

Chinese Gung Fu: The Philosophical Art Of Self-defense - Bruce Lee

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Originally published in 1963, this book includes personal testimonies regarding the author and his art from James Y. Lee, the legendary Ed Parker, and jujutsu icon Wally Jay. Through hand-drawn diagrams and captioned photo sequences, Lees text comes to life as he demonstrates a variety of training exercises and fighting techniques. Topics include basic gung fu stances, waist training, leg training, and the theory of yin and yang. The re-edition of Bruce Lees original thoughts on kung fu offers martial arts enthusiasts and collectors exactly what they want: more Lee. Featuring digitally-enhanced photography, new pictures of Lee from a lost session and an original essay in Lees handwriting, Chinese Gung Fu still maintains its position as a timeless work by one of martial arts greatest masters. Author: Lee, Bruce Publisher: Black Belt Communications Illustration: N Language: ENG Title: Chinese Gung Fu: The Philosophical Art of Self-Defense Pages: 00112 (Encrypted EPUB) On Sale: 1987-02-01 SKU-13/ISBN: 9780897501125 Category: Sports & Recreation : Martial Arts & Self-Defense

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