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Lee Library
Commentaries On The Martial

**Compiled from Bruce
Lee's notes and writings,
Bruce Lee Jeet Kune Do is
the seminal book
presenting the martial art**

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*Commentaries On The Martial
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**created by Bruce Lee
himself. Jeet Kune Do was
a revolutionary new
approach to the martial
arts in its time and is the
principal reason why
Bruce Lee is revered as a**

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*pioneer by martial artists
today, many decades
after his death. The
development of his
unique martial art
form—its principles, core
techniques, and lesson*

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***plans—are all presented
in this book in Bruce
Lee's own words and
notes. This book is the
complete and official
version of Jeet Kune Do
which was originally***

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*Commentaries On The Martial
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**published by Tuttle
Publishing in cooperation
with the Lee family in
1997. It is still the most
comprehensive
presentation of Jeet Kune
Do available. This Jeet**

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***Kune Do book features
Lee's illustrative sketches
and his remarkable notes
and commentaries on the
nature of combat and
achieving success in life
through the martial arts,***

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**as well as the importance
of a positive mental
attitude during training.
Also, there is a series of
"Questions Every Martial
Artist Must Ask Himself"
that Lee posed to himself**

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***and intended to explore
as part of his***

***development, but never
lived to complete. Bruce
Lee Jeet Kune Do is the
book every Bruce Lee fan
must have in his***

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**collection. This Bruce Lee
Book is part of the Bruce
Lee Library which also
features: Bruce Lee:
Striking Thoughts Bruce
Lee: The Celebrated Life
of the Golden Dragon**

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of the Dragon Bruce Lee:
The Art of Expressing the
Human Body***

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**** step by step
instructions to help you
develop a deeper
understanding of the art
of Jeet Kune Do. This
book consists of over 483
pages and over 3300***

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***photos of in-depth
instructions, based on
the Original Jeet Kune Do
and modern development
of Martial Arts. This book
is a must for every
serious Martial Artist of***

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***any style. The
instructions in this book
will help you develop a
better and deeper
understanding of Jeet
Kune Do and scientific
street self defense. The***

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*tutelage of this book will
allow both beginners and
advance practitioners
alike to gain a full
understanding of the
methods and theories
that lay behind JKD, an*

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**art that for many years a
substantial amount of
practitioners struggled
with.**

***This book belongs on the
bookshelves of every
serious martial artist,***

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***guaranteed to elevate
the reader to the highest
level. In this fantastic
training manual, you will
discover intermediate
and advance techniques
and strategies of Bruce***

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***Lee's incredible art of
Jeet Kune Do. Included
are Bruce Lee's energy
drills, JKD trapping,
Sparring drills, wooden
dummy training, and
strategies against all***

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***types of fighters. Packed
with Bruce Lee's Jeet***

***Kune Do drills and cutting
edge, up-to-date advance
strategies against any
type of opponent. For the
first time, this book***

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***contains hardcore
training and fighting
techniques and tactics
(never before published)
of Bruce Lee's personal
art. Bestseller: Amazon
#2 "Tao of Jeet Kune Do"***

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***Previous edition:
978-0953176663***

***This is a fully illustrated
How to Book in the Latter
stage of Jeet Kune Do.
Train the way Bruce Lee
trained in the Final Stage***

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***of Jeet Kune Do's
development and
evolution. The Jeet Kune
Do Handbook that shows
you the training drills ,
Techniques and Basic
Movements ,that are only***

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**discussed in JKD seminars
. This book shows you the
basic techniques and
drills needed to practice
the latter stage Jeet kune
do .The hand before foot
technique. The basic**

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**weapons , movements
and footwork. The**

**Fundamentals of the Jeet
Kune Do kicking
techniques. The 5 ways of
attacks was discussed
and shown in a step by**

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***step manner that is easy
to follow. With 1000***

***instructional Photos and
illustrations to guide you
to do the techniques
correctly and help you to
develop your own***

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***combinations . This Book
covers all the aspect of
the Latter Stage of Jeet
Kune Do. Simplicity .
Using No Way as Way ,
Using No Limitation as
Limitation. This book is a***

