

DVD Cold Steel Ron Balicki's Jun Fan Jeet Kune Do

Category: » **DVD/CD movies**



Product ID: VDJKD
Manufacturer: Cold Steel
Price: 265,00 EUR
Availability: Out of stock

See it in our store.

VOLUME 1-2 (Beginning): Stances, Footwork, Basic Kickboxing & Defense

- Introduction to Trapping Drills & Entries
- Ung Moon (5 Gates) & Wooden Dummy #3 & #4

VOLUME 3-6 (Intermediate): Intermediate Focus Mitt Drills, Sidekick Counters & Focus Mitt Trapping

- Trapping Sectors, Praying Mantis Drill, Don Chi Sao (Single Sticky Hand), Chi Sao (Double Sticky Hands)
- Loy Pac Sao, Biu Gee, Jow Sao & Ping Choy Gua Choy Series
- Si Lum Tao & Wooden Dummy #1-6

VOLUME 7 (Advanced): Advanced Focus Mitt Drills

- Advanced Biu Gee, Jow Sao, Double Pac Sao & Ping Choy Gua Choy Series
- Advanced Reference Point Drills
- Grappling, Chi Sao (Double Sticky Hands) & Wooden Dummy #1-9

VOLUME 8 (Instructor): Jow Sao Series (The Helix)

- Split Entries Focus Mitts
- Chi Sao Instructor Level
- Wooden Dummy #1-10

- SPECIAL FEATURES: Sifu Dan Inosanto Teaches
- Extra Footage of Ron Balicki (demos, etc.)

Movie: <http://www.youtube.com/watch?v=TcSS51A1yos>

Cold Steel is a world known maker of knives, swords and other edged weapons and tools, all products are made of best available materials. Company was founded in 1980 by company president, Lynn C. Thompson. The company's products include fixed blade knives, folding knives, swords, machetes, tomahawks, kukris, blowguns, walking sticks, and other martial arts-related items.