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Wing chun dummy plans

SAVE 20% ON YOUR FIRST MONTH BY USING DISCOUNT CODE TrainJKD247 AT CHECKOUT! Learn how to read your opponent, intercept their attacks, control distance, break the rhythm, hit hard and fast, cut angles, and defend yourself from all ranges of combat standing and on the ground. The JKD Process is an online Jeet Kune Do Training Program designed to teach you the entire JKD curriculum as passed down from Bruce Lee to his first and second-generation students! This online JKD program will take you through all the JKD beginner and advanced levels with options for certification. Learn practical self-defense, earn certification, and get in shape. Membership consists of over 40 hours of lessons, applications, and training drills. You'll learn not just the techniques, but also how to generate power, improve timing, speed, coordination, balance, and the concepts to make it all work! In addition, live online classes are available weekly with an emphasis on learning the original art and combat fitness training. Learn Jeet Kune Do as originally developed by Bruce Lee. In reality, there is only one Jeet Kune Do (literally Way of the Intercepting Fist). We use the term "original" to distinguish ours from others who teach other styles of martial arts and call it Jeet Kune Do. Bruce used the term Jeet Kune Do in 1967 to describe what he was doing, his personal expression of the martial arts. He developed the art until 1973 having opened and closed 3 schools in Seattle, Oakland, and finally Los Angeles. However, Jeet Kune Do is not a style in the traditional sense and meant to continually evolve within the individual experience. We teach the original art and leave it up to the students to absorb what they find useful, discard what is not, and incorporate their own methods that work for them. JKD Full Instructor certified under Beale's Combatives and Sifu Kevin Beale in the lineage of Sifus Bob Bremer (original student of Bruce Lee), Jim Sewell (original student of Bruce Lee), and Tim Tackett (2nd generation student of Bruce Lee under Dan Inosanto) teaching Jeet Kune Do (JKD) as passed down from Bruce Lee through his students in the Los Angeles school until 1973. Senior 1st and 2nd ranked in both Chinatown Jeet Kune Do and JJJFI Jeet Kune Do. Certified USA Boxing coach. Certified Okinawa Martial Arts Federation Kickboxing Instructor. Affiliate Member of Mick Thornton's Blending of the Martial Arts and SoCal Applied Wing Chun Academy. Trainer to numerous military and law enforcement. Earn rank and certification through our extremely detailed and easy to follow lessons! Our program consists of 8 ranks spread across over 40 hours of lessons. Students are encouraged to also study for themselves, comparing what they are learning to Bruce Lee's books and writings. Researching your own experience is part of the process. This is not a "blackbelt factory" and rank standards are high. Students are expected not only to be able to perform the movements, but also explain them as well. In the advanced ranks, sparring is also expected as "one cannot learn how to swim without getting in the water." Fighting is the same way. Try Our Free Video Lessons "Folks are always asking me 'Does JKD work in the ring?' It does. At the JKD Process, we train you to fight. Anyone can teach you how to punch or kick, but do you just want to learn how to punch and kick? Or how to defend yourself? There's a difference. We make fighters." The JKD Process Online Training Program is designed to teach you the entire JKD curriculum as passed down from Bruce Lee to his first and second-generation students from 1967 through 1973! Through our progressive curriculum, you can expect to not only learn the following, but also be able to apply it. Learn how to read your opponent's intentions, pick up on telegraphs, and intercept their movements Develop devastating power by putting your whole body into your attacks Slick defense - learn how to avoid punches to hit and not get hit! Learn Bruce Lee's 5 types of speed! Become extremely fast by learning how to relax and remove tension Learn how to fight strategically utilizing Bruce Lee's 5 Ways of Attack Understand the reality of violence, what will and will not work in a fight, and why Learn how to control distance and take angles through advanced footwork Understand the psychology of fighting and how to break down an opponent Find out how to utilize broken rhythm to keep your opponent guessing Learn to fight from all ranges of combat from kicking to striking and trapping to grappling and ground fighting Lessons are designed extremely detailed, thorough, and very easy to follow with or without a partner! You'll also have direct access to your Trainer via phone, text, email, or our live online classes. As a student, you'll be a part of an active community with members around the world! Make new friends, exchange ideas, or just stick to training solo. The choice is yours! A fraction of the cost of regular martial arts schools. Multiple training plans to chose from with the goal of making Jeet Kune Do accessible to as many as possible. So, what happens after I sign up? What should I anticipate? Once you sign up for any membership plan, you'll receive instant access to the entire JKD curriculum (Core and Advanced Training) and supplemental lessons in Wing Chun Kung Fu. If you sign up for the Online Membership Plus Live Classes Plan, you'll also receive access to the weekly live class & workshop. Online Membership Plus students can login to our weekly 2-hr class & workshop every Sunday 4:30pm-6:30pm EST. Classes are recorded so you can view them even if you're unable to attend class. You work through the online lessons or classes at your own pace. If you decide to test for rank, just let us know and we'll set up a live online rank test. Thanks Black Belt Magazine for showcasing our school! The JKD Process does offer optional certification and instructorship online for those interested in earning rank or possibly teaching Jeet Kune Do in the future. However, learning Jeet Kune Do is NOT about certifications, belts, or ranks. It's about having the skill and ability to defend yourself and your loved ones. Bruce Lee did have ranks in his schools originally. However, as he evolved Jeet Kune Do, he did away with the ranking system because he believed that belts and other types of ranking were not necessary for training. Bruce Lee felt that the driving force for growth in the martial arts should be inherent within each individual rather than the chasing of a colored belt or a piece of paper called a certification. While Bruce did eliminate ranks and certifications, our program does contain optional certification for those interested. The JKD Process rank structure consists of 8 ranks like the original format Bruce developed from beginner through instructorship. All testing is done LIVE online! Certification and testing, however, do not have to be done consecutively! This means if you're ready to test for a higher rank, you can! You don't have to work through material or levels you're already proficient at. Whether you desire to teach JKD or just learn the art, our program will get you there. Ready to sign up? Don't simply believe us "Rob is very thorough instructor. He does a great job of tailoring his instruction for each of his students level. He makes the environment fun and challenging on all levels, which makes me want to continue to attend all of his future sessions!" "The most correct approach to JKD and self-defense... Here you find the true spirit of martial art - earnest instruction of correct techniques and mindsets for self-defense of all skill levels." "I am starting to do some JKD training at a local gym in June, but I think I'll stick to your online program because it's just going to help me so much more. You explain every detail and why things will work and I need that starting at 49." The Online Membership includes the entire JKD curriculum in easy-to-follow self-study videos! This membership is inclusive of both the core JKD curriculum, advanced curriculum, and a bonus course in traditional Wing Chun Kung Fu! The supplemental Wing Chun course includes all empty hand forms, drills, and Wooden Dummy form. The Online Membership Plus includes the above as well as our live online classes/workshops each week. Live classes are available every Sunday 4:30pm-6:30pm EST. Classes are also recorded so you can view them afterward if you are unable to attend class. The full JKD Program plus weekly live online classes! (\$39/month) The full JKD Course & Ranking Program! (\$25/month) Use coupon code TrainJKD247 at checkout 00 Days 00 Hours 00 Minutes 00 Seconds

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