



SHOSTAL JEET KUNE DO ACADEMY

UNDERSTAND THE DRILL

In minor hockey, (actually in all hockey training camps, including the pros), there are a ton of drill you will do. You will do stops and starts until your legs scream for mercy, then you'll do a few more; you'll drill the circles, skating forwards and backwards and doing crossovers; you will drill endurance skating, push drills and chase drills; you will do drills to cut angles, you will do checking drills (both giving and receiving); and you will stickhandle a puck around more pylons/traffic cones than you will ever see on the highway in your lifetime....but *none of this is hockey.*

Hockey is: you put the puck in their net and stop them from putting the puck in yours; at the end of the three 20 minute periods, who ever has been most successful at this has won.

To “do” (play) hockey, however, you **MUST** be able to stop and change directions quickly; you **MUST** be able to skate forward and backwards both hard and on angles; you **MUST** be able to hit and be hit; you **MUST** be able to move and change direction and speed around opponents while controlling the puck on your stick; *if you can't do that stuff*, you will **NEVER** put the puck in your opponents net, and you will **NEVER** stop him from putting it in yours. If you don't have these skills you will never be able to respond to your opponent, or force his play.

So it is with JKD.

The drills are not JKD.

The skills you're developing while doing drills will make you better able to apply the tools and strategies of JKD, but they themselves are not JKD.

Don't merely memorize the routine; understand the drill.

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