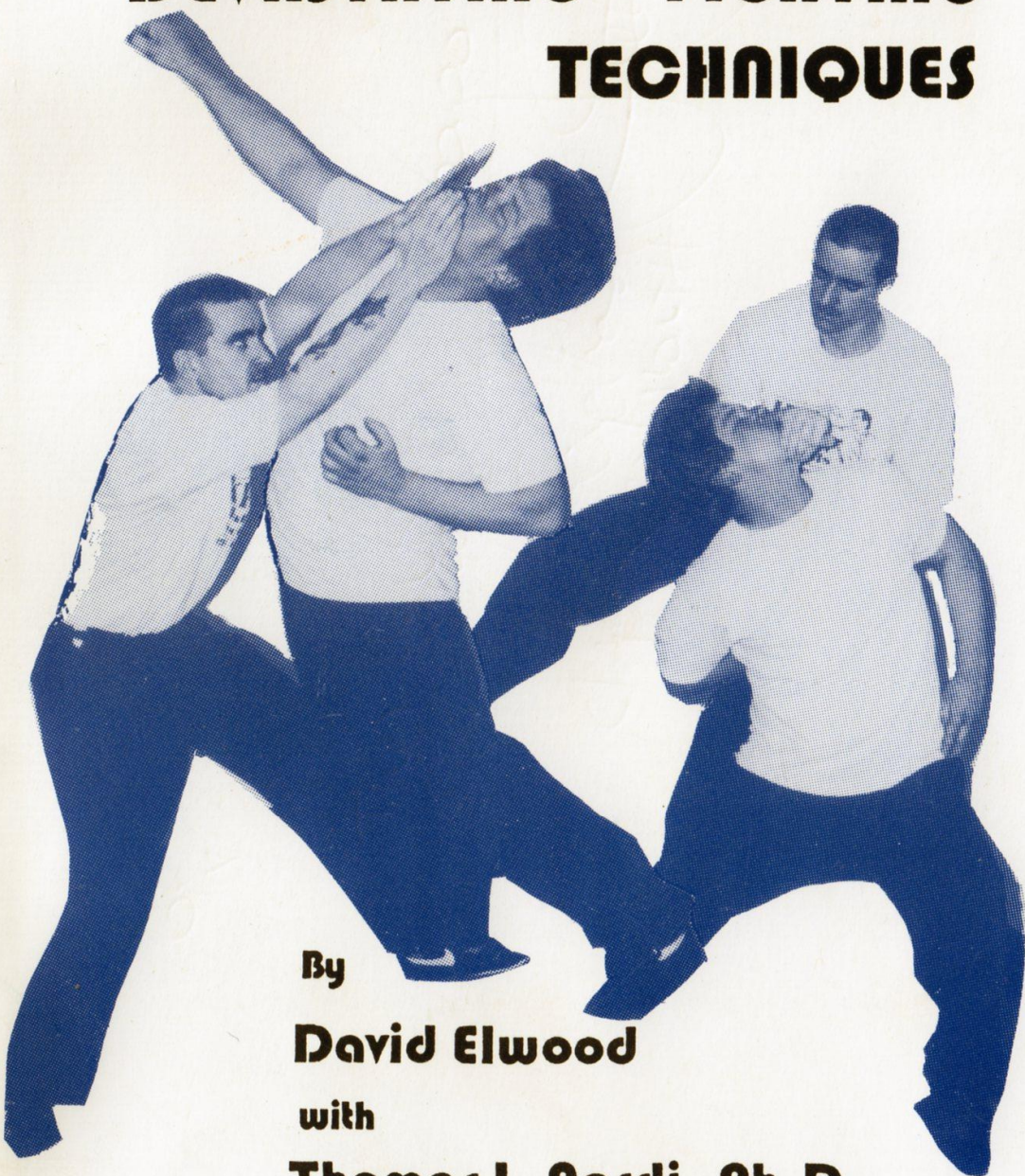


# **JEET KUNE DO**

**DEVASTATING FIGHTING  
TECHNIQUES**



**By**

**David Elwood**

**with**

**Thomas J. Nardi, Ph.D.**

JEET KUNE DO

DEVASTATING FIGHTING TECHNIQUES

By

DAVID ELWOOD

**With**

**Thomas J. Nardi. Ph.D.**

Copyright 1996

Koinonia Productions

6818 Nevada Avenue

Canoga Park, California 91303

## Table of Content

Introduction	4
Part One: Long Range Attacks	13
Part Two: Medium Range Attacks	27
Part Three: Close Range Attacks	42
Conclusion	59

## **Dedication**

To my wife and family for their continued support

## Introduction

This book presents devastating Jeet Kune Do fighting techniques. The techniques cover the three ranges of combat: Long (or kicking) Range, Medium (or boxing) Range, and Close (or trapping/grappling) Range. To be a truly complete fighter, one must be able to function in all three combat ranges. A “total approach” fighter has no one range that he prefers – he can fight effectively in all ranges. He does not need to set up his techniques because, as Bruce Lee said, he is responding like an echo to the opponent.

The experienced reader will be able to recognize the source of some of these techniques. In true JKD style, the techniques are eclectic, drawn from many different arts. They are unified in their effectiveness. In JKD, techniques that work are endorsed; those that are too stylized or embroidered, are discarded. The discerning reader will recognize the influence of thai, kali, boxing, judo, etc. within these pages. Remember Bruce Lee’s admonition; do not mistake the finger pointing to the moon for the moon. Learn these techniques as well as you can by practicing them repeatedly. Learn how and when to apply them, and then forget them. Let them be automatic so that you do not need to “remember” them. Do you have to remember to walk, talk, or eat? Of course not. You once had to learn these skills but now you no longer need to “remember” how to perform them. Now you just do them. So, too, allow these techniques to become as natural and as automatic as walking, talking, or eating.

These techniques are extremely dangerous. Be careful in practicing them and even more cautious in deciding to use them “for real” in self-defense.

