JEET KUNE DO

THE ART OF STREET FIGHTING

A Complete Training System from Fundamentals to Real-World Fighting

YUNLONG WANG

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EDITORIAL NOTE ON TERMINOLOGY

Jeet Kune Do and its established historical concepts are discussed here as part of the broader martial arts tradition. The organization, explanations, training progressions, drills, coaching framework, and instructional structure presented in this book reflect the author's own teaching approach.

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TRAINING SAFETY AND RESPONSIBILITY

Jeet Kune Do is a contact martial art. Even light technical practice can involve falls, collisions, joint stress, and accidental impact. Use appropriate protective equipment, suitable mats and training space, and a partner who understands the purpose and intensity of the drill.

Begin slowly enough to preserve posture, vision, balance, and control. Increase speed, uncertainty, and resistance only when the behavior being trained remains reliable. Harder is not automatically better. A useful drill is difficult enough to reveal mistakes and controlled enough that both partners can keep learning.

This book is a training guide, not a substitute for qualified in-person coaching, medical advice, or common sense. Stop when pain, dizziness, disorientation, or loss of safe control appears. Vulnerable targets, elbows, knees, takedowns, clinch pressure, ground work, and higher-intensity sparring require particular care.

The purpose of pressure is to improve decision-making and function, not to injure the person who makes your training possible.

PREFACE — BEFORE YOU BEGIN

This book is not a catalogue of Jeet Kune Do. It is a path for learning how to train it.

Most people who begin Jeet Kune Do do not have a shortage of techniques available to them. They have the opposite problem. They can find punches, kicks, trapping actions, footwork patterns, drills, historical material, quotations, demonstrations, and opinions almost immediately. What is difficult is knowing what should come first, what should support what, and how a movement that looks correct in isolation becomes useful against a person who is moving, resisting, reacting, and making decisions of their own.

That is the problem this book is designed to solve. It is not an attempt to include everything that has ever been trained under the name Jeet Kune Do.

It is not a complete historical survey, and it is not a philosophical argument about who possesses the most authentic interpretation. It is a practical training path. The question behind every chapter is simple: what does a beginner need next in order to become more functional without building unnecessary habits along the way?

WHAT STREET FIGHTING MEANS IN THIS BOOK

In this book, street fighting does not mean seeking fights, winning brawls, or pretending that uncontrolled violence can be made predictable. It refers to the practical problem of functioning when distance, timing, environment, and another person’s intentions are not arranged for you. A real confrontation may begin from conversation, poor footing, limited space, surprise, or an uncertain level of threat.

For that reason, the training in these pages begins under controlled conditions and becomes progressively less cooperative. Pads, drills, partner work, pressure, and sparring are not attempts to recreate “the street” inside a gym.

They are ways to develop movement, judgment, control, and fighting skill that remain useful when conditions become messy. Avoidance and de-escalation remain preferable whenever they are possible; physical skill matters when safer options have failed or disappeared.

The answer begins before the first punch. A stance must be more than a recognizable shape. It must be a balanced launch platform from which movement, attack, and defense can begin with minimal preparation.

Footwork must be more than a sequence of steps. It must change distance,

angle, timing, balance, or opportunity. Distance must be more than empty space. It must create enough information to read the opponent while preserving your own ability to act. A strike must not merely reach the target; it must leave you in a position from which you can recover, defend, continue, or move again.

That way of organizing the material is the foundation of this book. You will learn tools, but the tools will always be attached to a problem. You will learn positions, but positions will be judged by what they allow you to do next.

You will learn defensive actions, but defense will not be treated as a destination. You will learn interception, but only after you have enough distance control, vision, structure, and secondary defense to understand what interception is asking from you. You will learn trapping, but never as a reason to chase hands. You will learn close range, but not as a place to become stuck. You will learn ground survival, but not in order to become a ground specialist. You will learn sparring, not as a final performance, but as the environment in which the rest of the book must prove that it can survive uncertainty.

A BEGINNER NEEDS ORDER MORE THAN VARIETY

When a student has only a few months of training, almost any new technique feels like progress. The movement is new, the name is new, and the challenge is obvious. But collecting material can create an illusion of development. You may know ten different kicks and still be unable to keep your balance when the target moves. You may know several defensive options and still close your eyes under pressure. You may know the idea of interception and still stand at a distance where the opponent can hit without giving you enough information to respond. You may know a trapping sequence and still be unable to recognize whether the hand in front of you is actually obstructing anything.

