

JKD: The Way of the Blade - The Ultimate Martial Arts Reference

Jeet Kune Do (JKD) is a martial art created by Bruce Lee in the 1960s. JKD is a hybrid martial art that incorporates techniques from a variety of disciplines, including boxing, fencing, karate, and wrestling. JKD is based on the principle of "no way as way," which means that there are no set forms or techniques in JKD. Instead, JKD practitioners adapt their techniques to their own individual needs and abilities.

JKD: The Way of the Blade is the definitive guide to Jeet Kune Do. This comprehensive book covers everything from the basic principles of JKD to advanced techniques and strategies. Whether you're a beginner or an experienced martial artist, JKD: The Way of the Blade is a must-have resource.

This book is written by a team of experts in JKD, including Bruce Lee's personal instructor, Dan Inosanto. The book is divided into three parts:



JKD's Way of the Blade by Jason Korol

★★★★☆ 4.6 out of 5

Language : English
File size : 23499 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 150 pages
Lending : Enabled



- **Part 1: The Basics of JKD** This part of the book covers the basic principles of JKD, including the five ways of attack, the six principles of defense, and the three ranges of combat.
- **Part 2: Intermediate JKD** This part of the book covers intermediate JKD techniques, including footwork, punching, kicking, and grappling.
- **Part 3: Advanced JKD** This part of the book covers advanced JKD techniques, including trapping, countering, and finishing moves.

JKD is a highly effective martial art for self-defense and combat. JKD is also a great way to improve your fitness, coordination, and self-confidence.

Some of the benefits of JKD include:

- Increased self-awareness and self-confidence
- Improved physical fitness and coordination
- Enhanced self-defense skills
- Greater mental toughness and resilience

JKD is suitable for people of all ages, fitness levels, and experience levels. JKD is a great choice for anyone who is interested in learning a practical and effective martial art.

JKD: The Way of the Blade is the definitive guide to Jeet Kune Do. Free Download your copy today and start your journey to becoming a complete martial artist!



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