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You'll also learn one of our "bread and butter" techniques for intercepting as taught to us by Sifu Bob Bremer (this is a "lost" technique that is rarely, if ever, taught by other JKD groups) Learn to strike fast & hard, the JKD way! Learn to harness your natural abilities to strike with maximum impact, along with required JKD boxing drills and techniques taught by Sijo Bruce. The lessons are a one-time payment (for each level) Once you've become a premium member, the lessons (for the level you purchased) will be available in the member's area for unlimited viewing... With JKD Chinatown, not only has the level of teaching expertise demonstrated surpassed anything in JKD I had seen before, but it has been organized in a progressive manner. Get over 100 individual videos over 25 lessons on various fundamental aspects of Chinatown Jeet Kune Do! The Level 1 phase of Chinatown JKD relates to the first of Bruce Lee's three stages in the cultivation of JKD: "sticking to the nucleus". It is a mobile friendly site so your training will not be interrupted when you're away from home. The Chinatown JKD Way! We do not do "trapping for trapping's sake". Learn the unique way Sifu Bob Bremer was taught to throw the most important punch in JKD. Learn how to control distance and bridge the gap! Learn simple and efficient maneuvers you can use to always maintain your range and keep weapons "on target". Have you always wanted to learn Bruce Lee's art of Jeet Kune Do? We use a step-by-step developmental process with a logical linkage between lessons explained in detail and suitable for practitioners of all levels! Have ever dreamt of progressing and grading in authentic JKD? The details on them are what separates them from the rest. Once you've have placed your order, you will get immediate access to all of the Chinatown JKD Level 1 curriculum. Using full-color illustrations and clear instructions, "Jeet Kune Do Basics" will teach you the fastest, most efficient, and most powerful ways to kick, punch, trap, & otherwise dominate your opponent. It is really an inside on Bruce Lee's thoughts. Thanks guys! Glad to have joined you! Highly recommended! I have bought many JKD videos over the years, some of them quite good. Learn how you can start using your trapping in a functional environment. It is designed to run on Windows, Mac and other multi-media platforms with a broadband connection. Once you complete the lessons as prescribed and train using our evaluation sheets; you may receive video assessment / evaluation and detailed feedback, and be eligible to be evaluated for rank in Chinatown JKD. If you ever have questions regarding the lessons, we have a community of instructors and advanced practitioners who can answer any questions or address grey areas you may encounter during your training via our private forum (part of the online lessons), and our private Facebook group. Learn the Chinatown Jeet Kune Do curriculum as developed by Sifu Tim Tackett and his senior instructors with over 100 video lessons! Get direct lineage to Bruce Lee: Tim Tackett, Bob Bremer, Jim Sewell and Dan Inosanto (all direct students of Sijo Bruce Lee) This Is The Next Best Thing To Being There "Live" And In-Person! Old School Chinatown Jeet Kune Do requires you to master specific skill sets and the Level 1 fundamentals program will give you all of the tools required to give you the proper foundation of Bruce Lee's Chinatown JKD. Learn all of the requirements required to be eligible for 1st rank in Chinatown JKD! Simple step-by-step lessons containing multiple video modules totaling over 15 hours of video in Level 1 alone! In these lessons you will learn proper structure and techniques, but more importantly the foundation to properly intercept an attack, strike harder and faster than you ever imagined! What to do next... Just click the "Get Started Today" button below to get your Level 1 membership access. From boxing drills and techniques taught by Sijo Bruce to trapping and intercepting drills. What our members are saying... I would recommend this series to everyone with a desire to understand JKD. Access fundamental to advanced techniques of authentic Chinatown JKD as taught by Tim Tackett, Bob Bremer and Jim Sewell. Now you too can learn the arsenal of Bruce Lee and his Chinatown-era Jeet Kune Do that made this simple yet sophisticated art famous for it's devastating effectiveness. A lot of Jeet Kune Do taught these days are "watered down" material without regard to the founding principles of the founder, Bruce Lee. The level 2 and 3 material are available by going to: If you have ever wanted to learn authentic Chinatown JKD, this is for you! All The Foundational Techniques - Learn all of the foundational techniques required for 1st Rank (and most of 2nd Rank) in Chinatown JKD, including: footwork, striking, kicking, interception, trapping and more! Hours of Content - The Level 1 - fundamentals program has over 15 hours video alone! Each lesson include multiple videos (generally 2 - 4 videos per lesson), with techniques and drills to make them functional against live sparring. Opportunity for advancement - For the first time ever, learn all the techniques and nuances required for the technical ranks in Chinatown Jeet Kune Do. Train the material and get eligible for rank advancement in Chinatown JKD! (Sign up and get an inside look at the technical foundation expected at each level) Membership - once