## About the Author

Bruce Lee advised his fans, students, and admirers that “JKD is only a name; don’t fuss over it”. What would the Little Dragon think of today’s JKD scene? Would he be pleased with so many groups (not individuals, mind you, but groups) claiming to be teaching the “one and only” or “authentic” JKD?

David Elwood, in his own exploration of JKD, studied with a number of the most publicized JKD teachers. Prior to pursuing JKD, Elwood studied other martial arts including combat tai chi, American Isshin-Ryu karate (in which he holds a 3<sup>rd</sup> degree black belt) and kickboxing. He “absorbed what was useful” from them and indeed was even encouraged to teach the art. His search for what he considered the final phase of his JKD journey arrived when he met Master Leo Fong. Master Leo Fong, teaching with the Total Approach Organization (TAO) opened new vistas for Elwood. He was quick to realize that Master Fong has influenced the development of JKD as well as having been nurtured by it himself. The young Bruce Lee had sought out Fong because of Fong’s reputation in the Chinese community. Young Bruce Lee was fascinated by Fong’s boxing skills. He taught Fong wing chun and in exchange Fong showed Bruce the rudiments of western boxing. The exchange of theory and techniques led to the foundation of Jeet Kune Do.

Dave Elwood now considers himself a student of Master Fong. While still respecting his past instructors, Elwood continues to teach at his own school in Somerville, New Jersey while being a part of Master Fong’s Total Approach Organization (TAO). He also teaches at Total Approach seminars. This is the first in a series of books on combat JKD.

## **Special Thanks**

Special appreciation and thanks is expressed to Dr. Thomas Nardi for his assistance in preparation of this book. A well known martial artist, Dr. Nardi is also a clinical psychologist and university professor. He is a martial arts practitioner with black belts in several arts including goju-ryu karate, jujitsu, and Modern Escrima. He is a private student of Guro A.K. Boouraca in penchak silat and kali. Dr. Nardi is the co-founder and co-director of the Total Approach Organization (TAO).

## **Acknowledgement**

Thanks are also given to Shawn Oldham for posing for the pictures in this book.



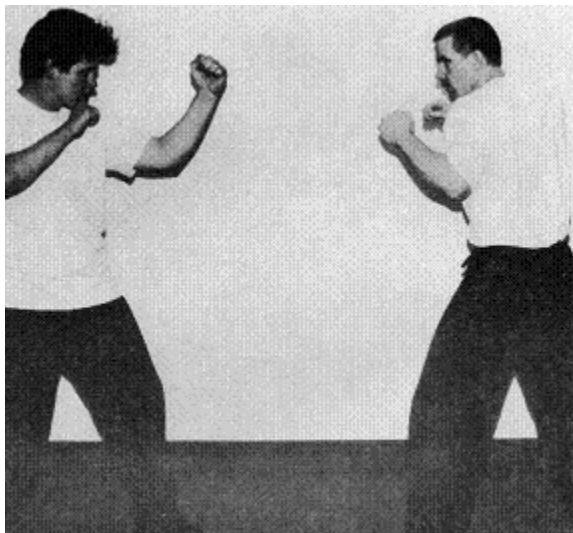
## Part One

### Long Range Attacks

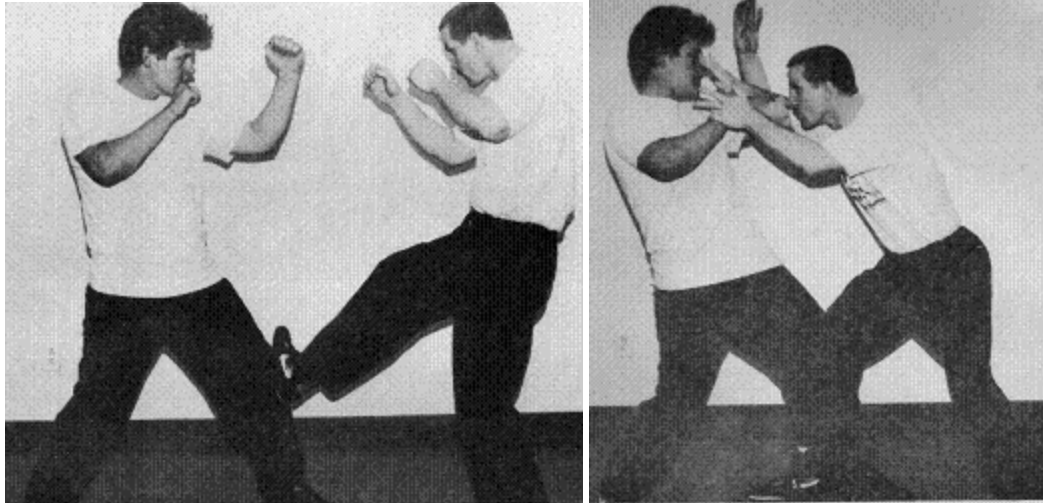
Long range refers to the distance between two combatants in which one can reach the other with a kick, but not with a hand strike. Some stylists prefer to fight in this range. Tae Kwon Do stylists, for example, favor this range for the obvious reason that it suits their repertoire of kicking techniques. It is important, however, to be equally comfortable at all ranges of combat. Regardless of your own style, mastery of the techniques in this section will add to your overall ability.

#### Technique One

Photo (1) Dave Elwood, on the right, faces an attacker at long range.

