

The Martialarm Introduction To Jeet Kune Do

Jeet Kune Do is less an actual style of martial arts than it is a philosophy. Conceived by the late film star Bruce Lee, the main idea of Jeet Kune Do is that each practitioner of martial arts has different physical and mental abilities, and therefore no style, in fact not even a single technique, can be effectively used by everyone. Thus, the Jeet Kune Do artist learns to, "absorb what is useful, reject what is useless," using exclusively their own judgement to determine usefulness. Schools of Jeet Kune Do do not have regimented lessons that are taught, rather the instructor's objective is to show the student the paths they can take to developing their own style. Jeet Kune Do has been listed as highly variable on the grappling - striking scale because in theory it can be as centred around either approach as the individual using it decides it should be. However, the reality is that Bruce Lee's own formal training was in the Wing Chun style of Wushu and therefore the techniques taught will tend to lean toward striking. Advanced practitioners are taught to study many styles and take from them whatever they think they could use.

Jeet Kune Do training can be done in any city in the world and I encourage you to visit our martial arts directory of Jeet Kune Do to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/jeetkunedo.html>

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