



combinations of JKD trapping, including basic techniques like Pak Sau or Lop Sau combined with levers or sweeps.

The fabulous Tim Tackett was there with his JKD brother Bob Bremer. Tim's classes focused on the tactical use of the PIA attack method and Bremer taught the use of Bruce Lee's Biu Jee.

Ted Wong and Jesse Glover made up another dynamic duo. As always, Ted worked on improving the students' positioning, footwork and correct body use. He offered "simple" solutions for the control of the opponent during the fight. This part of the training was directed to advanced JKD students because the level was quite high. With the help of his assistant, Glover demonstrated different strike exercises, correcting individual students and attending to the whole group at the same time.

How can we do trapping and at the same time strike? How can we improve our own level? Pete Jacobs and Steve Golden answered this question based on their vast experience and Steve, who is famous for his trapping classes, offered a perfect solution with his "ballistic theory of strikes".

Chris Kent and Cass Magan, who are Masters of JKD, presented 5 ways to attack, putting great emphasis on ABD (Attack by Drawing). After a basic introduction they explained why and how

ABD is used and they demonstrated numerous exercises to practice this complex theory with practical examples.

Richard Bustillo, who is an eloquent speaker, chose the topic of defense for his classes and he spoke about preventive methods against knife attacks in daily situations, covering issues such as simple and efficient exercises as well as the psychology of the attacker and the psychology of the defender.



Mother and Daughter: Linda Lee Cadwell and Shannon Lee Kessler. Linda and Shannon Inaugurating the 5th annual Bruce and Brandon Lee Memorial Banquet.