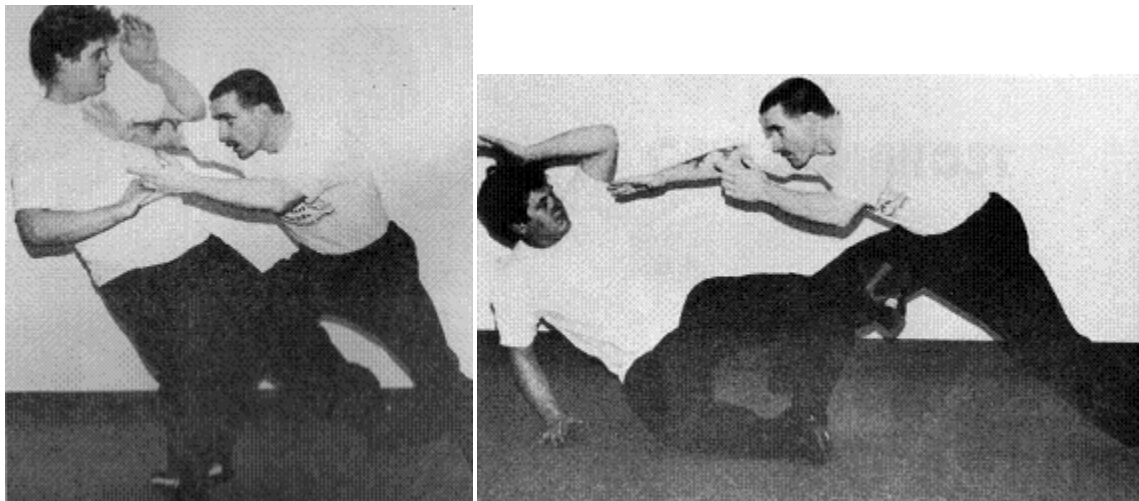


(2) Sensing the attacker's intention to move, Elwood initiates the engagement by throwing a low kick to the knee. The Indonesian term for this low scooping kick is sepa. It is designed to damage the knee joint.

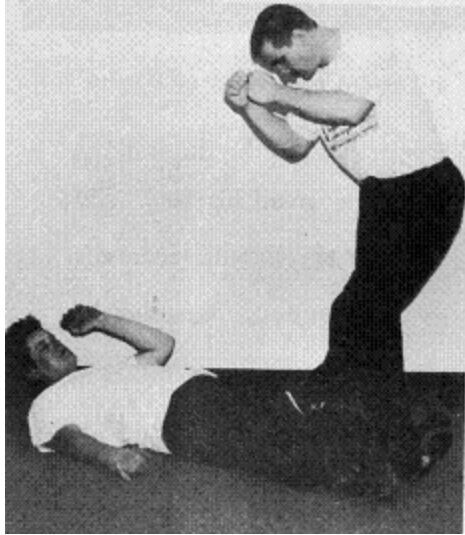


(3) Elwood then moves in and places his foot behind the attacker's lead leg. At the same time, Elwood enters into the attacker with his hands protecting his head.

This entry is called the tai chi sail as (4) & (5) Elwood drives the attacker backwards over his leg and onto the ground.

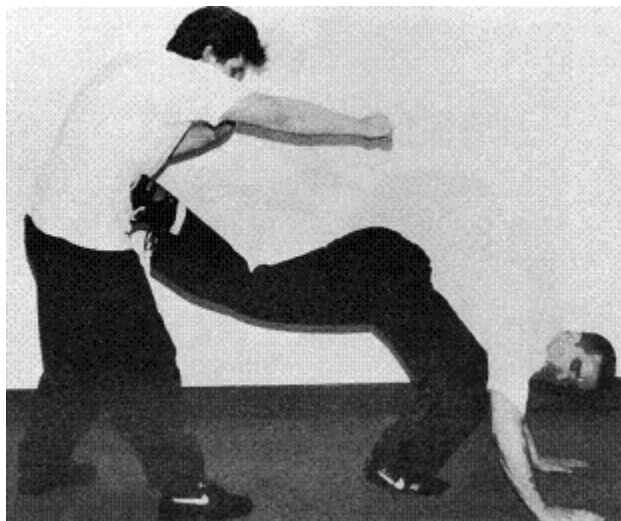
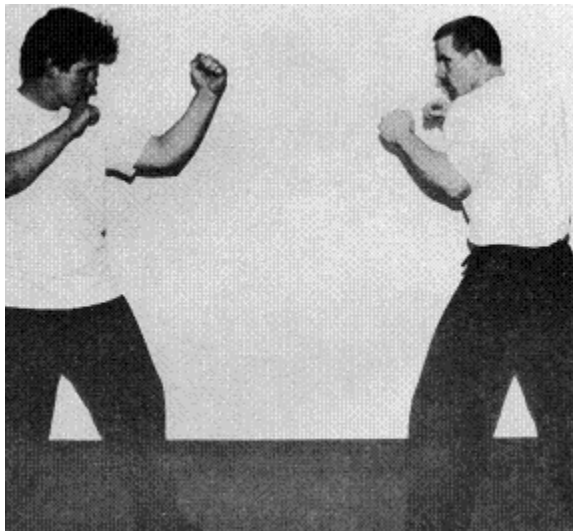


(6) Elwood then completes the technique by stomping onto the attacker's knee. This will shatter the knee cap.

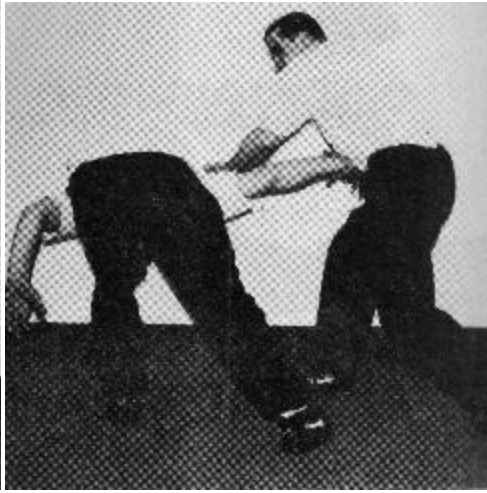
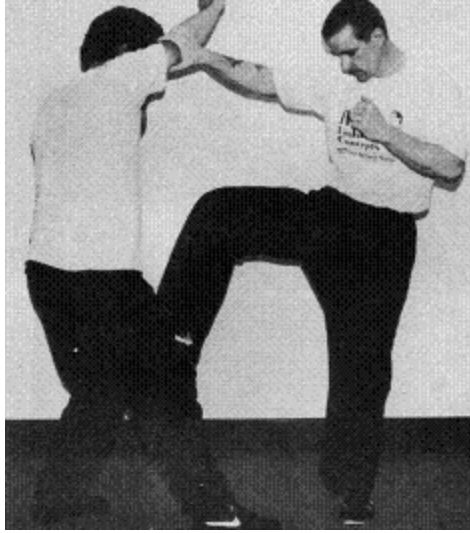


