

# **SELF-DEFENSE** **AND FITNESS**

## **BRUCE LEE'S FIGHTING METHOD JEET KUNE DO, KICKBOXING AND GRAPPLING**

**Greg Pichardo**  
**Phoenix Martial Arts**

**Greg has over 30 years of Martial Arts Training with backgrounds in Jeet Kune Do, Kali, Silat, Chun Karate, Judo, Thai Boxing, Savate, Western Boxing and Jujitsu.**