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***road map for your own
self expression.***

***The Dragon and the
Tiger, Volume 1
Essential Jeet Kune Do
Essential Elements of
Bruce Lee's Martial Art***

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***The Latter Stage Jeet
Kune Do***

***Jeet Kune Do Basics
Inspiration and Insights
from the World's Greatest
Martial Artist***

This book will serve way to decide

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what will work the best for you and what aspects of JKD you need to keep, as well as throw away. I feel that it would be impossible to learn this from your instructor, as he will mainly focus on what works best for him. I have been fortunate to have learned from many of the

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senior students of Bruce Lee and have noticed that they all focus on certain things and not on what some the others are doing. For some it may be the boxing aspects. For some it may be footwork. For others it was trapping energy and the Wing Chun elements. It was

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**only when we started focusing on
the Western fencing aspects of JKD
that I was able to understand and
focus on what has become my
essence of JKD. Of course, an
instructor cannot just hand you
what will become your essence or
foundation of your own JKD. This is**

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**something that you must discover
for yourself as you work to become
more a more efficient JKD
practitioner. The purpose of this
book is too show you most of what
we teach in my garage and the
basic principles behind each. Once
you have worked on these you will**

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come to realize what will work for you and what will not. Some of you will want to focus on distance and footwork. Others will feel comfortable crashing the line. Whatever works for you is the main thing. Just use the book as guideline to discover your own

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essential JKD.

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Finally, under one cover, the
definitive study of Bruce Lee's jeet
kune do, the explosive martial art
drawn from the best of Eastern and
Western fighting styles. This
exclusive collection features
interviews with top masters who

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**worked closely with Bruce Lee -
such as Dan Inosanto, Larry
Hartsell and Joe Lewis - along with
a dynamic presentation of jeet kune
do principles and techniques. In
this book, Jerry Beasley, who has
trained extensively with Lewis and
dedicated years to the practice and**

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study of jeet kune do, solves the puzzle of what jeet kune do actually is, as envisioned by Bruce Lee and practiced by succeeding generations of adherents.

According to Lewis, "What Bruce Lee was able to do in a physical context, Dr. Beasley has

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successfully done in print."
(Incorporates material from In

**Search of the Ultimate Martial Art
and The Way of No Way.)**

**Jeet Kune Do is the most complete
martial arts system developed by
the late Bruce Lee which is a
compilation of various arts and**

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elements amalgamated to make the most effective hand to hand combat method known to man. The Author uses elements from Jun Fan, Kali, Shootfighting and other sources to give the student a recipe that will make him a better martial artist/fighter. You will also discover

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within the pages of this fascinating book the philosophical elements and concepts that will make you a 'thinking' martial artist. A must have book for any martial arts student regardless of style or system. Fully illustrated with over 400 B/W photos. This edition also includes

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personal photos from the authors
archives.

Gathers the thoughts of the famous
martial arts expert and actor about
zen and the practical aspects of self-
defense.

Risk, Failure, Play
Advanced Techniques

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Tao of Jeet Kune Do

Jun Fan Gung Fu

Understanding Jeet Kune Do

The essential guide to the
fighting method developed by
Bruce Lee

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Jeet Kune Do is a modern system of self-defence based on the teachings and philosophy of Bruce Lee, the King of Kung Fu. JKD is built on Simplicity, Directness, Efficiency and Speed. It

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encapsulates all four fighting
distances (Kicks, Boxing, Close
Combat and Ground Combat)
and uses specific Strategies,
Concepts and Principles. JKD is
constantly developing and
encompasses the dangers of

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modern life, so that, after the early demise of its founder, it lives on through his friend and heir Dan Inosanto. This book serves to teach from level 1 to 3, although it introduces other developing areas. It is useful

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for any interested reader, who is involved in understanding a realistic method of self defence developed by Bruce Lee. It also serves as a support for every sportsperson and Martial Artist. Style is totally irrelevant, as

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Jeet Kune Do can be used for or against any style, freely using the motto "using no way as a way". "Having no limitation as limitation" Bruce Lee.

