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Jeet kune do columbus ohio

Chief Instructor - Will Figgins I started training in martial arts when I was about 11 years old, Shotokan karate and I was recruited! I have been learning various arts since then to varying degrees, but my main interest has always been to learn the art Bruce Lee taught. Before I could find Jeet Kune Do, the art I trained in were American Kenpo, Brazilian jiu-jitsu, Muay Thai, Boxing, Judo, Shorin Ryu, Choi Lei Fut, Shaolin Chuan'fa and Muso Jiquiden Eischen Ryu Iaido. However, none of these arts was Jeet Kune Do, so I continued to train, trying to find a qualified instructor Jeet Kune Do. My quest led me to Sief Lamar M. Davis II. He is certified as a full instructor by JKD 5 original students Bruce Lee and has trained with many others. I figured he would be a great source for JKD so I contacted him and found that he was also a very genuine and nice guy. I've been training with him since then (started training with him in December '02). Sifu Lamar's approach to JKD and his hardcore instruction are not-nonsense, which I really like. There is a reason he calls his art Hardcore Jeet Kune Do - because it is! No tinkering when you train with Sifu Lamar - it's a heavy duty to develop. If you are near Sifu Lamar (Alabama), I highly recommend you go on the train with him. He will no doubt open your eyes. Very powerful and talented and knows JKD like no business. I am a certified full instructor led by Sifu Lamar. In 2005, I decided that I wanted to train with one of Bruce Lee's students in person. I spent the day with Steve Golden and was amazed at what he showed me - and even more amazed at what knowledge he hinted at. He is an excellent teacher and his approach to teaching is very interesting. Since then I have been training with him for a few days and have not been disappointed. Great things! Steve teaches his own style called the Dragon Twins Method, which is based on what Bruce Lee taught him and his own experience. Steve's comments, exercises and posts on various message boards around the internet also reveal some knowledge if you're willing to chew it, ten years or more. I highly recommend you search online to find his reflections... It's going to be worth your time! I can't say enough good things about Steve. An amazing guy, simple as this. I'm honored to have some time with him, and I hope to do it again someday. I started to open a dialogue with another Bruce Lee student named Jerry Poteet, who was training with Bruce Lee at the same time Steve Golden did. Eventually I trained with Jerry and was certified as an instructor under his guidance as well, which makes me a second generation instructor in Jeet Kune Do. It was a great honor, and his teaching me to continue my personal release. His teaching method is the most excellent and promoted as I teach JKD without a doubt. I also train Brazilian jiu-jitsu under the guidance of Chris Cowboy Kelbo from the Pacific Fight Center. Chris Brown belt under the 3rd degree black belt rodrigo Medeiros Brazilian jiu-jitsu revolution team. Chris is an amazing martial artist and an all-around great guy. His ability to teach complex things and break them systematically is a rare talent. He's a monster on the mat, super agile, fast, efficient... It's amazing to see him work his magic -- as long as you haven't one worked! My Instructors: Jeet Kune Do-Steve Golden - Lamar Davis - Jerry Poteet Brazilian Jiu-Jitsu -Chris Cowboy Kelbo Additional information: About Jeet Kune Do Classes at Black Dragon Academy Scroll Down Combative Arts Academy (ICAA) takes a takeover approach of what works for you, discarding what you don't do, and adding something that is uniquely your own. Our programs are not designed to compete with any other style, system or methodology, but to complement all levels and titles. ICAA is here to provide each person with guidance to stripping away the inconsequential, discovering their own unique skill set and developing the ability to adapt his/her self-expression to any given situation. Our focus is on simplicity, practicality and functionality. We want to teach you martial arts and also give you the opportunity to develop it. We can help you achieve this by providing quality instruction, techniques and exercises to help develop the attributes needed in building a solid foundation for your unique skill set. JKD Combatives at the Integrated Academy of Combative Arts, offers a unique insight and training in the arts and sciences of Jeet Kune Do, created by the legendary Bruce Lee. The classroom focuses on the tools and principles found in JKD, with a great influence on philosophy, science and art history. This trick allows us to put it in a realistic