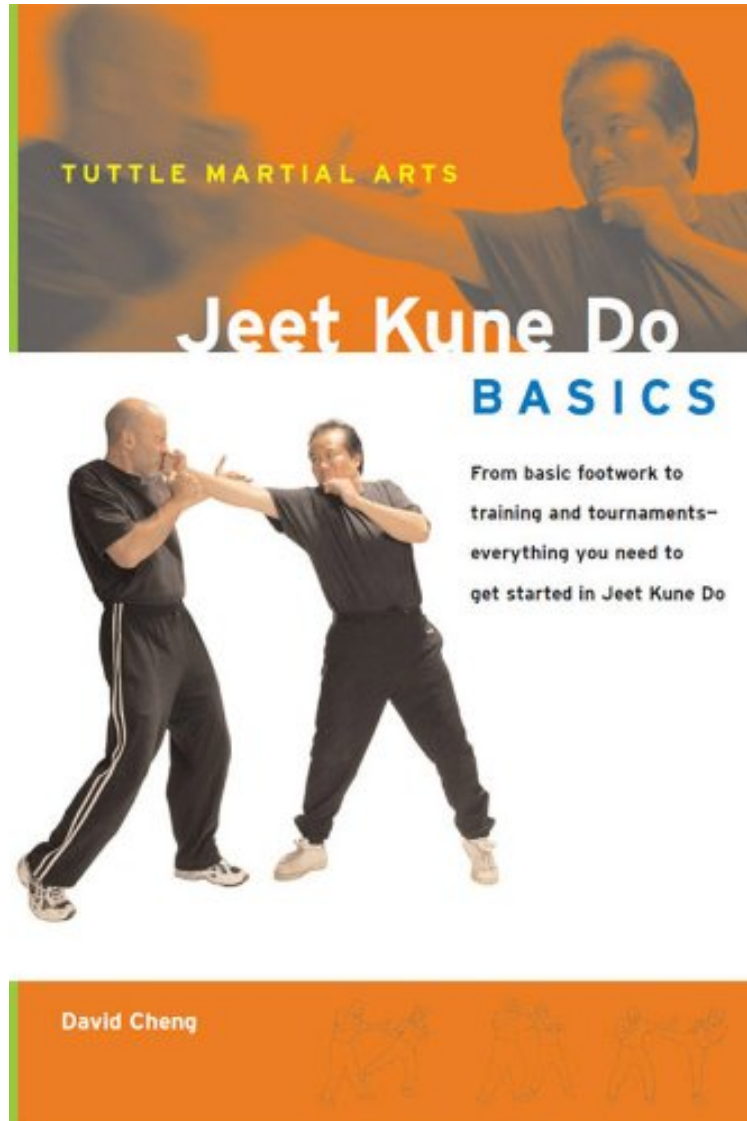


[PDF] Jeet Kune Do Basics (Tuttle Martial Arts Basics)

Jeet Kune Do Basics (Tuttle Martial Arts Basics)

Von David Cheng

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Von David Cheng : Jeet Kune Do Basics (Tuttle Martial Arts Basics) before purchasing it in order to gage whether or not it would be worth my time, and all praised Jeet Kune Do Basics (Tuttle Martial Arts Basics):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Hlt was es versprichtVon KellerstahlDieses Buch hat mir sehr bei meinem Einstieg in das komplexe System JKD geholfen. Besonders die Erklrung der wichtigsten Kicks und Schlge wie auch der 5 Arten des Angriffs inklusive guter, nachvollziehbarer Beispiele machen fr mich den Wert von "JKD Basics" aus. Grappling/Groundfighting kommt zwar

etwas kurz aber dieses Manko wird durch den guten Stil und die vielen wertvollen Tips (z.B. zu Taktik und Sparring) wieder wettgemacht. Auch wenn Chengs Buch eher textlastig gehalten ist sind die wenigen Illustrationen gut erkennbar und klären evtl. Missverständnisse. Tolles Begleitbuch zum JKD Training!

Kurzbeschreibung This useful and informative book offers a detailed overview of Jeet Kune Do practice while explaining the specific moves readers will need to perfect their techniques. As a foundation, the book recalls the origination of Jeet Kune Do the philosophy, history, and different styles of the martial art. This gives readers an important reference point on how the practice evolved. From there, the book explains how to choose a school, taking readers through their first class including the etiquette and dress requirements. The basic elements of the style stances, footwork, upper body and lower body techniques, and grappling are all well represented and defined. Building upon this solid groundwork, the book informs readers of the five ways of attack, including the single direct attack, the attack by combination, the progressive indirect attack, the attack by drawing, and the hand immobilization attack. Fighting instructions include the tactical considerations of Jeet Kune Do practice such as defenses, counterattacks, and sparring. The book concludes with a comprehensive list of resources to help students further develop their knowledge of and training in Jeet Kune Do. Through compact and easy-to-read, this book gives readers everything they'll need to start their practice of this important fighting art.