

Tao Of Jeet Kune Do: New Expanded Edition - Bruce Lee

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Compiled from Bruce Lees notes and essays and originally published in 1975, this iconic volume is one of the seminal martial arts guides of its time. The science and philosophy behind the fighting system Lee pioneered himselfjeet kune dois explained in detail, depicted through hundreds of Lees own illustrations. With the collaboration of Lees daughter, Shannon, and Bruce Lee Enterprises, this new edition is expanded, updated, and remastered, covering topics such as Zen and enlightenment, kicking, striking, grappling, and footwork. Featuring an introduction by Linda Lee, this is essential reading for any practitioner, offering a brief glimpse into the mind of one of the worlds greatest martial artists.Author: Lee, Bruce Publisher: Black Belt Communications Illustration: Y Language: ENG Title: Tao of Jeet Kune Do: New Expanded Edition Pages: 00250 (Encrypted EPUB) On Sale: 2011-11-01 SKU-13/ISBN: 9780897502023 Category: Sports & Recreation : Martial Arts & Self-Defense

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