

# Kai-Shin Jeet Kune Do



## *The 5 Areas of Training*

### 1. Striking

Defined as when direct impact is made from one person to another. This area includes punches, kicks, elbows, knees, head-butts, finger-jabs, shoulder bumps etc...

### 2. Clinching

Defined as when grabbing or holding occurs, either by you or your opponent. This area includes escaping grabs/holds and controlling someone with your own grab/hold.

### 3. Manipulation

Defined as controlling or effecting your opponents balance, joints, nerves, muscle groups, flow of blood to the brain or air to their lungs. This would include off-balancing, sweeps, throws, takedowns, joint locks, pressure points, muscle cranks, chokes and strangles.

### 4. Hand Trapping

Defined as momentarily immobilizing or removing the barriers caused by your opponents hands, in order to facilitate entry to striking or clinching. This would include techniques such as Pak-Sao, Lop-Sao & Gum-Sao.

### 5. Grappling

Defined as applying one or more of Areas 1-4 on the ground. This would include pins, escapes & passes, armbars, kneebars, shoulder locks, wrist locks, toe holds, neck cranks, muscle locks, chokes, strangles, sweeps, and Ground & Pound.

**NOTE:** All of these areas can be isolated and studied individually, as well as combined with one another.