

CORE JKD METHOD OVERVIEW

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CHAPTER ONE

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FOUNDATION

The Human Being

- Senses (tactile, auditory, scent, visual, and “gut feeling” intuition)
- Emotions (reactive, directed)
- Physical capabilities (speed, strength, flexibility, balance, recovery time)
- Responsive: evasion, interception (reacting to sense stimuli)
- Directive (expression of the individual in their totality for survival)

Core JKD training

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- Understanding subtext emotional state
- Immersion in the emotions to dissolve their influence in threat situations: active training practice
- Awareness of our senses
- Immersion in our sense stimuli
- Directing the mind through the senses to train directed perception
- Perceiving our environment
- Perceiving threats in our environment
- Conditioning the body to respond in the shortest time to threats and to the proper pathways for ensuring survival

CHAPTER TWO

M^{ethod}

Core JKD has a specific methodology for helping ingrain new neuromuscular pathways for function against resisting opponents. This method is called the Core JKD Transparent Method, a practice created by me, Shaun Rudie, to help reduce boredom for the creating individual.

Traditional martial arts training deals with rote memorization and repetition of physical movement to ingrain neuromuscular pathways that support reflexive responses. Quite simply, this type of training—as many have experienced—can induce boredom and a mental fatigue that can tax the spirit.

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The CJKD Transparent Method trains foundational skills and layers—through dynamic progression and challenging resistance—interesting elements that keep the mind busy while the body goes through motions over and over without the student being aware they are doing so. Those interesting elements must follow the rules of:

- Economy of motion
- Free expression through accurate physics of the unique individual
- Natural progression into another attack, combination of attacks, another range, or attacking tool
- Having the ability to return to defense quickly. This includes evasion and escape

Fundamentals

Our goal is to give the mind something more progressively complex to work on so the student is preoccupied with new or interesting material, while fundamental skills are ingrained. The focus of any particular class is usually only to ingrain fundamentals, which allow for more complex coordinated movements over time. The student need not know this is what we are doing, and if told, they usually forget it when engaged with the creative teacher.

This keeps training fresh and the mind engaged.

In Core JKD our fundamental training elements are:

- Awareness of surroundings
- Base
- Cover
- Mobility
- Breaking patterns
- Relentlessness

In fighting, the one who is able to maintain base under stress, while taking or disturbing an opponent's, has the greater advantage.

A solid and adaptive **base**, allows for more effective cover and a stabilized source from which to initiate or continue strikes.

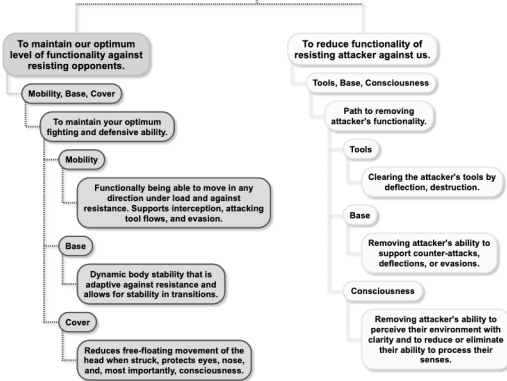
Cover allows the individual to remain conscious in a confrontation with single or multiple opponents—standing or on the ground.

Mobility puts us in the right place at the right time and allows for support of upper and lower body tools, singly or in combination. Mobility also supports flow into and out of the ranges of combat.

CJKD AND RWC FUNDAMENTALS



Core JKD / Rebel Wing Chun Fundamentals



Rebel Wing Chun Fundamentals

