



KIDS COLLEGE 2022



Spring
2022

Michael Watson is a Master Instructor in the art of Jeet Kune Do as created by Bruce Lee. A non-traditional martial art, Jeet Kun Do emphasizes learning scientific principles which govern combat. The Student learns the "Why," which in turn illuminates the "How." This approach allows the instructor flexibility to tailor instruction for the individual. Michael has more than 20 years of experience successfully facilitating the practical application of Jeet Kun Do to people of all ages and backgrounds, from rambunctious young children to cautious adults to seniors with limited range of motion. Michael's students find themselves enjoyably engaged in a learning environment consisting of laughter, humility, and over all good will.

Instructor: Michael Watson

Jeet Kune Do Basics & Personal Defense for Youngsters

Jeet Kune Do is the martial art created by Bruce Lee. It is a principle-driven self-defense with simple and direct, or straightforward, movements and non-classical style. Jeet Kune Do practitioners believe in minimal movements with maximum effects and extreme speed. During the course the student will be educated on basic principles of self-defense. Students are also offered training in how to recognize potentially dangerous situations and avoid being a victim by strengthening situational awareness, enhancing alertness, and developing anticipation skills. Students will also receive training in core common sense self-defense techniques including utilization of Jeet Kun Do. Classes will be conducted in a relaxed and informative manner. Michael Watson has 21 years of experience successfully teaching Jeet Kun Do to all ages.

Younger students must be accompanied by a parent or guardian.

First Set of Sessions: Tuesdays, January 25th through March 8th, 7-8 PM

Second Set of Sessions: Tuesdays, March 29th through May 10th, 7-8 PM

Location: Campus South Room 183

Fee: \$60 per set of sessions

www.clovis.edu/kidscollege

For more information contact:

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