you purchase, you will also become a member of the Chinatown JKD Association! What Will You Learn? Learn all of the Level 1 requirements required in Chinatown JKD (with this knowledge you will be ready to test for your 1st Rank certificate). While JKD is an intercepting art, you don't always want to wait for the fight to come to you! Learn to take the initiative and attack first by "taking care of" the various lines of attack. Learn Trapping... Nice music, quality video. FAQ You can get access to our Level 1 area by getting started above. With JKD Lessons.com, you can train around your schedule! You have access to the lessons 24 hours a day, 7-days a week! Watch it anytime on your mobile, tablet or your computer! If you're old-school, you can also get ALL the lessons in DVD format. You can download the paper by clicking the button above. Very thorough instructions. It will only take a few seconds. Very detailed in presentation and each successive module builds upon the last with a solid progression. great drills for anyone who's new to the JKD and contact sparring game. Sifu Tim Tackett and Sifu Bob Bremer The "Old School" Way!!!! Learn Original Chinatown Jeet Kune Do techniques handed down by 1st and 2nd generation students of Bruce Lee with our "one-of-a-kind" step-by-step training program. As we begin to introduce the foundation of the Jeet Kune Do structure, or as Sijo Lee put it, the "nucleus", it is crucial to learn this structure. Authentic Chinatown JKD Curriculum - This is the first and only online video training course on Chinatown JKD - the curriculum and techniques taught by Tim Tackett, Bob Bremer and Jim Sewell. Master the techniques herein, and watch your fighting ability increase many times over! Contains 42 8.5x11 inch pages, with over 90 photographs. By far the best JKD videos I have ran across. However, they have never held my attention for to long, even when the level of tuition had been excellent. Whether you're a complete beginner or already have martial arts experience, you can learn the dynamic art of Jeet Kune Do! Discover Chinatown JKD! This course was created to preserve the legacy of the Jeet Kune Do taught to our teachers by Bruce Lee. It is a unique opportunity to learn and master the techniques and strategies taught during the Los Angeles Chinatown-era of Bruce Lee's art. No, there are no monthly fees or contracts. This is the first and most comprehensive online video training course on Chinatown-era Jeet Kune Do - the curriculum and techniques taught by Tim Tackett, Bob Bremer and Jim Sewell. If you have ever wanted to learn authentic old-school Chinatown JKD, this is for you. Bruce Lee during the opening of the Los Angeles Chinatown school. Why choose JKD Lessons.com? The order in which you learn the material of Chinatown JKD greatly affects the time it takes for you to make it your own. Learn the techniques in the exact lesson format you would receive as a private student of Chinatown JKD. Learn simple drills and "games" to prepare you for our intermediate and advanced lessons. Unique Drills & Techniques! Learn the drills and techniques taught by Sijo Bruce and refined over the last 40 years by Sifu Bremer, Tacket and Sewell. When you are done, (this is important), you will need to check your email because there is a second part to this... I feel like Bruce Lee every time I watch Jeremy Lynch, Steve Resell and Dennis Blue. Learn to trap and throw; trap & takedown; trap and trip and how to trap & choke and more! Learn to get functional! Access dozens of exercises and drills to develop your JKD stand-up game instantly. C O N T E N T S Introduction/Disclaimer: Page 5 Stance - Bai Jong: Page 7 Footwork - Step-Slide: Page 8 Footwork - Pendulum/Slide Shuffle: Page 10 Footwork - Push Shuffle: Page 12 Punch - Lead Straight: Page 13 Punch - Rear Cross: Page 15 Punch - Uppercut: Page 16 Punch - Lead Hook: Page 17 Kick - Groin: Page 19 Kick - Lead Hook: Page 20 Kick - Rear Hook: Page 22 Kick - Full-Range Side: Page 24 Kick - Inverted Hook: Page 26 Kick - Ball: Page 28 Trapping - Pak Sao (Slapping Hand): Page 29 Trapping - Lop Sao (Pulling Hand): Page 31 Trapping - Hean Sao (Circling Hand): Page 33 Trapping - Jao Sao (Running Hand): Page 35 Trapping - Jut Sao (Jerking Hand): Page 37 Trapping - Ping Choy (Vertical Down-Strike): Page 39 A Note About Recovery: Page 40 Glossary: Page 41 About the Author & Editor: Page 42 Comments: "A lot of good information in a small space" - Matt Sample Page: Loading Preview Sorry, preview is currently unavailable. Learn how to intercept EVERY TIME your opponent moves. Author: Jeremy Lynch - Editor: Vincentius Vulpes Price: \$14.99 Jeet Kune Do Basics - PRINTABLE E-Book Now available for only \$19.99 At last, the authentic teachings of Jeet Kune Do, from one of its best teachers, straight to you! In "Jeet Kune Do Basics," the long awaited first in a series of JKD e-books, Jeremy Lynch teaches 20 of the foundational moves of Jeet Kune Do step-by-step. There are 25 individual lessons with each lesson containing multiple video modules totaling over 15 hours of video in Level 1 alone! In these lessons you will learn proper structure and techniques, but more importantly the foundation to properly intercept an attack, strike harder and faster than you ever imagined! Learn to Intercept! This is the CORE of Chinatown JKD. your unique username and password to access the content in the exclusive members area.

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