For that reason, this book is intentionally selective. It does not ask, “What else can we add?” until it has first asked, “What must already be reliable?”

The early chapters build stance, measure, and movement before asking you to strike with serious intent. The striking chapters establish a small group of useful weapons before asking you to create combinations. The defensive chapters teach you to survive before asking you to intercept. The attack chapters teach you how to cross distance before asking you to manipulate rhythm and deception. The close-range chapters teach you to read contact before asking you to clear an obstruction. The final part does not reward you

with more advanced techniques. It removes certainty and asks whether the simpler ones still function.

This is not slower learning. It is learning that is less likely to collapse later. A skill is valuable when it remains available after the drill becomes imperfect.

If changing the distance destroys it, the skill is not yet stable. If a moving target makes it disappear, the skill needs more variation. If a second possible attack causes freezing, the problem is not the lack of another technique; it is the inability to choose under uncertainty. If light resistance immediately turns a clean movement into muscular forcing, the skill needs a better relationship between structure, timing, and pressure.

THE BOOK IS ORGANIZED AROUND DEPENDENCIES

The order of the chapters therefore matters. The book does not follow a collection of lessons simply because they were originally taught in that sequence. It has been reorganized around dependencies: what one ability requires from the abilities before it. The Straight Lead belongs after stance, measure, and basic footwork because the weapon is only as useful as the position that delivers it. Interception belongs after survival defense because a beginner who is afraid of being hit will often hunt for the intercept, overreact to motion, or freeze when the timing is missed. Trapping belongs after entry and contact because clearing a hand has meaning only when an attack is already trying to occupy a line. Open sparring belongs at the end because freedom is useful only after the student has enough structure to learn from it.

This dependency-based approach also changes the way you should judge progress. Do not ask only whether you can perform the movement. Ask whether the movement preserves the conditions you will need afterward. Can you step without narrowing or crossing your base? Can you strike without leaving your rear hand disconnected? Can you defend without losing the ability to counter? Can you enter without exposing yourself unnecessarily?

Can you make contact without becoming obsessed with the contact? Can you recover from a miss? Can you leave close range safely? Can you stand up without turning away from the threat? These are more useful standards than simply completing a list of techniques.

THIS BOOK EXPECTS YOU TO TRAIN

You can learn a great deal from reading, but this is not a book that becomes complete on the page. Many of its ideas are relationships, and relationships require another body. Fighting Measure must be felt against different

reaches. A moving target must actually move. A parry must meet a line that would have reached you. A feint must produce or fail to produce a reaction.

Forward energy must be felt through contact. A clinch escape must be tested against controlled pressure. Sparring must contain another person's choices.

That does not mean every session must be hard. In fact, much of the training should begin at a level where both partners can observe what is happening.

Speed, resistance, and intensity are variables, not measures of courage.

Increase them because the skill is ready to be tested, not because harder automatically means better. If pressure causes the behavior you are trying to build to disappear completely, reduce the pressure, repair the behavior, then test it again. Controlled training is not the opposite of realism. It is how realism becomes trainable without sacrificing the partner who makes the training possible.

Your partner is therefore part of the method. A good feeder gives a real target line. A good pad holder moves rather than becoming a statue. A good partner can add a return touch without turning the drill into a contest. A good sparring partner can create an honest problem without making every exchange an ego test. Both people should leave the session with better information than they had before it. This responsibility becomes more important, not less, as the training becomes faster and less predictable.

WHAT THIS BOOK WILL NOT DO FOR YOU

No book can give you timing by description alone. No diagram can teach you how a particular opponent feels when they commit their weight. No list of combinations can make you adaptive. No explanation of interception can remove the flinch response that appears when real speed approaches your face. Those qualities emerge through exposure, repetition, correction, variation, and pressure at an appropriate level.

This book also cannot choose your personal Jeet Kune Do for you. At the beginning, everyone needs shared fundamentals. Later, differences in reach, speed, mobility, power, temperament, experience, age, and preferred range will shape how those fundamentals are expressed. Some readers will become excellent at holding long measure. Others will be more comfortable closing distance. Some will develop a dangerous lead leg. Others will build their game around the Straight Lead and angular footwork. The purpose of a foundation is not to make everybody look the same. It is to give each person enough reliable structure to begin making intelligent choices.

