

Jeet Kune Do

Jeet Kune Do is a relatively new martial art, developed by the martial arts master, Bruce Lee. Bruce Lee began his martial arts career studying [Wing Chun Kung Fu](#) under grandmaster Yip Man in Hong Kong, and then taught his art in the U.S. as Jun Fan Kung Fu.



Lee began by taking the best and most practical aspects of Wing Chun and combining these with elements of western boxing; trapping and grappling; and influences from a variety of other martial arts. This developed into a fighting style that he named Jeet Kune Do, the “Way of the Intercepting Fist”.

Jeet Kune Do is not a new style of [kung-fu](#) or [karate](#). Bruce Lee did not invent a new or composite style, nor did he modify a style to set it apart from any existing method. His concept was to free his followers from clinging to any style, pattern, or mold.

The effect Jeet Kune Do had was to expose the Chinese martial arts to the world, which subsequently created a worldwide rush by westerners to learn these martial arts. It also stimulated interest in the other martial arts including Japanese, Okinawan and Korean. No other man has had more influence on the spread of martial arts to the world than Bruce Lee.

Origin of Jeet Kune Do: U.S.

Founder of Jeet Kune Do: Bruce Lee - late 1960s

Famous students are Dan Insonato, Larry Hartsell