Among them for his defeat and slaughter of Magellan. Defended their lands from invaders such as Magellan. The Chieftain Lapu-Lapu is probably the most notable and most revered. Filipino warriors descended from transplants who arrived to the Philippine islands from other lands and brought with them their own unique cultures. They had the strength and fortitude to survive the long journeys and possessed the skills to create a new land and a new culture. They traveled from places like Malaysia, Indonesia, China, India and Burma. Along with their own unique religions, languages and cultures they also brought with them their indigenous combative arts. Ancient Filipino warriors defended their lands from invaders such as Magellan. The Chieftain Lapu-Lapu is probably the most notable and most revered among them for his defeat and slaughter of Magellan.

The arts that we teach:

Jeet Kune Do or JKD - The Way of the Intercepting Fist

Jeet Kune Do is the art founded by the late great Bruce Lee. Often referred to as “scientific street fighting” JKD is comprised of principles, concepts and techniques taken from Wing Chun Kung Fu, Western Boxing and Fencing. Wing Chun serves as the nucleus of Bruce’s art, as it was Bruce’s initial training in Hong Kong under the instruction of Grandmaster Yip Man that molded him into the martial artist that he would later become. Bruce later developed his own expression of the martial arts that we now know today as Jeet Kune Do. Bruce’s art was revolutionary for the time period in which he developed it in the 1960’s. Revolutionary in the sense of it wasn’t a cookie cutter type of system. It didn’t follow the “classical” way of martial arts. Bruce believed that the individual was more important than any established style or system. In a sense, martial arts should be seen as an art, the individual should express that art in their own unique way which best conforms to their own physical attributes and innate abilities. Let’s use a men’s suit as an example. Two men go purchase the same suit but person A may require a 44 Long sport coat and 36x32 pants. Person B requires a 48 Short coat and 38x30 pants. Keep in mind, this is the same brand suit and same color, but it must be tailor made for the individual. This is how Bruce felt about the martial arts. Some people are taller, some shorter. Some are thinner or heavier, some young and some old. The 65 year old man with bad knees can’t kick as high as the 20 year old man, so he must adapt his fighting style to best suit him. Our JKD classes will take the student from a beginning practitioner to where he or she will discover their own expression of the art.

Wei Kuen Do or WKD - The Way of the Integrated Fist

Grandmaster Leo T. Fong is the founder of Wei Kuen Do. Leo is an actor, author, boxer, martial artist, and former Methodist Minister who has been making films, acting, and directing since the early 1970s. Wei Kuen Do is complete system and it is deeply rooted in Bruce Lee’s Jeet Kune Do, as a result of the time that Leo spent training with Bruce Lee. The principles and concepts of WKD are a reflection of the philosophies of combat developed by Bruce and passed onto Leo during the Oakland era of Jeet Kune Do. Other elements can be found within the art of WKD such as: Serrada Escrima, Arnis, Western Boxing, Coy Lay Fut, Sil Lum, Northern Shaolin, Wrestling, Tae Kwon Do, Karate, Judo, Jujitsu, and Wing Chun. Leo studied many different combative arts; it was Bruce who questioned why Leo was studying so many different arts. Leo responded that he was looking for the ultimate. Bruce smiled and said, “Man, there ain’t no ultimate. The ultimate is in you” (as he pushed his index finger on Leo’s chest). Leo was a little confused at the point so Bruce then elaborated. He said to Leo, “With your boxing skills, learn a little grappling, learn how to kick, learn some trapping and you will have the ultimate.” Leo began to look inward rather than outward and he began to let go of the need to train at five different styles of martial arts to find the ultimate. Bruce encouraged Leo to seek his own truth and he reminded him many times that a good teacher is one who points the finger to the door but does not go in with the student. The student must enter in and discover for himself what is truth. Leo also had an impact on Bruce’s own development as a martial artist with his background in American Boxing. Leo stressed the use of hooks and uppercuts rather than just the linear punches within Wing Chun. Our WKD and JKD classes will take the student from a beginning and perfectly complement each other.