Apply the combat science of Bruce Lee's revolutionary

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martial art! This martial arts manual describes his research into the how and why of Jeet Kune Do techniques. Bruce Lee wrote of "three stages of cultivation" that lie along the path to JKD mastery: The Stage

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of Innocence—this is the level of the absolute beginner. The Stage of Art—the student is immersed in the process of technical and physical training. The Stage of Artlessness—the stage of "highest art" in which

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the body is no longer hindered by the mind. As Bruce Lee would say, "It hits all by itself." To reach the final stage, the student must progress methodically through the Stage of Art—there are no shortcuts!

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Author Teri Tom guides you on this journey by revealing the science behind the moves in Jeet Kune Do repertoire. You'll learn how to protect yourself from injury, and maximize the effectiveness of the following

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core techniques and their variations: Straight Lead; Rear Cross; Hook; Uppercut; Straight Kick; Hook Kick; Side Kick; and Spinning Back Kick. You'll also learn about Bruce Lee's revolutionary approach to

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combat that takes advantage of human biomechanics; How to evade attacks, and use those evasive movements to launch counter-attacks; Natural ways to chain your moves into seamless combinations; The

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importance of developing mental and physical speed, footwork, cadence, good timing and judgment of distance; All techniques are traced to the original sources that inspired Bruce Lee.

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This book is intended to be a conceptual guide to the art and philosophy of Bruce Lee's Jun Fan Gung Fu Jeet Kune Do. Bruce Lee Artist of Life Jeet Kune Do "Bruce Lee's Legacy"

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Martial Arts Bible:

Contemporary Jeet Kune Do

Straight Lead

A Study in the Way of Chinese
Martial Art

Bruce Lee Jeet Kune Do

This is the first book to offer a

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*comprehensive overview of the history,
development and contemporary
significance of sport in Asia. It
addresses a wide range of issues
central to sport in the context of Asian
culture, politics, economy and society.
The book explores diverse topics,*

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including the history of traditional Asian sport; the rise of modern sport in Asia; the Olympic Movement in Asia; mega sport events in Asia; sport governance and policy; gender, class and ethnicity in Asian sport, and Asia's sporting heroes and heroines.

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With contributions from 74 leading international scholars, it offers a new perspective on understanding Asian sport and society, telling the story of how sport in this mega-region is coming together and reshaping the world in the process. It also provides

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*readers with a wide lens through
which to better contextualise the
relationships between Asia and the
world within the global sport
community. The Routledge Handbook
of Sport in Asia is a vital resource for
students and scholars studying the*

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*history, politics, sociology, culture and
policy of sport in Asia, as well as sport
management, sport history, sport
sociology, and sport policy and politics.
It is also valuable reading for those
working in international sport
organisations.*

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*Part of the Bruce Lee's Fighting
Method series, this book teaches how to
perform jeet kune do's devastating
strikes and exploit an opponent's
weaknesses with crafty counterattacks
like finger jabs and spin kicks.
Are you TIRED of the RAT RACE?*

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***Do you wish you had MORE TIME
and MORE MONEY? Would you like
to NEVER WORK AGAIN? If you
answered "YES!", then you need
to look no further than Dan "The
Man" Lok's new book - F.U.
MONEY. If you have ever thought to***

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***yourself: How come I have to keep
back to this DEAD-END JOB? How
can I make enough money to afford to
STOP WORKING and START
HAVING FUN?? When will it be MY
TURN to live the GOOD
LIFE???*Imagine how your life would**

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become if you knew what it really takes to make more money that you have ever dreamed possible. For instance, can you imagine that... All the money stress in your life suddenly vanishes? You get to fire your boss and tell him where to shove it? Take

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holidays whenever you want and for as long as you want? You are living in the house of your dreams, driving the car of your dreams and also have a boat and a cabin and even a plane if you want? You can afford to give your children the perfect, healthy, fun and

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*fulfilling childhood that you always
wanted to give them? In this no-
nonsense, no-holds-barred guide,
international entrepreneur, best-selling
author, and self-made multi-
millionaire Dan Lok shows you how to
live the lifestyle you really want*

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*without having to work or rely on
anyone else for money.*