You do not need to know what your final game will look like before you start. In fact, trying to define it too early can become another form of imitation. Build the base. Train the relationships. Let pressure reveal what is stable and what is not. Keep what transfers. Repair what fails for understandable reasons. Be willing to discard activity that looks sophisticated but does not improve position, timing, safety, or the ability to hit and continue.

The goal of this book is not to make you look like a Jeet Kune Do practitioner. It is to make you able to train like one.

If you finish this book with fewer illusions and better questions, it has done its job. If your stance is simpler, your movement quieter, your distance more deliberate, your attacks harder to read, your defense calmer, your contact work less wasteful, and your sparring more purposeful, you have not merely accumulated material. You have begun to build a fighter.

INTRODUCTION — HOW TO USE THIS TRAINING SYSTEM

Do not read this book as a sequence of techniques. Use it as a progression of problems that become gradually less predictable.

This book is built as a training system, and learning an art is different from memorizing its contents. A technique can be shown in seconds. A movement can be copied in minutes. A drill can be understood after a few repetitions.

None of those facts tell you whether the skill will still be available when the distance changes, the target moves, the partner reacts differently, or the exchange continues after your first action. The training process must therefore do more than teach you what a movement looks like. It must change the conditions around the movement until you can still recognize when, where, and why it belongs.

Throughout the book, the technical details matter. Alignment matters. Foot position matters. Recovery matters. The difference between moving three inches and twelve inches matters. But the details are never the final objective. They are the early structure that allows a more important process to begin. You learn the movement, stabilize it, vary the conditions, introduce choice, add resistance, and eventually integrate the skill into a larger exchange. At each stage, the question changes.

Can you do it? → Can you repeat it? → Can you adapt it? → Can you choose it? → Can you use it against resistance? → Can you integrate it?

THE SIX TRAINING STAGES

THE PRESSURE LADDER

1. Learn
2. Stabilize
3. Vary
4. Choose
5. Resist
6. Integrate

Throughout this book, these six names always refer to the full training-pressure model. Individual drills may also use numbered steps or phases; those local steps should not be confused with the Pressure Ladder.

Stage 1 — Learn. Here the problem is deliberately simple. The target is clear.

The movement is slow enough to observe. You should know what you are trying to produce and what errors to avoid. This is where diagrams, wall lines, mirror checks, static pad positions, and cooperative partner feeds are most useful. Do not be embarrassed by simplicity. The nervous system needs a clean reference before the environment becomes noisy.

Stage 2 — Stabilize. A movement that works once is not yet a skill. Repeat it while preserving the same important relationships: balance, target line, structure, breathing, coverage, and recovery. The goal is not mindless volume. The goal is reliable reproduction. If the Straight Lead lands accurately but the shoulder announces it every time, the movement is not stable. If a side kick has power but the landing leaves you unable to move, the skill is not stable. If a slip succeeds only because the partner punches beside your head, the drill is not stable because the information is false.

Stage 3 — Vary. Keep the problem recognizable, but change one condition.

Move the target. Change the starting measure. Use a different lead. Alter the angle. Let the pad holder retreat. Let the feeder change rhythm. Make the contact pressure come from another direction. Variation prevents you from confusing one rehearsal environment with the skill itself. The technique should preserve its function even when its exact appearance changes.

Stage 4 — Choose. Now more than one answer can be correct. The partner may move or not move. They may stay or retreat. The target may appear high or low. The entry may be straight or curved. Your task is no longer to execute the assigned movement on command. Your task is to recognize the problem and select an appropriate response. This is where many students discover that knowing a technique and choosing a technique are different abilities.

Stage 5 — Resist. The partner is now allowed to make your solution harder.

They may retract the arm during a trapping action, continue pressure after your first defense, prevent an entry with footwork, or give enough physical resistance that poor alignment becomes obvious. Resistance should test the quality you are trying to build. It should not turn the drill into an unrelated struggle. The purpose is not to prove that the partner can stop you. It is to discover what remains when cooperation decreases.

Stage 6 — Integrate. The skill returns to the larger game. You are no longer guaranteed the opportunity, and you are no longer required to use the skill just because the session is focused on it. You may use it, choose another

solution, or never see the correct moment. This is where isolation sparring and open sparring become important. Integration asks whether the skill can live among other skills without needing to be announced in advance.

These stages are not belts and they are not a one-way ladder. Training is cyclical. A skill may work in sparring and later reveal a mechanical weakness against a stronger partner. Return to Stabilize. A new distance may expose a range problem. Return to Vary. A deceptive opponent may make you react to the wrong cue. Return to Choose. Going backward in the progression is not failure. It is how you locate the current weakness instead of hiding it behind more material.