Kali-Silat Concepts

Kali-Silat Concepts is based on the Inosanto-LaCoste system of Kali with a slight blend of some Indonesian and Malaysian arts. Guro Dan Inosanto is one of the leading practitioners of the Filipino martial arts. He is best known for having been a student and training partner of Bruce Lee but he has also had extensive training in his ancestral Filipino Martial Arts or FMA. It was GM Ed Parker, his American Kenpo instructor who told him that he should research the combative arts of his heritage. He has trained under many different notable instructors of FMA such as Ben Largusa, Cacoy and Diony Canete, John Eliab, Rev. Estalilla Branch, John and Vincent Evangelist, Leo Gaje, Lucky Lucay Lucay, Leo Giron, Antonio Illustрисimo, Angel Cabales, Floro Villabrille and most influential on him John LaCoste. This is why we refer to the system as the Inosanto-LaCoste system. Guro Dan has also trained with many others and continues to train. The old masters had had their fair share of challenge matches often with waivers of death. These men had tested their arts in actual combat and lived to continue to hand their arts down. When discussing the combative arts of the Philippines, it’s like a look back at your social studies or history class. The first Filipino warriors descended from transplants who arrived to the Philippine islands from other lands and brought with them their own unique cultures. They had the strength and fortitude to survive the long journeys and possessed the skills to create a new land and a new culture. They traveled from places like Malaysia, Indonesia, China, India and Burma. Along with their own unique religions, languages and cultures they also brought with them their indigenous combative arts. Ancient Filipino warriors defended their lands from invaders such as Magellan. The Chieftain Lapu-Lapu is probably the most notable and most revered among them for his defeat and slaughter of Magellan.
The individual styles and systems of FMA vary from region to region. The differences can be due to adaptations in different terrains and environments or due to personal preferences developed by a particular tribe or family. FMA much like JKD is not a “classical or traditional” system. Techniques vary and there is no standardized curriculum. There are over 7,000 islands in the Philippines and historically there were about an average of 3 different tribes per island. If you do the math, that’s about 21,000 different systems of combat.

Most commonly the art is predicated on the use of numbering systems and angles of attack using the stick and knife. But it’s not limited to only weapons. The empty handed portion of the art, often called Panantukan or Filipino Boxing is also based off those same angles of attack as the stick and knife. Therefore any training that you do will develop attributes that can be used in any area of the art. It’s an art that compliments many other martial arts and blends particularly well with JKD.

Integrated Fist Bootcamp Fitness
Our Integrated Fist Bootcamp Fitness class is a fun and challenging total body workout that’s a high intensity and calorie burning workout that’s based on realistic self-defense techniques and application that can be used in the streets. It’s not your average martial arts inspired cardio workout. There are no wasted movements. Most cardio martial arts inspired workouts are lacking reality, you’re taught to throw aimless punches and kicks with improper form and no direct application.

Here’s what our class is not:
• Not cardio kickboxing
• Not dance fitness
• Not a pre-choreographed routine
• Not difficult for beginners
• Not geared towards women or men only

What is it?
Our class is the perfect integration of martial arts and self-defense techniques taken from our main martial arts curriculum. It teaches proper form and reality based self-defense applications, dynamic flexibility, co-ed group exercise, using “bootcamp” intensity, body weight exercises and metabolic conditioning. It’s a fun and unique workout and no class is ever the same. Each class will burn about 600-825 calories per hour on average.

Come and get fighting fit!

Kid’s JKD/WKD/FMA blended class
Children will be instructed using the principles and concepts as developed by Bruce Lee. Our kid’s class curriculum is integrated with all of our adult programs but adjusted to be age appropriate. Children will learn practical self-defense both empty handed and with weapons through the use of a foam padded Kali sticks, utilizing drills and techniques derived from the Filipino martial art of Kali, Jun Fan Gung Fu, Jeet Kune Do and Wei Kuen Do. The children will become proficient in the basics of these arts through drills and games developing their manual dexterity, hand-eye coordination and self-defense skills. Beyond the physical, they will also learn confidence, concentration, discipline, teamwork, leadership and respect. Let’s not forget bully prevention, there seems to be a rise in bullying over the last few years and we teach our students how to deal with bullies non-violently but also arm them with the skills needed to defend themselves if attacked.

For more information visit: www.integratedfist.com