## Technique Two

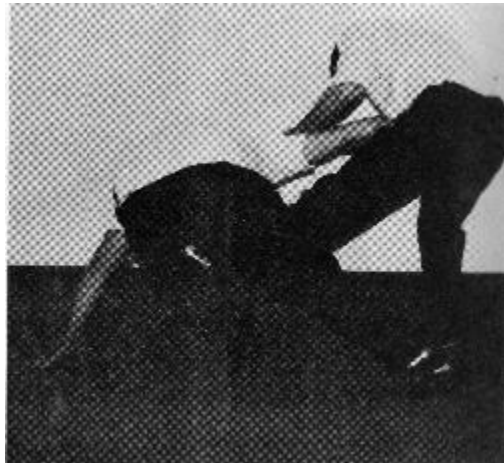
From the position of Photo (1) the attacker throws an overhand right. (7) Elwood turns, braces his hands on the ground, and throws a back kick to the midsection.



(8) Elwood then rises, turns and throws a kick to the attacker's groin. Note his right hand has grabbed the attacker while his left is up to guard his face.

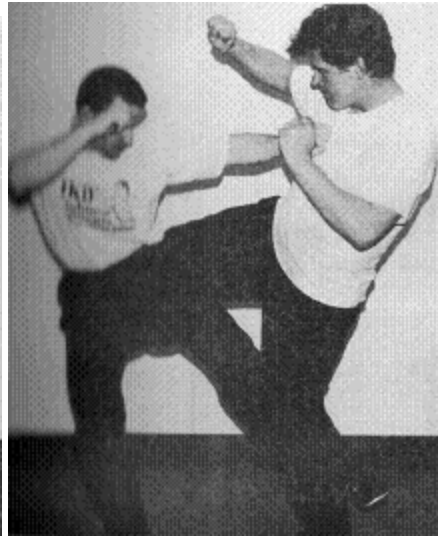
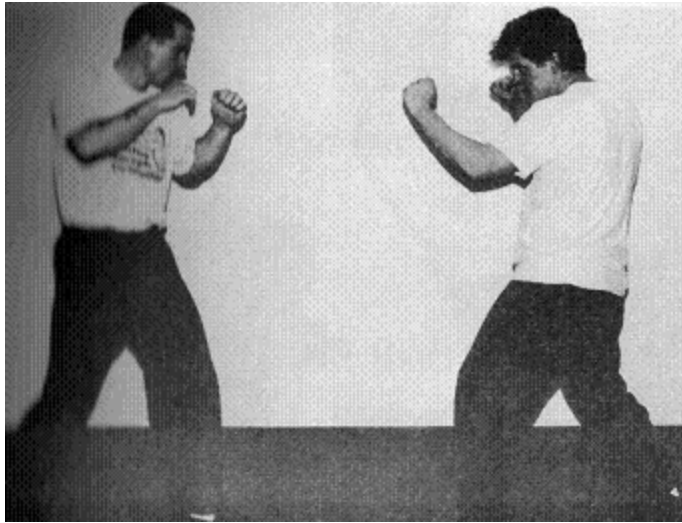


(9) Elwood then turns as he pulls the attacker's arm, extending it so that he can strike to the elbow. This strike can easily snap the arm. (10) Elwood then steps through and side kicks the attacker's left leg, forcing him to the ground.



### Technique Three

Street attackers have become more sophisticated in their assaults. Many of them have added thai kicks to their arsenal. It is important, therefore, to know how to defeat such an attack.



(11) Elwood on left faces opponent. (12) As opponent throws his kick, Elwood moves forward. This jams the opponent's technique and prevents it from landing with effect. At the same time, Elwood is throwing a low kick to the ankle of the opponent's support leg.



He is also grabbing the attacker. Elwood grabs the opponent's leg and then drives a palm heel strike to the opponent's jaw. He grabs the jaw and then (14) throws a knee to the groin (15) sending him to the ground.

## Part Two

### Medium Range Attacks

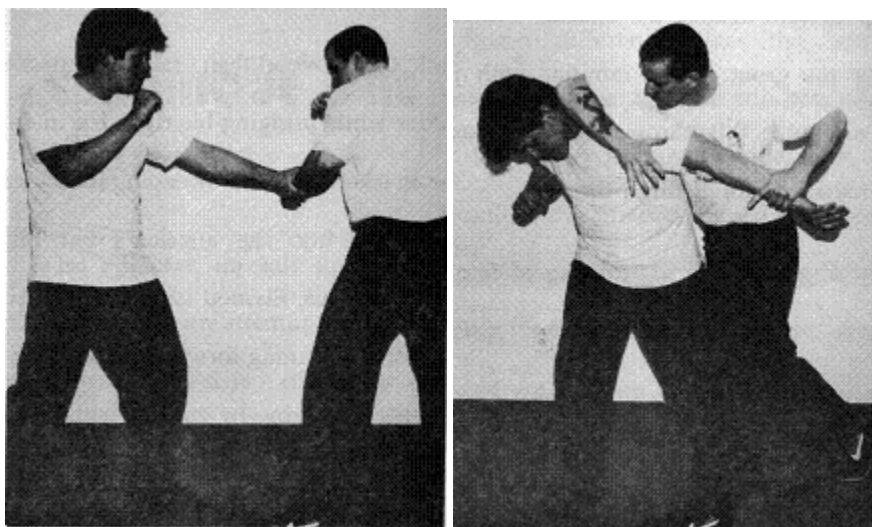
The medium range of fighting is also referred to as the boxing or punching range. This is the distance within which the combatants can reach each other with hand strikes. It is a closer range than kicking range but it is not as close as trapping or grappling range.

