

Ultimate Fitness & Discipline Achieved Through Martial Arts Concepts



James Howell

BIG SKY HIGH SCHOOL FLAGSHIP PROGRAM

Four Week Intensive Personalized Self Defense Training for Teens

- Wednesday's 4-5:30 PM
- October 10th, 17th, 24th and 31st
- Class is limited to eight students

STREETWISE SELF DEFENSE AND FULL-BODY CONDITIONING

Bruce Lee wanted to free people from the bondage to styles and patterns in the martial arts, therefore, tradition is stripped away. We concentrate on using flexible responses rather than preconceived movements in applying our martial method. JKD training emphasizes economy of motion, such as "Stop Hits" and "Stop Kicks", simultaneous parrying and hitting, and no high kicks. The techniques are simple, direct, and efficient. Most martial art systems focus on only a couple of ranges of confrontation, such as kicking, punching or grappling. In our JKD, Filipino Martial Arts and Mixed Martial Arts classes, we cover these as well as the range of trapping and the outside range of weapon handling and disarms. Our school's philosophy is to embrace moralities such as endurance, tolerance, humility, forgiveness and peace. We promote physical force as a last resort. Conditioning is emphasized to develop the student into a higher level of fitness in conjunction with attribute training to raise their individual athletic ability which can be applied to any sport.

Call James today at 406•529•3959

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