

[HOW TO DO JEET KUNE DO](#)



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Jeet Kune Do is a fighting style conceived by the famous martial artist Bruce Lee, who referred to it as a "non-classical" martial art. Jeet Kune Do is characterized by a lack of forms (kata / /) and patterns, instead relying on a philosophy of simplicity and mental preparedness.

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Jeet Kune Do Wikipedia

Jeet Kune Do practitioners believe in minimal effort with maximum effect. On January 10, 1996, the Bruce Lee Foundation decided to use the name Jun Fan Jeet Kune Do () to refer to the martial arts system which Lee founded; "Jun Fan" being Lee's Chinese given name.

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Jeet Kune Do Bruce Lee Foundation

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Learn Jeet Kune Do on Your Own Free Bruce Lee

First, there are a number of Jeet kune Do videos out there. A simple google will tell you how to purchase a Jeet Kune Do DVD. Second, although certification is often lacking, there are a number of Jeet kune Do schools out there. The main thing, whatever you do, is to learn Jeet Kune Do principles and apply them to your training.

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Jeet Kune Do Combined Self Defence

Jeet kune Do or JKD (way of the intercepting fist) is an eclectic and hybrid martial art created by Bruce Lee during the 1960 s. Neither a system nor a method, Bruce Lee didn t consider his art a style but an aggregate of principles for developing the martial mind and body.

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Jeet Kune Do Bruce Lee

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Jeet Kune Do Basic Training SportsRec

Jeet Kune Do or Jun Fan Jeet Kune Do is a fighting style developed by Bruce Lee. It incorporates and refines techniques from different martial arts including fencing, western boxing and wing chun.

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Jeet Kune Do Skills and Workouts MotleyHealth

Jeet Kune Do, like mixed martial arts, requires function training, including bodyweight circuit training, functional strength training (compound exercises, power-lifting techniques), kicking drills, punching and boxing drills, bag work, ground work, running, sprinting, endurance training, and flexibility training.

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