Medium range is preferred by those who study hand technique arts, e.g. boxing, many styles of karate, as well as street brawlers. It is the range within which most street confrontations begin. Those who favor this range will attempt to position themselves closer to their opponent before the fight actually starts. One defensive strategy is to always maintain a farther or closer distance between you and your opponent. This will prevent him from fighting in his range of choice. An even better strategy, and one reflective of the Total Approach to combat, is to be just as comfortable in this range as in other ranges. To be a complete and total warrior means being able to fight effectively in all ranges.

Here are some techniques that have been proven to work on the street in medium range.

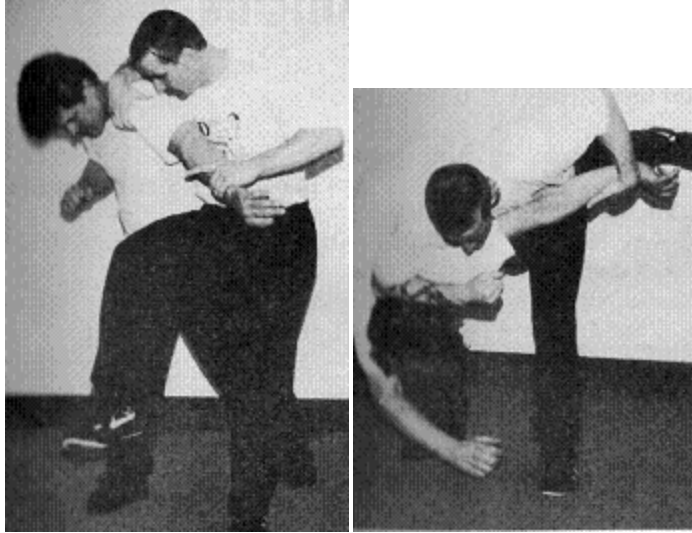
#### Technique One

(16) Attacker on left grabs Elwood's arm. This may be an attempt to pull Elwood forward, to temporarily check his arm to prevent him from blocking a strike, or the beginning of an attempt to lock the arm. It makes no difference what the attacker's intention may be: once he commits himself with the grab, you must immediately swing into action.



(17) Elwood immediately reverses the grab by performing his own grab on the attacker, while simultaneously stepping forward with a high elbow strike to the jaw or neck.

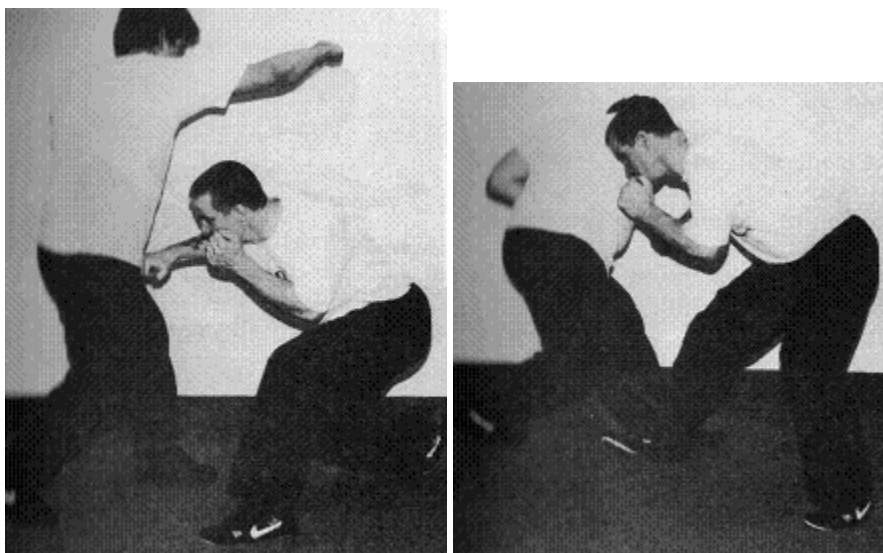




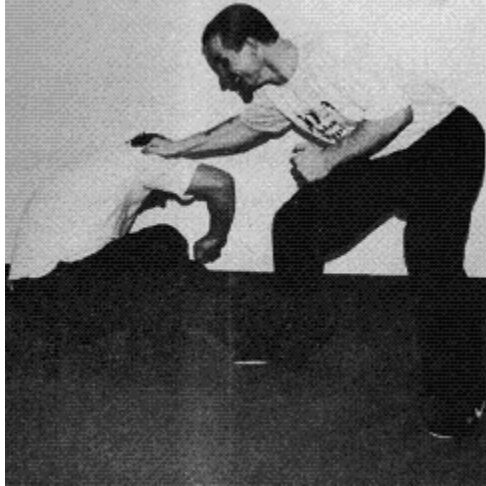
(18) Elwood then grabs the attacker's shoulder while bringing his right leg in front of the attacker and (19) sweeping it backward and upward into the attacker's left thigh. While doing this, Elwood is turning his body to his left and leaning forward. Note how he completes the throw by pulling on his left hand (on attacker's neck). Elwood's leg can sweep upward against the attacker's thigh or against the groin. Those familiar with judo will recognize this throw as a variation of uchi-mata, the inner thigh throw.

## Technique Two

(20) The opponent has made a boxing-type attack by throwing a right hook. Elwood ducks the punch and counter-strikes with a straight right to the groin. Note how his left hand is guarding his face and also note that Elwood has dropped his weight down, he has not bent over, to avoid the hook.

