

Perth Martial Arts Academy Launches Kid's Martial Arts Perth Curriculum in Jeet Kune Do

Jason Whitewood June 02, 2013



Kids Martial Arts Perth - Junior Jeet Kune Do

Perth Martial Arts Academy launches the first Junior Jeet Kune Do martial arts program for kids in Perth.

(Newswire.net -- June 03, 2013) Perth, WA -- Kid's Martial Arts classes in Jeet Kune Do are being launched for the first time ever by Perth Martial Arts Academy, Combat Defence Systems. These classes are designed to build courage, confidence, self-esteem, strength, discipline, commitment, control, passion and drive in

children by empowering them with essential life skills. Physical attributes such as fitness, flexibility, agility, co-ordination and core strength will all be developed while learning this dynamic self defence based martial art. This kids martial arts program is designed to develop both body and mind.

About Junior Jeet Kune Do (JKD)

The Junior JKD curriculum is self defence focused and is a modified version of our adults JKD curriculum. Students learn how to deal with a wide range of situations including aggressive behaviour, bullying and random assault. Punching, kicking, trapping, grappling and joint locking are taught along with how and when to use these skills and the appropriate level of force to use, given the situation.

Also taught is defence against blunt weapons such as sticks, bats etc. However as you would appreciate, we do omit teaching defence against bladed or edged weapons to children. Students will learn to flow from one range to another with direct and efficient movement to deal with any situation they may find themselves in.

About Combat Defence Systems

When choosing a martial arts academy, it is important that you know the credentials of its instructors. Both the Founder/head instructor and senior instructor at [Combat Defence Systems](#) are certified in both Jeet Kune Do and the Filipino Martial arts and hold current certification under the Inosanto International Martial Arts Instructors Association. Guro Dan Inosanto was Bruce Lee's best friend, training partner and protégé. Both instructors have been personally certified by Guro Dan Inosanto and are the only current certified instructors in Western Australia.

The Perth kids martial arts, Junior Jeet Kune Do program is for 7-15 years and commences on June 4th. Classes will be held three times a week on Tuesdays, Thursdays and Saturdays. Enrolments are available here on our [Junior Jeet Kune Do](#) page. Click here to see the [kids martial arts video](#).

Combat Defence Systems

Unit 10 / 14 Merino Ent Cockburn Central , WA 6164

Phone: [0419 929 339](tel:0419929339)

Email: info@combatdefencesystems.com

Web: www.combatdefencesystems.com

Visit: <http://www.facebook.com/CombatDefenceSystems>

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