HOW THE SEVEN PARTS FIT TOGETHER

Part I, Build Your Base, gives you a platform. You learn natural readiness, fighting stance, balance, and the idea that a stance exists to make action easier, not to create a pose. This is where the book establishes its first standard: you should finish a movement with options, not with the need to rebuild yourself.

Part II, Own the Distance, makes that platform relational. You learn Fighting Measure, basic footwork, angles, lateral movement, and explosive entries.

The important shift is that movement is no longer described only by direction. Forward, backward, left, and right mean little without an opponent.

Every step must change something useful in the relationship: range, angle, timing, balance, or opportunity.

Part III, Build Your Weapons, gives you the tools that will later solve those positional problems. The Straight Lead becomes the central hand weapon because it allows you to study alignment, non-telegraphic initiation, hand-before-foot timing, whole-body connection, accuracy, impact, and recovery in one movement. Supporting hands, power mechanics, the lead leg, and selected rear-leg tools expand the vocabulary without turning the section into a catalogue.

Part IV, Protect, Then Intercept, deliberately refuses to begin with the most attractive idea in Jeet Kune Do. Before you can intercept reliably, you must learn not to panic when interception fails. Cover, crash, guard recovery, parry, catch, slip, weave, shoulder roll, and angle exit give you a secondary layer. Then the defensive relationship becomes progressively more offensive: protect and answer, defend while hitting, and finally hit into the opponent's developing action when the information and timing allow it.

Part V, Learn to Attack, asks a different question. Until this point, much of your best timing has been created by the opponent's entry. Now you must cross the gap without exposing yourself unnecessarily. You learn why 'Never Enter Naked' is more than a slogan, how longest weapon to nearest target can help solve the entry, how the Five Methods of Attack describe ways of solving the entry problem rather than five combinations, and how rhythm, deception, and continuation make offense responsive instead of memorized.

Part VI, When Distance Collapses, removes the space that made earlier techniques comfortable. Vision begins to share information with touch.

Forward energy is trained as relaxed intent rather than stiffness. Trapping becomes a small action inside the attempt to hit, not an activity performed because an arm is available. Infighting becomes a transition zone where position, pressure, short weapons, head position, footwork, clinch awareness, and anti-grappling must work together.

Part VII, Make It Real, changes the teacher. The partner's decisions now become part of the lesson. Ground work is limited to survival and getting back to your feet. Partner training is treated as a skill in itself. Isolation sparring removes options so that one problem can be tested honestly.

Survival rounds teach you that you cannot intercept everything. Open sparring finally allows the opponent to change the question without asking your permission. The climax of this book is not a technique. It is whether your training remains functional when another person has intentions of their own.

HOW TO PRACTICE A CHAPTER

Do not rush through a chapter because you understand the words.

Understanding is the first pass. Training begins when the chapter enters your body. Start with the simplest version of the skill and identify the one or two mechanical relationships that matter most. For footwork, that may be base width and level head. For the Straight Lead, it may be alignment and hidden initiation. For a defensive action, it may be the real target line and the smallest safe movement. For trapping, it may be whether the hand is actually obstructing the attack. For sparring, it may be whether intensity is low enough that you can still see and make decisions.

Use short sets rather than endless fatigue when learning mechanics. Stop when quality falls enough that you are rehearsing a different movement.

Then vary one thing. Do not change distance, speed, angle, target, and

resistance at the same time and call the resulting confusion realism. Good progression changes the environment deliberately so that you know what the next difficulty is testing.

When you add a partner, make the target and the feed honest. If the punch is supposed to teach a catch, it should travel on a line that would reach the face.

If the drill is about measure, the partner should not quietly shorten the attack to help you succeed. If the target is moving, the pad holder should move like a target rather than wave the mitt randomly. Cooperative does not mean false. Early drills simplify the decision, not the geometry.

When you add pressure, agree on the purpose and the intensity. The strongest partner is not automatically the best partner. A useful partner can give you enough difficulty to reveal error without destroying the behavior you are trying to build. If the goal is flinch reduction, uncontrolled impact may only deepen the flinch. If the goal is reading, excessive speed can remove the information before you have learned what to look for. If the goal is composure under pressure, then pressure must eventually become meaningful. The level depends on the question.