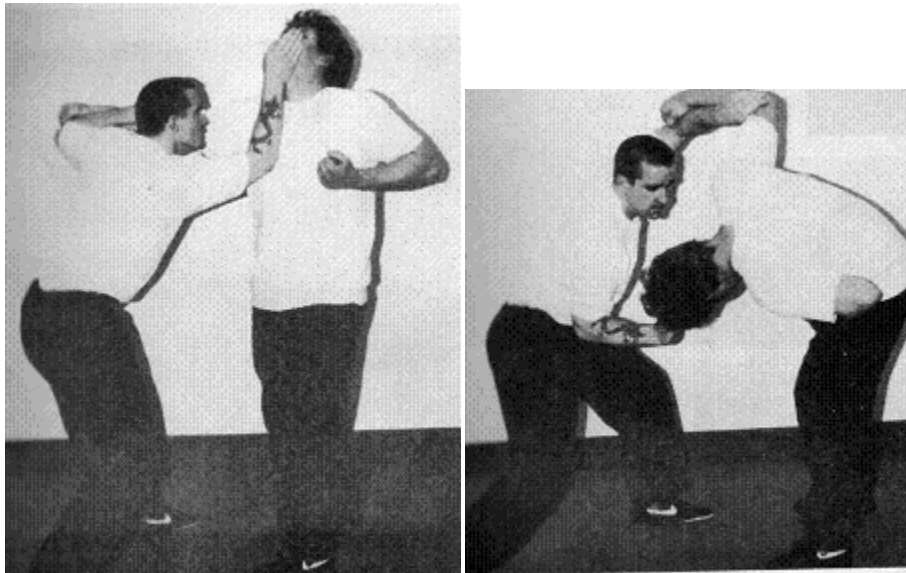


(21) Elwood then steps over to trap the opponent's left foot, preventing him from withdrawing it. He also grabs the attacker's shoulder. (22) He then drives/pushes the opponent to the ground by sweeping his leg while pushing his shoulder. This will topple the opponent to the ground where follow-up techniques could be applied.



### Technique Three

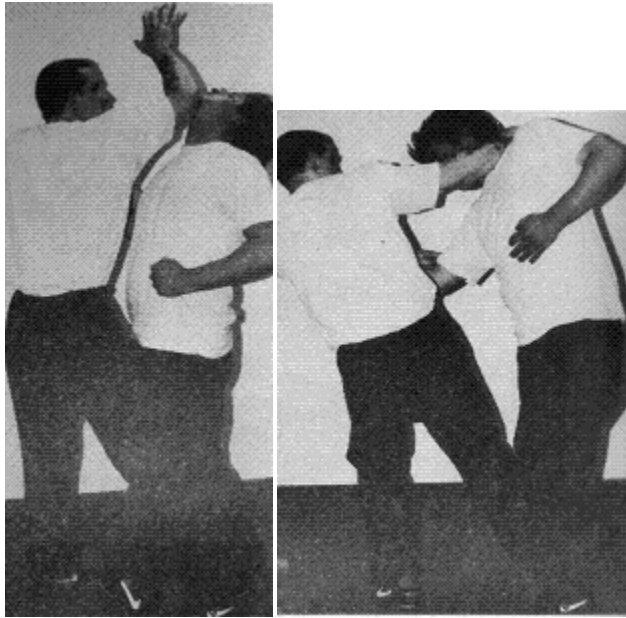
(23) From boxing range, the attacker throws a right cross which is intercepted by Elwood who steps in with a palm strike to the jaw while grabbing the attacker's arm.



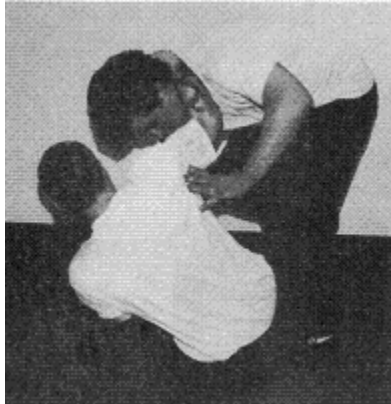
(24) Elwood then reaches up and grabs the attacker's hair and yanks his head down forcefully. (25) The opponent's natural reaction will be to attempt to resist. As soon as he begins to pull his head back,



Elwood releases his hair and drives his elbow up into the jaw. If the attacker does not try to straighten up, Elwood simply releases the grab on the hair and does the rising elbow strike.



(26) Elwood grabs the attacker's neck while turning to his own left. Note that he has retained his grip on the attacker's arm.



He begins to pull the forward and around (27) while he drops to the ground. This is considered a "sacrifice throw" because Elwood must allow himself to go to the ground. He is pulling/rolling the attacker forward and over his legs.



(28) After the attacker has hit the ground, Elwood drops his knee onto him and prepares to throw a punch. Note the attacker is pinned to the ground by Elwood's knee and grip on his right arm.

## Part Three

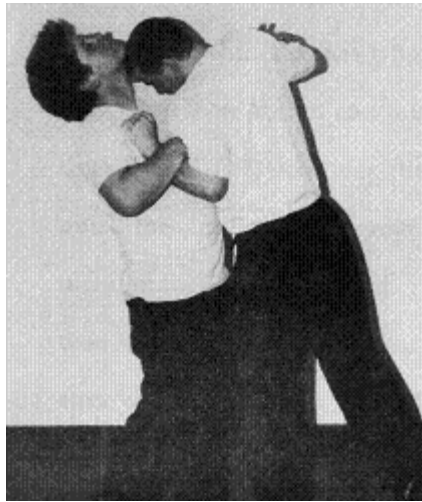
### Close Range

There has been a lot of attention focused upon close range fighting, particularly by those who are highly trained fighters. Close range is sometimes called trapping or grappling range. It is the range in which the average, untrained fighter is least comfortable. Ironically, it is also the range in which most fights end up. Many fighters will automatically grab onto their opponent when they get hit. Boxers are trained to clinch, for example, whenever they start to get hit. But even untrained people will clinch when they feel like they are in trouble.

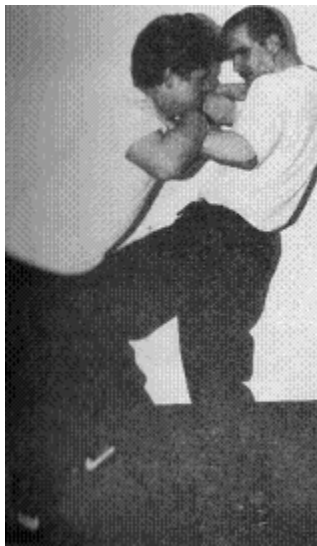
Judo players, wrestlers, wing chun students all prefer this range of fighting. This is the range that best allows them to showcase their techniques. It is the range that prevents most kickers or punchers from using their tools.

