

The Art and Philosophy of Jeet Kune Do::



Jeet Kune Do literally translated means “Intercept Fist Way” or way of the intercepting fist. It is actually a philosophy that eventually a Martial Art was formed from. To say it differently, JKD is an understanding about all martial arts that leads to a blended system of martial arts techniques developed by the late Bruce Lee and taught to his personal student and friend at the time, Dan Inosanto amongst others. Jun Fan Gung Fu is the foundation from which Jeet Kune Do eventually 'evolved' [for lack of a better term].

The underlying philosophy behind Jeet Kune Do is summed up in the statement, “Having no way, as way. Having no limitation, as limitation.” At the time Jeet Kune Do was developed there existed a long standing practice of the separation and segregation of most fighting styles or “ways.” It was predominantly seen by most martial artists at the time, that you must subscribe to only one “style,” or “way” of fighting, and each style thought their “way” was the best and only way. Bruce Lee saw this as narrow-minded and extremely limiting, and sought to change the whole approach to learning how to express oneself through the martial arts. He stressed that all martial arts have something valuable to offer but at the same time were limited, because they excluded many valuable techniques and ideas that strengthened other martial art styles. It is for this reason

that Bruce Lee sought to create one philosophy that encompassed all forms of martial art. He adopted a philosophy of... take from each art that which is useful, and discard that which is useless. Jeet Kune Do was born.

Jeet Kune Do therefore is an amalgamation of all arts. For instance, the stance is largely formed from fencing, the punches are modified western boxing, the kicks are modified Thai boxing/Karate/Tae Kwon Do, the trapping is from modified Wing Chun, joint locks from Aikido/Jiu-Jitsu/Kempo, ground fighting/Wrestling from various arts, and weapons training from Kali and other Indonesian arts. JKD emphasizes footwork and agility, economy of motion, countering ability and strong practical self-defense. This realistic, training approach cultivates strong physical, mental and emotional development in the student in all ranges of combat.

Bruce Lee made constant changes throughout the development process of Jeet Kune Do and expected that changes would continue into the future. During this time Bruce was experimenting and changing his system by constantly adding and deleting. The whole concept of training in the different ranges was extremely new at the time and very important.



This sign hangs in the Inosanto Martial Arts Academy, and has remained there since the time Bruce Lee gave it to Guro Inosanto. It is the core doctrine and practice of the philosophy and art of Jeet Kune Do.

Jun Fan Gung Fu/Jeet Kune Do is an extremely well-rounded

system addressing conceivably all ranges of combat and defense. The practitioners goal is to be able to flow from the Weapons Range, to Kicking Range, to Boxing Range, to Trapping Range, to Grappling Range, and back out again from one to another easily.

We encourage all in attendance to offer their own experiences and talents to be included. Knowledge of other martial arts does not hinder or exclude you from Jeet Kune Do. We consider it just the opposite. It helps, enhances and reinforces your martial arts abilities, and understanding. All are encouraged to attend and participate.