



## THE FACTS OF JEET KUNE DO

1. The economy – tight structure in attack and defense  
(attack: the alive leads / defense: sticking hands)
2. The versatile and “artless – artful,” total” kicking and striking weapon
3. The broken rhythm, the half – beat and the one or three-and-a-half  
(JKD’s direct in attack and counter)
4. Weight training and scientific supplementary training plus all-around fitness
5. The “JKD direct movement “in attacks and counters-throwing from where it  
Is without repositioning
6. The shifty body and light footwork
7. The”un-crispy”stuff and unassuming attacking tactics
8. Strong in-fighting –
  - A. shifty blasting
  - B. throwing
  - C. grappling
  - D. immobilization
9. All-out sparring and the actual contact training on moving targets
10. The sturdy tools through continuous sharpening
11. Individual expression rather than mass product; aliveness rather than  
classicalness (true relationship)
12. Total rather than partial structure
13. The Training of” continuity of expressive self” behind physical movements
14. Loose power and powerful thrust-drive as a whole. A springy looseness but  
not  
a physical lax of body. Also, a pliable mental awareness
15. The constant flow (straight movement and curved movement combined-up  
and down, curved left and right, sidesteps, bobbing and weaving, hand circles
16. Well-balanced posture of exertion during movement, constantly. Continuity  
between near all-out an near all-loose