*"The straight punch is the core of Jeet
Kune Do."—Bruce Lee The straight
lead was a key element in Bruce Lee's
development of his own personal style.
It was designed to be uncomplicated,*

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economical, and brutally effective but is not as simple as it might seem. Bruce Lee once described it the most difficult move in the Jeet Kune Do arsenal. Lee developed JKD as a response to the shortcomings he found in traditional martial arts, but it also includes

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*elements of Western combat systems
that he found effective. It*

*incorporates contributions ranging
from Jack Dempsey's approach to
boxing to the fencing style of Aldo
Nadi. In The Straight Lead: The Core
of Bruce Lee's Jun Fan Jeet Kune Do,*

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author Teri Tom describes the development of the straight punch in Western martial arts and describes Bruce Lee's refinement of the technique. It also offers a thorough instruction in the complexity and power of the move—showing martial

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*artists of any discipline how to
incorporate this devastating attack into
their repertoire. With forewords by
Shannon Lee Keasler and Ted Wong,
chapters include: A Brief History of
Straight Punching Evolution of Jeet
Kune Do's Straight Lead The Stance*

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Mechanics of the Straight Lead

Footwork Why the Straight Lead?

Application Speed Variations of the

Straight Punch What Jun Fan Jeet

Kune Do is Not Go to the Source An

Interview with Ted Wong

BRUCE LEE'S MARTIAL ARTS

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*Understanding Bruce Lee's Ultimate
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***THE SYSTEM WITHOUT A
SYSTEM®***

***The Birth of Bruce Lee's Jeet Kune Do
Hardcore Training and Strategies
Guide***

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Chinese Gung Fu

Risk, Failure, Play illuminates the many ways in which competitive martial arts differentiate themselves from violence. Presented from the perspective of a dancer and writer, this book takes readers through the

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**politics of everyday life as
experienced through training in a
range of martial arts practices such
as jeet kune do, Brazilian jiu jitsu,
kickboxing, Filipino martial arts,
and empowerment self-defense.**

Author Janet OâShea shows how

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play gives us the ability to manage difficult realities with intelligence and demonstrates that physical play, with its immediacy and heightened risk, is particularly effective at accomplishing this task. Risk, Failure, Play also demonstrates the

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**many ways in which physical
recreation allows us to manage the
complexities of our current social
reality. Risk, Failure, Play
intertwines personal experience with
phenomenology, social psychology,
dance studies, performance studies,**

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**as well as theories of play and
competition in order to produce
insights on pleasure, mastery,
vulnerability, pain, agency,
individual identity, and society.
Ultimately, this book suggests that
play allows us to rehearse other ways**

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**to live than the ones we see before us
and challenges us to reimagine our
social reality.**

**This useful and informative book
offers a detailed overview of Jeet
Kune Do practice while explaining
the specific moves readers will need**

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to perfect their techniques. As a foundation, the book recalls the origination of Jeet Kune Do — the philosophy, history, and different styles of the martial art. This gives readers an important reference point on how the practice evolved. From

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**there, the book explains how to
choose a school, taking readers
through their first class including the
etiquette and dress requirements.
The basic elements of the style —
stances, footwork, upper body and
lower body techniques, and**

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**grappling are all well represented
and defined. Building upon this solid
groundwork, the book informs
readers of the five ways of attack,
including the single direct attack, the
attack by combination, the
progressive indirect attack, the**

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attack by drawing, and the hand immobilization attack. Fighting instructions include the tactical considerations of Jeet Kune Do practice such as defenses, counterattacks, and sparring. The book concludes with a

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**comprehensive list of resources to
help students further develop their
knowledge of and training in Jeet
Kune Do. Through compact and easy-
to-read, this book gives readers
everything they'll need to start their
practice of this important fighting**

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art.

