

RAPID ASSAULT TACTICS (R.A.T.)

Rapid Assault Tactics (R.A.T.) is a self-defense system based on the formless form of JEET-KUNE-DO. JKD utilizes all combative disciplines and is bound by none. This was Bruce Lee's philosophy at the time he created JKD's tactics.

R.A.T. was developed by third generation Bruce Lee student Paul Vunak, for the NAVY SEALS program. This system has been adapted to combat the typical "STREET FIGHTER". The R.A.T. gives you the advantage before the confrontation ever begins.

RAPID ASSUALT TACTICS covers topics such as:

- ◆ **BALANCE/ MOBILITY**
- ◆ **MEASURE (DISTANCE)**
- ◆ **SPEED/ FORCE**
- ◆ **BLOCKING/INTERCEPTING/DESTRUCTION**
- ◆ **PRESSURE**
- ◆ **TERMINATION**

Upon completion of this course the coveted R.A.T. patch will be awarded. Course duration is approximately 2-3 hours.