

JEET KUNE DO

ACADEMY OF MARTIAL ARTS

Upcoming Training Events

Introduction to Jeet Kune Do

Introduction to Jeet Kune Do is a three-hour workshop for beginner to intermediate-level martial artists in which senior instructor and Academy founder George Ilyadis takes attendees through the core principles of Jeet Kune Do. Wear work-out clothes. Workshops begin at 9:30 am at the Jeet Kune Do Academy of Martial Arts in Clifton Park. Course fee: \$25. **Next workshops:** 3/5, 3/12, 4/9, 4/23



Women's Self-defense

The *real* alternative to cardio-kickboxing, the Jeet Kune Do Academy's *Women's Self-defense* seminar is offered in partnership with the *Knowledge Network*. Held at the Academy's Clifton Park training studio, women will be taught practical effective self-defense tactics, based on Jeet Kune Do's principles of simplicity and efficiency, regardless of size, skill-level or athletic abilities. Course fee: \$60. **Next seminars:** 3/17, 4/11

Saratoga Martial Arts Festival at Skidmore College, April 2-3

Introduction to sensitivity-training and trapping

Senior instructor George Ilyadis will host workshops Saturday and Sunday for attendees of the Saratoga Martial Arts Festival. *Introduction to sensitivity-training and trapping* will teach intermediate and advanced martial artists the close-range in-fighting techniques of Jeet Kune Do. Pre-event cost of the Saratoga Martial Arts Festival is \$75 for two days (\$95 at the door), \$45 for Saturday only (\$60 at the door), \$35 for Sunday (\$50 at the door).



What is Jeet Kune Do?

In Cantonese, Jeet Kune Do means, "way of the intercepting fist." It is the empty-handed fighting method developed by the late Bruce Lee, and represents his lifelong study of human biomechanics to utilize the body efficiently and effectively in martial combat. Jeet Kune Do is a total system that gives individuals the ability to enhance and develop the attributes of coordination, precision, power, endurance, balance, sensitivity, body-mechanics, timing, and emotional control.

The Jeet Kune Do Academy of Martial Arts was established to maintain the integrity of the art, and to perpetuate its core principles. Academy founder George Ilyadis is a second-generation instructor of Jeet Kune Do, mentored by original Bruce Lee student and renowned martial arts authority Jerry Poteet.

Call to register at 518.371.5858