**(original title: Bruce Lee vs Classical
Martial Arts) Concerning an
accurate analysis of Jeet Kune Do
Martial Arts... Bruce Lee hit like a
rocket, and passed just as quickly.
Yet the effects of this extraordinary**

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martial artist are being felt to this day. Is his Martial Art, Jeet Kune Do, The Way of the Intercepting Fist, really a great martial art? Is it the best martial art in the world, as some claim? The answers are in this book, 'Matrixing Jeet Kune Do, ' by

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**Al Case. Matrixing is the first and
only science of the martial arts.**

**Using Matrixing graphs and
principles, Mr. Case holds Jeet Kune
Do up to a scientific light. Some of
the conclusions are quite surprising.
Did Bruce really destroy the**

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'Gunfighter Concept' prevalent in the martial arts of the time? Or replace it with his own version? What are the systematic observations he made to estimate the worth (or strategy) of a fighter? How good is the 'method' (and, yes, there

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**is a method to Bruce's art), that
Bruce designed? Question after
question is answered as the author
goes through Jeet Kune Do in a
systematic manner. The principles of
JKD are dissected, the truth and
worth of such things as 'The Five**

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**Ways of Attack, ' and the Five Points
of Attack, and Bruce's unique way of
looking at timing, are laid out,
compared and contrasted, and made
understandable in a way that is
totally scientific, and therefore
unique. Matrixing Jeet Kune Do is**

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definitely one of the most essential books any Martial Artist can add to his library. About the Author: Al Case began martial arts in 1967. He studied Kenpo, Karate, Wing Chun, Northern Shaolin, Southern Shaolin, Pa Kua Chang, Tai Chi Chuan, and

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**more. In 1981 he began writing
articles for the martial arts
magazines, and was asked to write
his own column for Inside Karate.
He is the originator of Matrixing
technology. His website is
MonsterMartialArts.com.**

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This book is a complete presentation of the use of jeet kune do in the close-in grappling range. Hartsell, one of Bruce Lee's original students, takes a clear cut, no-nonsense approach to a complete fighting form that incorporates moves from boxing,

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**wrestling, karate, jujitsu, judo,
savate, kali and escrima.**

Wing Chun Kung Fu - Jeet Kune Do
Bruce Lee's Jeet Kune Do
An Advanced Analysis of Jkd
Skill in Techniques
Jeet Kune Do: Entering to trapping

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to grappling

The Philosophical Art of Self Defense

This enduring bestseller,
written over six months when
Lee was bedridden with back
problems, compiles
philosophical aphorisms,
technique explanations, and

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sketches by the master himself.

Compiled from Bruce Lee's own notes and writings, Bruce Lee Jeet Kune Do is the seminal book presenting the martial art created by Bruce Lee himself. Jeet Kune

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Do was a revolutionary new approach to the martial arts in its time and is the principal reason why Bruce Lee is revered as a pioneer by martial artists today, many decades after his death. The development of

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his unique martial art form—its principles, core techniques, and lesson plans—are all presented in this book in Bruce Lee's own words and notes. This is the complete and official version of Jeet Kune Do

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which was originally published by Tuttle

Publishing in cooperation with the Lee family in 1997. It is still the most comprehensive presentation of Jeet Kune Do available. This Jeet Kune Do book

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features Lee's illustrative sketches and his remarkable notes and commentaries on the nature of combat and achieving success in life through the martial arts, as well as the importance of a positive mental attitude

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during training. In addition, there are a series of "Questions Every Martial Artist Must Ask Himself" that Lee posed to himself and intended to explore as part of his own development, but never lived to complete.

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must have in his collection.

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the Golden Dragon Bruce Lee:

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Expressing the Human Body

Tao of Jeet Kune Do Black

Belt Communications

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Incorporated

In the months leading up to his death, Bruce Lee was working on this definitive study of the Chinese martial arts—collectively known as Kung Fu or Gung Fu. This book has now been edited and

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Commentaries On The Martial
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is published here for the
first time in its entirety.

