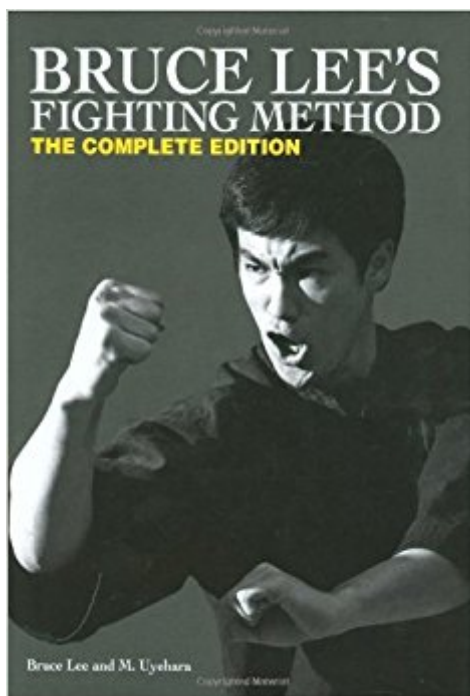


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Bruce Lee's Fighting Method: The Complete Edition



Synopsis

Vividly illustrating the techniques of a legendary innovator, this definitive examination explains how to survive attacks on the street, increase training awareness, and develop body movements. Originally compiled as a four-volume series, this revised edition breathes new life into a classic work with digitally-enhanced photography of jeet kune do founder Bruce Lee in his prime, a new chapter by former Lee student Ted Wong, and an introduction by Shannon Lee. This renowned compendium once again reclaims its place as an integral part of the Lee canon and a necessary addition for collectors and martial arts enthusiasts alike.

Book Information

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Customer Reviews

Bruce Lee was an iconic figure in martial arts who pioneered the concept of jeet kune do from his physical training, personal research, and formal education in philosophy at the University of Washington, Seattle. He acted in several motion pictures, including The Big Boss, Enter the Dragon, Fists of Fury, and Way of the Dragon. He is the author of Tao of Jeet Kune Do. M. Uyehara is an aikido practitioner and the founder of Black Belt magazine. He served as the owner for more than 30 years and studied jeet kune do under Bruce Lee. He lives near Honolulu, Hawaii.

A must-read for every JKD practitioner. While the Tao of Jeet Kune Do is still the "Bible" I would actually recommend beginning students of JKD to read this book first. It's a bit more text book-y and easier to read than the Tao, since you're probably more used to a text book-y writing style than how the Tao is written (more of a collection of notes). After you get a better understanding of the art

(maybe 6 months in?) then I'd go back and read the Tao. I think you'll get more out of it in that order. But that's just one person's opinion.

The best martial arts book I have ever read, with detailed pictures. Bruce Lee really seemed to understand the concept of fighting, learning to teach yourself instead of relying on just one type of martial arts. It helped me learn how to move better, I have back problems, so it helped. I even gave one to a family member, and I don't do that, due to me being a perfectionist, if something is flawed in any way its not good enough to recommend it.

Great book of the master Bruce Lee. Great pictures and detailed instruction. The price is good compared to other resources. It is a hefty book. Great as a gift. Great as a conversation piece.

Great book for any martial artist to add to their collection. "Absorb what is useful, discard what is not, add what is uniquely your own."

Great book for any martial artist to add to their collection. "Absorb what is useful, discard what is not, add what is uniquely your own."

Full of Bruce Lee's fighting style information and fitness, fighting styles and techniques. 'I do not fear a man who can throw 10,000 different kicks, I fear the man who has thrown one kick 10,000 times.' - Bruce Lee

You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash. Become like water my friend.

It's Bruce Lee; what more do you need. one of the most unique amazing fighters the world has ever seen.

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