sifu Lamar M. Davis II. The purpose of this organization is the unification of practitioners of Wing Chun Gung Fu and Jeet Kune Do.*

### 8: Wing Chun Kung Fu – The Nucleus Of Jeet Kune Do

*jeet kune do - kali - escrima - filipino martial arts - wing chun kung fu - silat - muay thai Since , our mission has been to help people succeed through our Jeet Kune Do JKD, Kali - Escrima - Filipino Martial Arts, Silat, Wing Chun Kung Fu and Jun Fan MMA programs.*

### 9: Wing Chun Kung Fu - Jeet Kune Do - Comparison Vol. 1 Ted Wong William Cheung | eBay

*One important thing to remember is that while Wing Chun is a standalone style, Jeet Kun Do is a system of ideas and methods which can be applied to any martial art from Wing Chun to karate and Brazilian Jiu Jitsu.*

*Combinatorial Search The New York Times Daily Crossword Puzzles, Volume 26 (NY Times) United States responses to treaty violations by the use of sanctions, 1931-1941. Digital hardware design by prof. m. balakrishnan Theodore Roosevelt, outdoorsman Supply Chain Fulfillment at Warp Speed V. 3. The United States and the road to war in the Pacific Definition of industrial engineering Scaling techniques in research The pirates of Tarnoonga An advertisement touching private censure, by F. Bacon. The Rebellious Bride (Harlequin Historicals) Projections and policies. Sample preparation (dilution, liquid-liquid or SPE extraction, derivatization, etc.) A mindfulness meditation. Introduction of population in india The echoes answer. Gender and language in British literary criticism, 1660-1790 The Artists Development Aristotelian Philosophy Scion hero 2e They deserved a better fate Sports Coaching and Teaching (Other Sports) Generation of identity in late medieval hagiography Rc hibbeler dynamics solution manual Dictionary of science and technology: German-English E-service quality definition dimensions and conceptual model John Phillips NT Commentary Set May Queen Festival Essentials of endoscopic sinus surgery Deixis and alignment Educational situation. Early life trauma and chronic pain Elie D. Al-Chaer and Shelley A. Weaver Renewable Energy and Energy Efficiency Technology Competitiveness Act of 1988 Tools for statistical inference Jehovah Shammah Ppk5 Standard Catalog of Sports Memorabilia Art of the ancient Mediterranean world Origins of church wealth in Mexico Saint Patrick, the Irish saint*