



Through the devastating fighting system of Hardcore Jeet Kune Do, you train to respond instantly and decisively to shut down violence before it escalates. Jeet Kune Do ("Way of the Intercepting Fist") is the martial art and philosophy taught and practiced by Bruce Lee during his lifetime. Primarily made up of Western Boxing, Fencing, and Wing Chun Gung Fu, Jeet Kune Do is based on simplicity, directness, and non-classical attitude. You will learn the details and mechanics behind Bruce Lee's amazing speed, power, strength, and how to overwhelm possible attackers. The focus of Hardcore Jeet Kune Do is effective and practical self defense.

- Jeet Kune Do is an offensive minded martial art which emphasizes intercepting your attacker at the earliest possible moment rather than engaging in traditional block and punch routines.
- Jeet Kune Do is an art that values close range combat skills by the use of immobilizing the opponent's limbs (trapping) while you simultaneously disable your attacker.

Rene Walter is a certified Full Instructor by Sifu Lamar M. Davis II (who has trained personally with over 15 of Bruce Lee's students).

Group Classes and Private Lessons

Instructor: Rene Walter III

E-mail: ne2028@hotmail.com

(Cell): (832) 489- 1507