

# Jeet Kune Do (JKD) Workshop

## by Sifu Steve Golden

**Saturday, August 10, 2019**

**12:00 – 4:00 pm**



### Topics...

- Controlling Distance
- Overcoming Superior Strength
- Structure Changes for Increased Power
- Finding and Eliminating Unnecessary Actions
- Timing Determines the Winner
- Attacking Guarded Positions

Jeet Kune Do (Way of the Intercepting Fist) is an expression of Martial Arts developed by Bruce Lee with the goals of Simplicity, Directness, and Non-Classical form (form without form). Its principles and strategies include interception, the Five Ways of Attack, and controlling distance, timing, rhythm, and energy.

Sifu Steve Golden met Sijo Bruce Lee in 1964 and began working with him in Los Angeles. He trained at the L.A. Chinatown school in 1967 and was part of the group that worked out at Sijo Lee's house.

Based on Bruce Lee's JKD method, Sifu Golden started teaching his own expression of JKD in Eugene, Oregon in 1973. He called it the Twin Dragons Method.

Sifu Golden is well versed in many aspects of Martial Arts, brings tremendous insight, skill, and humor to his workshops, and is a highly-sought-after seminar instructor in the US and internationally.

**DATE:** **Saturday, August 10, 2019**

**TIME:** **12:00 – 4:00 pm**

**LOCATION:** **Moy Martial Arts**  
14407 NE 13<sup>th</sup> Ave., Building E, Suite 122  
Vancouver, WA 98685  
(360) 573-2367

**FEE:** **\$80** (if pre-registered). Maximum of 40 participants.  
\$75 for students of Sifu Golden and Mark Moy – if pre-registered.

**Workshop fee is \$80 if registered and paid BEFORE August 10\***

- \$75 for students of Sifu Golden and Mark Moy – if pre-registered.
- Additional \$20 if registering at the door (if space is available).
- Spectator Fee is \$20. Spectators may register at door.
- Sorry, but there are limited spots available – early registration suggested!

**Workshop location:**

Moy Martial Arts Academy  
14407 NE 13<sup>th</sup> Ave., Building E, Suite 122,  
Vancouver, WA 98685

**For more information contact:**

Mark Moy  
360-573-2367  
info@MoyMartialArts.com



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**Registration Form**

**Jeet Kune Do Workshop by Sifu Steve Golden**

Saturday, August 10, 2019

12:00 – 4:00 pm

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Check here if under 18; parent must sign workshop waiver.

Amount enclosed \$ \_\_\_\_\_

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- *Space is limited to 40 participants.*

☉ **Send registration form and fees to...**

Moy Martial Arts  
14407 NE 13<sup>th</sup> Ave., Building E, Suite 122  
Vancouver, WA 98685

☉ **Make checks or money orders payable to Steve Golden.**