combat expression. Jeet Kune Do translates as the Path of the Intercepting Fist. Sijo (teacher teacher teacher) Lee also called it Scientific Street by the military. This basic principle really leads those involved in the path of realistic self-defense and mental capacity. Here at ICAA, we believe that in order to prepare for the situation, you need to train as realistic and mentally prepared as possible. Philippine Combatives Filipino Martial Arts (FMA), better known as Kali, Arnis or Eskrima is a weapon based combat system known for its fast and destructive techniques. The main training tool is a rattan stick or baston. Other weapons include Chris's Sword, machetes like Bolo, daggers, palm sticks (cubic) and Balisong (butterfly knife). The methods behind these weapons can also be effectively applied through empty hands (Philippine boxing or Panantukan, as well as homemade such as pens, belts, sunglasses, shoes and other household items. That being said, Filipino Combatives are extremely practical and functional for real-world self-defense The Philippine Combatives program at ICAA has been influenced mainly by the following affiliates/Guros (Masters), of which we are proud and honored to represent in the Central Ohio region: IMB Academy - Grand Master Richard Busta Doses Pares World Federation - Supreme GM Chipiako What Kanyete Philippine Combat Systems (FCS) - Lacan Guro Erne Lake and Tuhon Dion Ray necessary to develop their personal weapons - punches, kicks, knees and elbows, etc. - the emphasis is on developing a strong striking foundation in preparation for a self-defense situation or competition. This is achieved through proper warm-up, technical training, conditioning exercises and controlled and controlled full contact sparring to further improve skills and techniques. This teaches our students the proper body and foot mechanics needed to create a quick, powerful and accurate impact. Striking techniques are influenced by Boxing, Muay Thai/Kickboxing, Jeet Kune Do and Panantukan (Philippine Dirty Boxing). The integration of these amazing systems allows them to explore a variety of striking techniques, giving them the opportunity to test them in combat and build their own unique skill set. Grappling Combating provides our students with the training they need to effectively protect themselves on the ground, perform/protect takedowns and regain stand-up positions. The importance of the rule is the position before the performance, in which the person establishes a dominant position over his attacker before applying the technique of submission. Conditioning exercises promote appropriate behaviour at different ground positions and an appropriate response to these positions. Grappling techniques are influenced by jiu-jitsu, wrestling and Filipino dumog. ICAA Kids is a comprehensive self-defense program that focuses on the growth of personality as a person, as well as on overall fitness, combat defense and becoming part of a team dedicated to a great time. In this class we teach in four areas of defense: weapons, strikes, capture, and fights. Along with the battle ranges we teach our philosophy that we apply from Jeet Kune Do: Absorb what is useful, give up what is useless and add what is your own. Each student is different, so it is our focus to help prepare them by teaching discipline, confidence, teamwork, humility and skills to not only cope with themselves in a situation but how to avoid confrontation in the first place. The environment we offer to our students is one of pleasure, character, respect and achievement. We strive to achieve our goals as a team and strive to achieve them together. After all, our goal is both teachers and students is to inspire each other, to always do your best. Now Taking Children Aged 7 and Older - Sifu / Guro Tony Jam: Started His Martial Arts Journey 26 Years He has over 18 years of competition experience in Muay Thai/kickboxing, jiu-jitsu, presentation grappling and full contact stickfighting locally, regionally, nationally and globally. He also participated in the cage as a professional MMA fighter. Tony graduated from Ohio State University with a bachelor's degree in computer science and engineering. Старший полный инструктор в Jeet Kune Do (Сигунг Ричард Бустильо - IMB академии) 2-й степени Черный пояс в Сасоу Доце Парес Eskrima (SGM Какой Каньете) Инструктор (Манонг) в FCS Кали (Тухон Рэй Диональдо и Лакан Гуро Эрни Лейк) 2017 США Боевые искусства Зал славы призывник 4-полоса ВJJ Фиолетовый пояс Черный пояс кикбоксингу (ИМААС) Бывший профессиональный боец MMA 2002, 2003, 2004 г., 2005, 2010 Арнольд чемпионат мира Кали - Мастерс Чемпион 2012 Арнольд Грэплинг чемпионатов - ADCC Рефери 2009 NAGA Арнольд Грэплинг чемпионаты - Мастера