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Jeff Imada is trained in Jeet Kune Do, Eskrima, Tae Kwon Do, Tang soo do, The Balisong Manual was one of the first books published in the US about this unusual knife.

Jeet kune do techniques | jkd martial arts

Jeet kune do (way of the intercepting fist) is a martial art created by Bruce Lee during the 1960s. Neither a system nor a method, Bruce Lee didn't co

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