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# **Bruce Lees Fighting Method Four Volume Set 1 Self Defense Techniques 2 Basic Training 3 Skill In Techniques 4 Advanced Techniques**

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including

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techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

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 is published here for the first time in its entirety. Bruce Lee totally revolutionized

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

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martial artist to 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 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 included is a Gung Fu "scrapbook" of Bruce Lee's own personal anecdotes regarding the history and

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traditions of the martial arts of China.

After Lee's death, his manuscript was completed and edited by 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 Kimura. 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 Bruce Lee: Artist of Life Bruce Lee: Letters of

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the Dragon Bruce Lee: The Art of

Expressing the Human Body Bruce Lee: Jeet  
Kune Do

A guide to the martial arts as taught by  
Bruce Lee includes information about other  
self-defense practitioners.

Illustrates how top mixed martial-arts  
fighters effectively use strike  
combinations, in a guide to essential  
tactics that includes coverage of  
footwork, recommendations for merging  
defensive and offensive moves and tips for  
overcoming range-related challenges.

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Original.

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Martial Arts Studies

Bruce Lee Striking Thoughts

The Legendary Bruce Lee

Skill in Techniques

The True Tales of Wing Chun Kung Fu Master

Duncan Leung, Bruce Lee's Fighting

Companion

Bruce Lee

"A teacher is never a giver of truth—he is a guide, a pointer to the truth that each student must find for himself. A good teacher is merely a catalyst."—Bruce Lee Within the pages of Striking Thoughts, you will find the secrets of Bruce Lee's

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amazing success—as an actor, martial artist, and inspiration to the world. Consisting of eight sections, *Striking Thoughts* covers 72 topics and 825 aphorisms—from spirituality to personal liberation and from family life to filmmaking—all of which Bruce lived by. His ideas helped energize his life and career, and made it possible for him to live a happy and assured life, overcoming difficult obstacles with seeming ease. His ideas also inspired his family, friends, students, and colleagues to achieve success in their own lives and this personal collection will help you in your journey too. Sections include: On First Principles—including life, existence, time, and death On Being Human—including the mind, happiness, fear, and dreams On Matters of Existence—health, love, marriage, raising children, ethics, racism, and adversity On



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Achievement—work, goals, faith, success, money, and fame

On Art and Artists—art, filmmaking, and acting On Personal

Liberation—conditioning, Zen Buddhism, meditation, and

freedom On the Process of Becoming—self-actualization, self-

help, self-expression, and growth On Ultimate (Final)

Principles—Yin-yang, totality, Tao, and the truth This Bruce

Lee Book is part of the Bruce Lee Library which also features:

Bruce Lee: The Celebrated Life of the Golden Dragon Bruce

Lee: The Tao of Gung Fu Bruce Lee: Artist of Life Bruce Lee:

Letters of the Dragon Bruce Lee: The Art of Expressing the

Human Body Bruce Lee: Jeet Kune Do

"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

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uncomplicated, 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 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*, 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 artists of any discipline how to incorporate this

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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 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 Gift your kid the inspirational tale of Bruce Lee! Inspire strength, fortitude, and unlimited possibilities. Are you looking for an inspirational book to inspire the inner genius of your kids? Can you imagine your little one having so much fun reading, they prefer reading over screen time? Then, you will love our children-friendly biography of Bruce Lee! Use this exciting biography book to instill timeless values & principles

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in your child. This inspirational Bruce Lee children's book includes: I: Illustrated biography - Printed in full color and written like a storybook, these 26 pages of engaging illustrations are sure to engage your little ones... (Warning: Reading could become addictive) II: Extended biography - Curated to deepen your child's knowledge about Bruce Lee, our extended biography is also perfect for school reports... III: Gallery - Impress your little ones with an iconic photo of Bruce Lee... IV: Glossary - Reinforce your child's learning with simplified explanations of advanced vocabulary... V: Muse Museum - Introduce your little ones to a myriad of other inspirational individuals in our book collection... VI: BONUS Education Guide - The perfect educational tool (downloadable pdf) to center a class around or to spark an

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enriching conversation just before bedtime... Age