Once again the reader is reminded: master these techniques but do not become a slave to them. Learn to fight and be comfortable in every range.

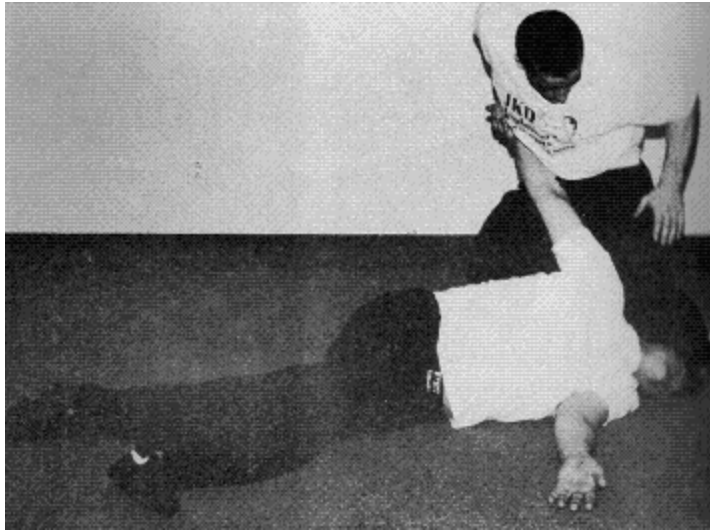
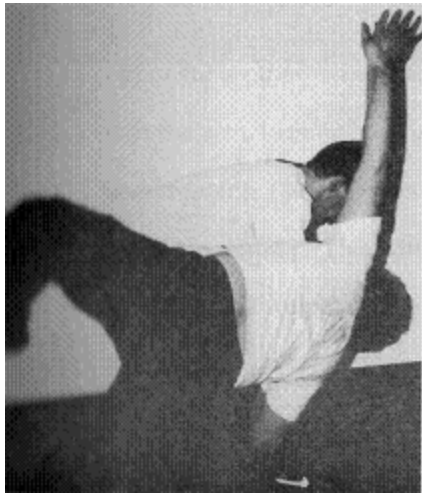
### Technique One



(29) Opponent on left grabs Elwood and begins to grapple. (30) Elwood immediately drives a head butt to below the chin. Note how Elwood has lifted his back foot in order to gain more drive and penetration with the head butt. Note also how close their bodies are: this is real close-in fighting.



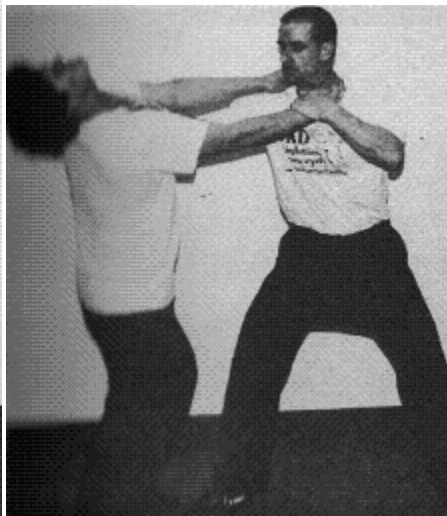
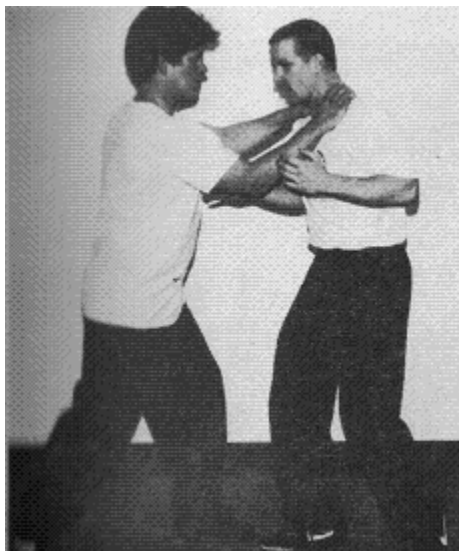
(31) Elwood next drives his knee into the opponent's groin while still maintaining a grip on him. (32) Elwood then steps across, pulling the opponent in close and onto his hip and (33) throws him over by pulling and turning to his left, sending the opponent to the ground.



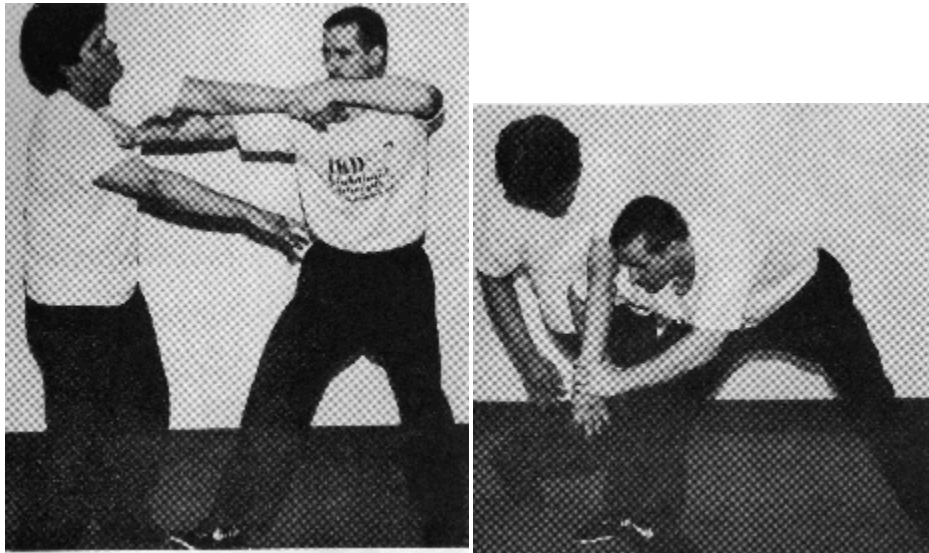
(34) Elwood then finishes the technique by dropping his knee onto the opponent's head and lowering his arm over his thigh. The knee to the head controls the opponent allowing Elwood to apply the arm bar.