No-Gi Легкий чемпион 2008 NAGA Арнольд Грэплинг чемпионаты - Мастера No-Gi в легком весе 2005 Огайо Pro-Am Grappling чемпионатов - Легкий No-Gi Чемпион главный инструктор FMA и JKD клуба в OSU (2001-2011) Брюс Ригель: Брюс принимал участие в боевых искусствах в течение многих лет в качестве студента и конкурента в дзюдо , H.S. Wrestling, and karate. Having earned his black belt of the 2nd degree in karate, he moved away from formal training for several years. Then, after watching some individuals in the park practicing Filipino martial arts stick work, and being impressed by the speed and grace of the art, he tracked down Guro instructor Tony Jame. Since then he has continued to grow and develop as an FMA practitioner and as a JKD student. Bruce considers himself an eternal student as he seeks to improve his FMA knowledge and skills through books, video learning, private lessons, classes and workshops. ICAA Apprentice Instructor (Sifu Tony Jam - ICA Academy) Completion of Stage III at Jit Kun Do (Sifu Tony Jam - ICA Academy and IMB Academy) 3-striped brown belt in ICAA Filipino Combatives (Sifu Tony Jam - ICA Academy) Level 4 at FCS Cali (Tuhoon Ray Dionaldo and Lacan Guro Erenie Lake) 2nd Dan in Matsubayashi Shorin-Ryu Karate Former instructor ICAA Kids Combatives Program Bronze Medal Winner in the Senior Division of Cali (Arnold World Martial Arts Games) competed in several full-contact Cali competitions 2016 Ohio Warrior Tyre Finisher Rob Dalton: Rob is a martial arts enthusiast with well-rounded exposure to various combat systems. At ICAA, he has consistently progressed in Filipino martial arts techniques through Cacooy Doces Pares Eskrima and FCS Systems. He also completed the 3rd stage of the Jeet Kune Do through the IMB SIMB Line by Bruce Lee and Sigung Richard Bustillo. In addition to the programs offered at the ICA Academy, he was trained at Level 1 in Krav Maga. He has also participated in several Brazilian jiu-jitsu and finished 2nd in its weight category at the Arnold Classic Martial Arts Festival in Muay Thai/Kickboxing. He is also a passionate supporter of health and fitness. He hopes to promote a healthy and balanced lifestyle for his family and others with similar goals of good physical well-being. He completed two half marathons and several other races on the obstacle course to challenge his physicality to go beyond his current limits. Rob leads the ICAA Combative Fitness Program, which includes functional fitness and boxing/kickboxing mechanics in high-intensity interval training format using weight callisthenics and/or limited equipment. ICAA Apprentice Instructor (Sifu Tony Jayme - ICA Academy) ICAA Children's Instructor (Sifu Tony Jayme - ICA Academy) Completion of Phase III at Jit Kun Do (Sifu Tony Jam - ICA Academy and IMB Academy) 2-striped Blue Belt at ICAA Filipino Combatives (Sifu Tony Jaime - ICA Academy) Level 1 in FCS1 Silver Medalist - 2009 Arnold Muay Thai/Kickboxing Championships 2nd Place EGO (Extreme Grappling Open) Completed 2013 Nationwide Marathon Completed 2012 Nationwide Half Marathon Ran Ohio Warrior Dash Events, 2011 and 2017 Arnold Classic Pump and Run 5K Tony Anders: Tony began his journey of martial arts in youth, to learn self-defense and increase his self-confidence. Over the years, he has realized that martial arts have as much a mind as mechanics. Tony met Sifu Tony Jaime in the 1990s, where they trained together at the International Academy of Martial Arts. It was at this time when Tony Anders started coaching child classes and found that children need a way of learning that makes martial arts safe, relevant, and more importantly, fun. Tony spent his professional career mentoring and coaching young people as well as coaching Little League. He is currently a licensed consultant and brings his skills into human growth and development in his classrooms. In 1999, Tony was awarded the Black Belt in contact karate and finished third in JKD. He traveled and trained at many seminars under various JKD notables including Sigung Richard Bustillo, Guro Dan Inosanto and Sifu Ted Wong. He is currently returning to train at ICAA with his old friend, Sifu Toni, and make new friends. As in martial arts - Even if you teach, you are always still a student. Instructor (Manong) at FCS Cali (Tuhoon Ray Dionaldo and Lacan Guro Ernie Lake) Completion of the second stage in The Jit Kun Do (Sifu Tony Jam - ICA Academy and IMB Academy) Purple Belt at ICAA Filipino Combatives (Sifu Tony Jayme - ICA Academy) ICAA Children's Instructor (Sifu Tony Jamie - ICA Black Belt in Contact Karate Partners IMB Academy Cacooy Doce Pares Federation FCS Cali Philippines FCS Cali Kentucky Renovo Fitness Copyright © Integrated Academy of Martial Arts, Arts, 2017. 2017.