TRAINING ALONE, TRAINING WITH A PARTNER

Some chapters can be developed extensively alone. Stance, joint preparation, shadow footwork, wall-line punching, balance, basic kicking mechanics, rhythm changes, and many recovery habits can be practiced without a partner. Solo training gives you volume and allows close attention to your own organization. It is especially useful for removing obvious telegraphs and building movement quality.

But do not confuse solo fluency with fighting skill. Measure is relational.

Timing is relational. Contact is relational. Deception is relational. A feint that looks convincing in the mirror has not yet convinced anyone. A defensive movement that feels fast in shadowboxing has not yet answered a real target line. A trapping action on an imaginary arm has not yet felt pressure change.

At some point, another person must enter the process.

Partner training should progress from clear roles to increasingly open roles.

At first, one person feeds and the other solves. Later, the feeder can alter timing, distance, line, or continuation. Later still, either person can initiate.

Eventually the distinction between feeder and trainee disappears and the drill becomes a limited exchange. That transition is where technical work begins to acquire decision-making.

SAFETY IS PART OF THE SKILL

This book contains striking, kicking, close-range contact, clinch work, takedown-entry defense, ground movement, and sparring. Train them with equipment and intensity appropriate to the drill and the people involved.

Gloves, shin guards, body protection, pads, mouthguards, and other protective equipment are useful only when they support the training objective. More protection can allow some types of pressure to increase, but equipment does not remove the need for judgment.

The most important safety skill is control. Fast training and controlled training are not opposites. Advanced partners should be able to give realistic speed without treating every target as an opportunity to cause damage. If someone is hurt, disoriented, trapped near a hard object, or unable to continue intelligently, stop. If the drill involves joints, neck position, knees, elbows, takedown entries, or the ground, increase speed only after both partners can preserve the intended structure and understand the safe boundaries.

Communication should happen before the round, not only after something goes wrong. Agree on target areas, allowed tools, power, speed, and the purpose of the exercise. The more open the drill becomes, the more important this shared definition is. A partner who thinks the round is technical while the other thinks it is a test of toughness cannot create useful training for long.

HOW TO KNOW WHEN TO MOVE ON

Do not advance simply because you have completed the pages. At the end of many chapters you will find practical standards. Use them. Can you perform the skill slowly without obvious mechanical failure? Can you repeat it without losing structure? Can you use it at more than one distance or angle?

Can you recognize when it is appropriate? Can you recover when it misses?

Can you keep it under light resistance? Can you preserve it when the partner has another choice?

You do not need perfection before moving on. If you wait for perfect mastery, you will never integrate anything. But you do need enough stability that the next layer is not built on confusion. Think in terms of minimum usable competence. The stance should be stable enough that movement does not require a reset. The movement should be stable enough that measure can be studied. The measure should be clear enough that a strike can be delivered

from a meaningful distance. The strike should be reliable enough that defense and interception can be trained around something real.

Later, live training will send you backward. That is expected. Open sparring may reveal that your footwork is fine in drills but collapses under pressure. A faster partner may expose your measure. Contact work may reveal that you become stiff as soon as the forearms touch. Ground survival may reveal that you turn your back while standing. Those discoveries tell you where to return. The book is linear because a beginner needs a path. Your training will eventually become cyclical because skill development is not a table of contents.

The end point is not a collection of techniques. It is a connected set of basic capabilities. You should be able to stand in a position from which you can move. You should be able to manage a useful measure. You should be able to strike while preserving position. You should be able to protect yourself when the ideal response is gone. You should be able to counter before the opponent fully recovers. You should begin to recognize entries early enough to intercept some of them. You should be able to cross distance with more safety than simply rushing. You should be able to continue after the first action instead of admiring it.

You should also be less helpless when the exchange becomes untidy. If contact occurs, you should be able to feel pressure without turning the moment into a trapping performance. If the distance collapses, you should understand basic position, head placement, short weapons, clinch awareness, and the need to regain a useful relationship. If you fall, you should protect yourself, make space, and get back to your feet. And when you spar, you should be able to treat the round as information: what remained, what disappeared, and what needs to be trained next.

That sequence is the practical identity of this book. It is not a definition of Jeet Kune Do, and it is not the final shape of your practice. It is the developmental path that gives a beginner enough physical and tactical structure to enter deeper questions later. Once the tools begin to belong to you, you can study timing with more depth because you have missed timing.

You can study distance with more depth because someone has taken your distance away. You can study interception with more depth because you have been early, late, correct, fooled, and forced to choose not to intercept. You can study adaptation because another person has already made your preferred answer fail.

