

BRUCE LEE'S JEET KUNE DO

What have been the most rewarding benefits are the ones I was not even looking for... I seem to be developing a genuine sense of belonging to something bigger than myself.

Eric Romanak

Innovative and radically ahead of his time in training and teaching, Bruce Lee developed a martial art system and fighting strategy that has lost none of its effectiveness over time. The movements are crisp and efficient, utilizing the most direct lines and angles of attack. Each technique blends into the next to produce one continuous flowing motion until the conflict is resolved. The practice of this art will enhance natural attributes such as coordination, timing, speed, endurance, strength and agility. With certified instructors under Bruce Lee's protégé, Dan Inosanto, Three Rivers offers the most authentic training through a direct lineage of the art's originator. Participate in seminars with Tuhon Inosanto annually in Evansville and St. Louis as Three Rivers students travel together to gain proficiency in the art.

Jason Hawkins and Kevin Traugher

Owner and chief instructor of Three Rivers, Jason has been an instructor in Jun Fan Gung Fu and Filipino martial arts under Tuhon Dan Inosanto since 1998. Jason has trained with Sifu Jeff Westfall, an instructor under Tuhon Inosanto, since 1990. With over 30 years of martial arts experience, Kevin is a level-five apprentice instructor under Tuhon Dan Inosanto in both Jun Fan Gung Fu/Jeet Kune Do and Kali.



SCHEDULE

Tuesdays
7:00-8:00 pm

Thursdays
7:00-8:00 pm

Set up a group class with your friends to fit your schedule. Private lessons are also available.

2343 New Holt Road, Livingwell Centre • Paducah KY 42001 • 270.554.4885 • www.ThreeRiversAcademy.com • trmaa@bellsouth.net



INTRODUCTORY SPECIAL \$25.00

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

EQUIPMENT Bundles starting at \$50.00

Order Atama or Century through Three Rivers to receive free shipping (restrictions apply). Not needed for intro session.