Bruce Lee totally
revolutionized the practice
of martial arts and brought
them into the modern
world—by promoting the idea
that students have the right

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to pick and choose those techniques and training regimens which suit their own personal needs and fighting styles. He developed a new style of his own called Jeet Kune Do—combining many elements

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from different masters and different traditions. This was considered heretical at the time within martial arts circles, where one was expected to study with only a single master—and Lee was the first martial artist to

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attempt this. Today he is
revered as the "father" of
martial arts practice around
the world—including Mixed
Martial Arts. In addition to
presenting the fundamental
techniques, mindset and
training methods of

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traditional Chinese martial
arts, this martial art

treatise explores such
esoteric topics as Taoism
and Zen as applied to Gung
Fu, Eastern and Western
fitness regimens and self-
defense techniques. Also

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included is a Gung Fu "scrapbook" of Bruce Lee's own personal anecdotes regarding the history and traditions of the martial arts of China. After Lee's death, his manuscript was completed and edited by

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martial arts expert John
Little in cooperation with
the Bruce Lee Estate. This
book features an
introduction by his wife,
Linda Lee Cadwell and a
foreword from his close
friend and student, Taky

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Fighting Strategies

Jeet Kune Do

A Comprehensive Guide to
Bruce Lee's Martial Way

This is an advanced study of the
martial art of Bruce Lee, Jeet
Kune Do (The Way of the
Intercepting Fist). It doesn't

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teach Jeet Kune Do, rather delves into the concepts behind Jeet Kune Do, and often what drove Bruce Lee to create the art. If you are a Bruce Lee worshipper, this book isn't for you. This book is for people who understand that Bruce was a man, and that there

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could be problems with Jeet Kune Do and, at the very least, things to learn from comparing and contrasting the art to the classical martial arts. It examines Bruce, and analyzes Jeet Kune Do. It is respectful, but it does ask the hard questions. The

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author uses 'Matrixing'
Technology and Neutronics to
achieve the analysis of martial
arts in this volume. Matrixing is a
science which utilizes graphs and
charts and other tools.

Neutronics is a philosophy aimed
at discovering the truth of the

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individual. It, too, is very scientific. The book is 136 pages, and includes anecdotes and drills, some of which have never been seen. The author began Martial Arts in 1967. He lived through the 'Golden Age' of Martial Arts, and studied

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virtually every martial art that came down the pike. He became a writer for the magazines in 1981, and had his own column in Inside Karate. He has written over 15 books on the martial arts, including several multi-volume works, virtual encyclopedias.

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These include a 3 volume treatise on Kenpo, a 5 volume presentation of Matrixing in 'Matrix Karate, ' works on Pan Gai Noon, Tong Bei, and more. Jeet Kune Do For Beginners! Principles, Techniques & Tactics From Bruce Lee's Fighting Style

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Of Choice Are You Ready To
Learn All About Bruce Lee's JKD?
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What JKD For Beginners
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Explained The Four Basic Ranges
Of JKD Explained Three Alternate
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Way How To Trap Your Opponent
Correctly And Much, Much More!

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developed Jeet Kune Do to be a practical form of self-defense.

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strategy. * Increase personal
fitness. * Become lightning fast. *
Increase power in all your
strikes. * Easy to follow
descriptions with clear pictures. *
Progressive lessons so you can
learn at your own pace. *
Develop the ability to

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instinctively escape/react to any
situation. ...and much more Train
in the Way of the Intercepting
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power and speed. * The fastest strike you can do and how to make it (and all other strikes) as fast as possible. * The most powerful strike you can do and how to make it (and all other strikes) as powerful as possible. * Jeet Kune Do footwork including

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the shuffle, quick movements, circling, bursting, etc. * A

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ranges, etc. * Understand the use of broken rhythm, cadence, and other timing concepts. These will give an otherwise slower person the upper-hand. * Learn how to create openings in your opponent's guard using feints, false attacks, and more. * Breaks

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philosophy, but it is not a Jeet Kune Do training manual. Unlike other Jeet Kune Do books, this one fills that gap Limited Time Only... Get your copy of Bruce Lee's Jeet Kune Do today and you will also receive: * Free SF Nonfiction Books new releases *

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Although much has been written about Jeet Kune Do, the art of Bruce Lee remains an enigma, spawning endless debate about what constitutes the art and how it should be taught and applied. "Understanding Jeet Kune Do" is vastly different from the books on

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Bruce Lee's martial art that have preceded it, offering a fresh and simple look at the mystery that is Jeet Kune Do. In "Understanding Jeet Kune Do," author Jason Korol demonstrates: -that Jeet Kune Do is the science of self-defense - not a mere concept or,

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for that matter, just a conglomeration of other arts.