## Technique Two

(35) The attacker moves in and begins to choke Elwood (36) who responds automatically with a finger spear to the throat. Note that Elwood has grabbed the attacker's right wrist, pinning it so that he cannot pull away.



(37) Elwood then grabs the opponent's other wrist and (38) then turns into the arm, locking it, while stepping across and trapping the opponent's right leg with his right hand. This checking of the leg prevents the opponent from escaping the technique.

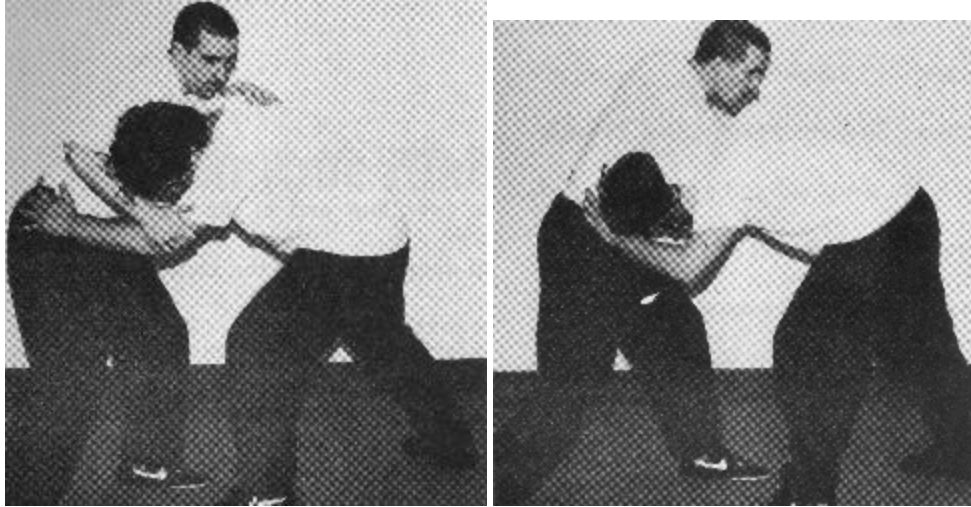


(39) Elwood continues to pressure the opponent's arm, taking him to the ground. Note that the opponent is helpless: Elwood is kneeling on his legs to control him, his own body is on top of his right arm, and Elwood is applying a lock to the left elbow.

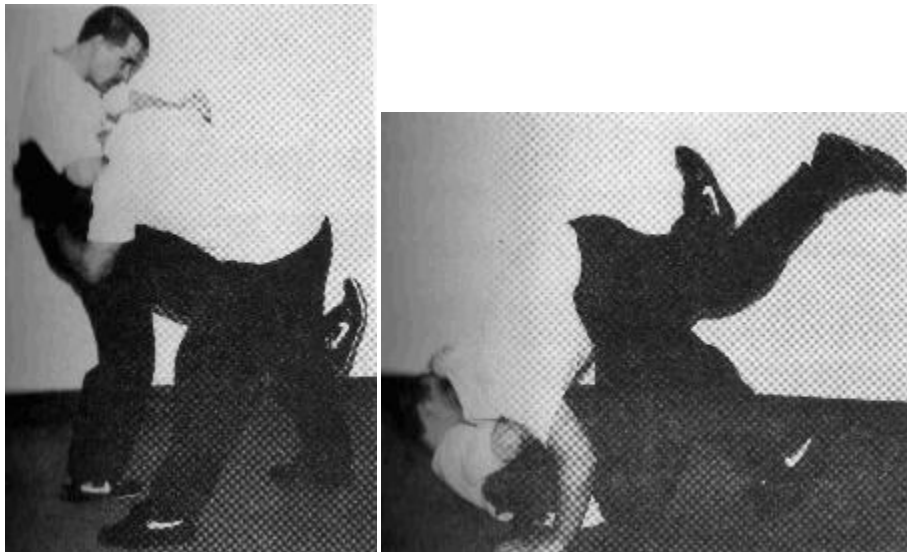


### Technique Three

Many martial artists are frightened of being attacked with a wrestling leg tackle. How can I escape this "ultimate" fighting technique, they wonder. Here's how. Opponent grabs Elwood to tackle him. Elwood sinks his center of gravity (i.e. balance) by bending his knees and sinking his weight.



- (41) He then overhooks the wrestler's neck and applies a choke to the exposed throat of the attacker.  
(42) He then slams his shin up into the attacker's groin while maintaining the choke.



- (43) Elwood allows the shin kick to lift the attacker over him and to the ground. (44) Elwood does not release the choke and now applies even more pressure. This is a very lethal technique because of its focus on the neck. Practice it very carefully and with safety in mind. Do not injure your training partner.



## Conclusion

All of the JKD techniques shown in this book have been tested in actual combat. These techniques will work if you perform them correctly. But all the techniques in the world are useless if they cannot be applied. Practice these techniques slowly and master them. Spend sufficient time with each one before attempting to learn the next one. Do not try to rush through these techniques. Progress from slow, steady practice, not from rushed frantic practice.

One schedule of practice might be to learn the first technique from each range. Spend several weeks or more drilling these techniques. Then begin practicing the second from each range and then, finally, the third from each range. This may take several months. Then go back and drill the three techniques for long range, then the next week, the three from medium range and, finally, the following drill the three from close range. Varying your practice will make the drills more interesting and will prevent staleness.

It would also help if you become self-analytical. Ask yourself: which range do I favor? Why? Which techniques come naturally for me? Why?

Use these techniques as a method of exploring your own strengths and weaknesses as a fighter. Ask yourself: How would I fight someone like me?

We at the Total Approach Organization believe the mind is very important in your practice of JKD or any other art. Use the material in this book to understand yourself. Remember the admonition of Sun Tzu: "Know yourself and know your enemy and you will never be defeated."

This is the first volume in a series of JKD. Other books will cover other aspects of JKD techniques and theory. Study the material in this book carefully and you will be ready for the future volumes.