SIMPLIFIED SEQUENCE: Stand → Move → Measure → Strike
Protect → Counter → Intercept → Enter → Continue
Feel → Survive → Get Up → Spar

WHAT SUCCESS LOOKS LIKE AT THE END OF THIS BOOK

That is where the next level of study begins. For now, keep the task concrete.

Learn the movement. Preserve the position. Understand the distance. Give your partner a real problem. Add uncertainty gradually. Let resistance expose the weak link. Repair it. Test again. Do not chase complexity when a simpler relationship is still broken. Read the chapter. Train the problem. Test the skill. Keep what survives.

Then begin with Part I.

BEGINNER TRAINING WARM-UP AND BODY PREPARATION

Prepare the body for the movement you are about to train—without turning the warm-up into the workout.

A beginner does not need a conditioning circuit before every Jeet Kune Do session. The purpose of preparation is simpler: raise temperature, move the joints through the ranges the session will use, rehearse the basic directions of stance and footwork, and arrive at the first technical drill able to see, breathe, balance, and move. The warm-up should make skill practice safer and cleaner, not tire you before it begins.

Use the following eight-to-ten-minute sequence as a baseline. Keep every movement comfortable and progressive. Do not force range, bounce through pain, or treat flexibility as a test. If injury, dizziness, restricted movement, or a medical condition changes what is safe for you, modify the session with appropriate professional guidance.

THE 8-10 MINUTE BASELINE

1. Raise Temperature - 60-90 seconds
Walk briskly, shadow-step, or move lightly around the training area. Add short forward, backward, and lateral steps. Breathing should stay controlled.

You are moving from rest into readiness, not trying to become tired.
2. Ankles, Knees and Hips - 2 minutes
Shift weight from heel to forefoot, use small ankle circles, shallow bodyweight bends, split-stance weight shifts, controlled knee lifts, and gentle

hip rotations. Keep the knees tracking in directions the feet can support. Do not twist a planted knee to manufacture a larger turn. The lower body must be ready to receive weight, pivot, kick, and change direction without locking.

3. Torso, Shoulders and Arms - 90 seconds

Rotate the torso gently left and right while keeping the pelvis organized. Add small side bends, shoulder circles, relaxed arm openings, elbow bends, and wrist movement. The aim is usable motion around a stable center. Avoid large swings that teach the hands to leave the guard or the shoulders to rise with effort.

4. Neck Awareness - 30-45 seconds

Use small comfortable turns and nods rather than large neck circles. The neck will later manage guard posture, head movement, clinch contact, and falls; preparation should create awareness without aggressive stretching.

5. Stance and Direction - 90 seconds

Move into your JKD Fighting Stance and take short steps forward, backward, left, and right. Add one or two pivots. Each time you stop, check that you can move again immediately. Keep the hands available and the head relatively level. This is the bridge from general preparation into the movement language of the book.

6. Light Shadow Integration - 60-90 seconds

Finish with relaxed shadow movement using only material you already own.

An early beginner may use stance, Step-and-Slide, Push Shuffle, Straight Lead, and simple recovery. Later, add the specific pattern required by the session: a few low kicks before kicking work, light cover-and-move before defensive work, technical get-ups before ground work, or touch-level partner movement before sparring. Never make the warm-up more complex than the skill you are about to train.

PREPARE FOR THE SESSION YOU ARE ACTUALLY DOING

The baseline stays similar, but the final minutes should become specific. For striking, rehearse the line and recovery at low force. For kicking, gradually increase chamber and hip range before speed or height. For clinch or ground work, add controlled level changes, hip movement, frames, and get-ups on mats. For sparring, finish with light partner movement and honest target lines before uncertainty increases. Specificity does not mean intensity: the first

hard pad strike, explosive entry, fall, sprawl, or resistant exchange should not arrive from a cold start.

A SIMPLE READINESS CHECK

Before the first technical block, ask four questions. Can I step in every useful direction without stiffness or pain? Can I raise my hands and shoulders without unnecessary tension? Can I rotate, bend, and lift a leg through today's working range with control? Can I breathe normally while moving in stance? If the answer is no, reduce range or intensity and prepare a little longer.

The warm-up ends when the body is ready to learn. From there, enter the Pressure Ladder at the level the skill requires: Learn, Stabilize, Vary, Choose, Resist, or Integrate. Preparation is not a seventh training stage. It is what lets you enter the correct stage with a body capable of performing the task.