



THE HISTORY OF JEET KUNE DO

Invented as a combat philosophy in 1967 by world famous martial artist Bruce Lee, Jeet Kune Do combines the best of Wing Chun Kung Fu, American Boxing, French Fencing and Grappling to create the ultimate combat art.

Described by Bruce Lee himself as 'the direct expression of your feelings with the minimum of movement and energy', Jeet Kune Do borrows from the Buddhist philosophy of 'casting off what is useless' to strip a person down to their bare combat essentials.

Lee designed the Jeet Kune Do system to be as flexible as possible, often using the properties of water as an analogy for the fluidity desired in martial arts. The idea of 'Being Like Water' therefore became the first of his Jeet Kune Do principles, the rest being 'Economy of Motion', 'The Four Ranges of Combat', 'The Five Ways of Attack', 'The Three Parts of JKD' and finally, 'Using the Centreline.'

Bruce Lee personally trained several instructors during his lifetime, and after his death, they were allowed to continue teaching. Many of his students still teach JKD in the original way, and Dan Wait is in the second generation of instructors who were taught directly from the lineage of Bruce Lee.

**LEARN JEET KUNE DO IN LINCOLN
BY PHONING DAN WAIT ON 01522 510761,
OR GO ONLINE AT WWW.JKDME.COM**



LEARN JEET KUNE DO FROM CERTIFIED INSTRUCTOR DAN WAIT

Dan Wait has over 20 years' experience in the martial arts, including Judo, Brazilian Jiu-Jitsu, Wrestling, Karate, Boxing, Wing Chun and Jeet Kune Do.

Frustrated with an absence of Jeet Kune Do instructors in his area, Dan first began by training himself. He was then quickly drawn to the work of eminent US Sifu's (Masters) Tommy Carruthers, Paul Vunak and Jerry Poteet, all direct or second-generation students of Bruce Lee himself.

Dan gained instructor certification under these expert teachers, and is fast building a reputation for being a skilled martial artist and tutor in his own right. His intensive training schedules would put most other athletes to shame.

What Dan's teachers and students say:

"Dan Wait is my representative in the Lincoln area. If you would like to learn Bruce Lee's original art, from somebody who cares and has talent along with a passion for teaching, I can surely recommend him." Sifu Thomas Carruthers.

"Dan's many years of martial arts experience (check out his bio to see the kind of people he's worked with), are backed-up with infectious enthusiasm and great teaching skills; just ask anybody who's had the privilege of training with him!" Nick McAndrew (Student & 4th Degree Black Belt, Wado Ryu Karate Instructor).

"Dan Wait is a very talented instructor and a true ambassador of Jeet Kune Do. Through his knowledge he will greatly enhance his students' training and learning experience." Sifu Peter Grills.

**BOOK LESSONS IN LINCOLN CITY CENTRE
WITH DAN WAIT BY PHONING 01522 510761,
OR GO ONLINE AT WWW.JKDME.COM**

INTRODUCING THE

'JEET KUNE DO EXPERIENCE'

LEARN BRUCE LEE'S ORIGINAL
MARTIAL ART AND PHILOSOPHY
- STEP-BY-STEP

**Improve your fitness,
Strength and stamina**

Learn how to defend yourself

**Enhance your personal growth
and set new goals**

**Learn the remarkable
Philosophy underlying
Bruce Lee's art**

**Receive instruction from
certified trainer Dan Wait,
himself a pupil of Bruce Lee's
personal students**

**Have fun and learn with
other beginners using a
proven Jeet Kune Do
training system**

**BOOK NOW FOR CLASSES IN
LINCOLN CITY CENTRE BY PHONING
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DISCOVER THE 'JEET KUNE DO EXPERIENCE'

Learn Bruce Lee's original combat art and get 10% off your first four classes

If you want to get fit, learn how to defend yourself and discover Bruce Lee's incredible philosophy on life and martial arts, get yourself down to the Portland Street Gym in Lincoln City Centre for the complete 'Jeet Kune Do Experience.'

Trained by certified instructor Dan Wait – himself tutored by Bruce Lee's personal students – you can now learn the art of Jeet Kune Do using a proven step-by-step system. You don't need any previous experience, and everyone who takes part will benefit from improved physical strength and stamina, and a more positive outlook on life.

I guarantee Jeet Kune Do will change your life, or I'll give your money back



I'm so confident I can deliver the complete 'Jeet Kune Do Experience' that I'll give you **10% off** your first four lessons. Plus, if you don't absolutely love learning Bruce Lee's amazing martial art and underlying philosophy from the very start, I'll give your money back after the first session.

Jeet Kune Do is the perfect way to enhance personal growth and set yourself new limits, and it's great fun too. So, to enjoy a life changing challenge today, simply take the discount voucher on this page to Portland Street Gym on 20 Portland Street in Lincoln City Centre, and sign up for your first four classes. You can also book now by phoning Dan Wait on **01522 510761**, or by going online at www.jkdme.com

I look forward to providing you with some of the highest standard of Jeet Kune Do training in Britain.

Kind regards

Dan Wait
Certified Jeet Kune Do Instructor
(From the direct training lineage of Bruce Lee)



PS - Book now, the 'Jeet Kune Do Experience' is very popular and places fill up fast!

LEARN JEET KUNE DO TODAY

NEW MARTIAL ARTS CLASSES FOR BEGINNERS
IN LINCOLN CITY CENTRE, BOOK NOW TO
GET **10% OFF** YOUR FIRST 4 LESSONS.

TAKE THIS DISCOUNT VOUCHER TO
PORTLAND STREET GYM OR PHONE
DAN WAIT NOW ON **01522 510761**.

DISCOUNT VOUCHER

 *Yes, Dan - I want to learn Jeet Kune Do as originally taught by its founder Bruce Lee. I understand I'll receive a 10% discount on my first 4 lessons. If I don't love it, I know I can leave after the first class without paying a penny.*

Please present this voucher at Portland Street Gym on 20 Portland Street in Lincoln City Centre, where you can sign up for the 'Jeet Kune Do Experience' at reception.