



Progressive Jeet Kune Do: A Beginner's Guide

Anthony Francis Monterroso

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The Progressive Jeet Kune Do Research Institute continues to progress and adapt the art of combat using innovative approaches and unmatched comprehensive research. Progressive Jeet Kune Do: A Beginner's Guide, First Edition is a part of an integrated teaching and learning system that brings the best resources to both martial arts instructors and students. This book introduces and combines various combat strategies and tactical concepts. By providing a strong fundamental knowledge, such as kinematics, fitness and nutrition, training concepts and paradigms; this unique text will help you identify and manage combat dynamic situations while emphasizing the need for self-expression and adaptation.

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