-what the basis for a rationally consistent method of self-defense is and how Bruce Lee's Jeet Kune Do is consistent with that method. -a logically consistent definition of self-defense and

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explore its ethical, technical, and strategic corollaries. -why certain aspects of Lee's Jeet Kune Do must be taught as is - as the foundation of the method - or else it ceases to be Jeet Kune Do. "Understanding Jeet Kune Do" will have a unique appeal to Jeet

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Kune Do enthusiasts and the average martial artist that wants to gain a better understanding about the art of Jeet Kune Do.

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techniques, tactics, and
self-defense.

"While much has been
written about Bruce Lee
as a martial arts
instructor and as an
actor, very little has

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ever appeared about the
years he spent training

with James Yimm Lee, a
talented kung fu
stylist. This training
period left a lasting
impression on the

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"Dragon's" ideology and shaped his outlook on the martial arts for years to come. This title offers an in-depth account of the emergence of Bruce Lee's Jeet Kune

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Do."--Publisher
description.

Part of the Bruce Lee's
Fighting Method series,
this book demonstrates
simple, effective
methods for dodging and

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deflecting incoming
blows. It offers advice
for improving the speed,
power, and accuracy of
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martial arts, his own art of Jeet Kune Do, and its underlying philosophy.

The Core of Bruce Lee's Jun Fan Jeet Kune Do
What Dance Reveals about

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Martial Arts Training
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Bruce Lee's Fighting
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Seeking the Path of Jeet
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physics to philosophy."*** —

***John Blake, CNN Named one
of TIME magazine's "100
Greatest Men of the
Century," Bruce Lee's impact
and influence has only***

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grown since his untimely death in 1973. Part of the seven-volume Bruce Lee Library, this installment of the famed martial artist's private notebooks allows his legions of fans to learn more

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***about the man whose
groundbreaking action films
and martial arts training
methods sparked a
worldwide interest in the
Asian martial arts. Bruce
Lee Artist of Life explores***

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***the development of Lee's
thoughts about Gung Fu
(Kung Fu), philosophy,
psychology, poetry, Jeet
Kune Do, acting, and self-
knowledge. Edited by John
Little, a leading authority on***

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***Lee's life and work, the book
includes a selection of
letters that eloquently
demonstrate how Lee
incorporated his thought
into actions and provided
advice to others. Although***

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***Lee rose to stardom through
his physical prowess and
practice of jeet kune do—the
system of fighting he
founded—Lee was also a
voracious and engaged
reader who wrote***

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***extensively, synthesizing
Eastern and Western***

***thought into a unique
personal philosophy of self-
discovery. Martial arts
practitioners and fans alike
eagerly anticipate each new***

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***volume of the Library and its
trove of rare letters, essays,
and poems for the light it
sheds on this legendary
figure. This book is part of
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the master's own words. In***

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***1970, Bruce Lee suffered a
back injury that confined
him to bed. Rather than
allowing this to slow his
growth as a martial artist, he
read feverishly on Eastern
philosophy and Western***

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***psychology and self help
books, constructing his own
views on the totality of
combat and life. It was
during this time that Lee
wrote 7 volumes containing
his thoughts, ideas,***

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**opinions, and research into
the art of unarmed combat,
and how it applies to the
everyday life. Some of this
material was posthumously
published in 1975, but much
more existed. This landmark**

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***book serves as a more
complete presentation of
Bruce Lee's notes on his art
of Jeet Kune Do. The
development of his unique
martial art form, its
principles, core techniques,***

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***and lesson plans are
presented here in Lee's own
words. It also features Lee's
illustrative sketches and his
remarkable treatise on the
nature of combat, success
through martial arts, and***

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***the importance of a positive
mental attitude in training.***

***In addition, there are a
series of "Questions Every
Martial Artist Must Ask
Himself," that Lee posed to
himself and intended to***

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**explore as part of his own
development, but never lived
to complete. Jeet Kune Do: A
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Bruce Lee's Martial Way is a
book every Bruce Lee fan
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