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paperback volumes. The text describes Bruce Lee's Kung Fu fighting techniques, philosophy and training methods. This book was originally written in 1966 by Bruce Lee. However, Lee decided not to publish this work as he feared that instructors would use the fighting knowledge in this text to promote themse

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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.

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complete edition. in this 483 page book, you are taught by bruce himself and his assistant proper exercises to assist a fighter, all the essentials of jeet kune do-stance, strikes, blocks, kicks,parrying, feinting, drawing,attacks and even strategies against various attacks on the street, all ...

As the fourth and final volume in the Bruce Lee's Fighting Method series, it contains detailed illustrations and vintage photos capturing Lee in his prime. This essential series, compiled and organized by his close friend, Mito Uyehara, is the perfect companion to Bruce Lee's classic text, Tao of Jeet Kune Do.

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