Specifications: This illustrated biography book of Bruce Lee is perfect for boys and girls between 5 to 10 years old and it is awesome for any child (toddlers, preschool and kindergarten) who is interested in reading. Your kid will love it! About Bruce Lee: Also known as the "Little Dragon", Bruce Lee's story is about a man who confronted the divisive and entrenched societal beliefs of his generation head-on. With relentless persistence and unwavering fortitude, he overcame racism and ostracism through martial arts and acting, bridging the gap between Western and Eastern cultures. His strength and dedication to his craft bears testament on how commitment and passion can change the world as we know it! "The key to immortality is first living a life worth remembering." - Bruce

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Lee Wait no more! Scroll up now and click on the "Buy Now" button to gift your kid the inspirational tale of Bruce Lee!

The widow of the late martial arts star traces his life from his childhood in Hong Kong, to his education in the United States, his career as an actor, and his untimely death

A Comprehensive Guide to Bruce Lee's Martial Way

Advanced Dynamic Kicks

The Philosophical Art of Self Defense

Bruce Lee Artist of Life

Monadnock Defensive Tactics System

Tao of Jeet Kune Do

*This book disrupts disciplinary boundaries to make a case for the*

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future direction and growth of martial arts studies as a unique field  
Bruce Lee never died. And he hasn't aged. But he has no idea who he is, what's happened in the world in the past 40+ years, or why so many "thugs" want a piece of him. With the help of a fly BFF from the '70s - Joe Toomey, P.I. -- and a pair of precocious Teens, Bruce will find himself forced to do battle with both an enigmatic Villain and his very own conscience.

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*Bruce Lee was a Chinese American action film star, martial arts instructor, filmmaker, and philosopher. His Hong Kong and Hollywood-produced films elevated the traditional martial arts film to a new level of popularity and acclaim. Through such films as Way of the Dragon and Enter the Dragon, Lee helped to change the way Asians were presented in American films and, in the process, he became an iconic figure known throughout the world. Although he*



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died at the young age of 32, Bruce Lee is widely considered to be the one of the most influential martial artists of all time.

Bruce Lee's daughter illuminates her father's most powerful life philosophies—demonstrating how martial arts are a perfect metaphor for personal growth, and how we can practice those teachings every day.

"Empty your mind; be formless, shapeless like water." Bruce Lee is a

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*cultural icon, renowned the world over for his martial arts and film legacy. But Lee was also a deeply philosophical thinker, learning at an early age that martial arts are more than just an exercise in physical discipline—they are an apt metaphor for living a fully realized life. Now, in Be Water, My Friend, Lee's daughter Shannon shares the concepts at the core of his philosophies, showing how they can serve as tools of personal growth and*

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*self-actualization. Each chapter brings a lesson from Bruce Lee's teachings, expanding on the foundation of his iconic "be water" philosophy. Over the course of the book, we discover how being like water allows us to embody fluidity and naturalness in life, bringing us closer to our essential flowing nature and our ability to be powerful, self-expressed, and free. Through previously untold stories from her father's life and from her own*

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*journey in embodying these lessons, Shannon presents these philosophies in tangible, accessible ways. With Bruce Lee's words as a guide, she encourages readers to pursue their essential selves and apply these ideas and practices to their everyday lives—whether in learning new things, overcoming obstacles, or ultimately finding their true path. Be Water, My Friend is an inspirational invitation to us all, a gentle call to action to*

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*consider our lives with new eyes. It is also a testament to how one man's exploration and determination transcended time and place to ignite our imaginations—and to inspire many around the world to transform their lives.*

*Bruce Lee's Fighting Techniques and Strategies*

*A Life*

*Bruce Lee Jeet Kune Do*

*Wing Chun Warrior*

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*A Study in the Way of Chinese Martial  
Art*

*Striking Distance*

"Bruce Lee was known as an amazing martial artist, but he was also a profound thinker. He left behind seven volumes of writing on everything from quantum 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 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 about the man whose groundbreaking action films

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and martial arts training methods sparked a worldwide interest in the Asian martial arts. Bruce Lee Artist of Life explores 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 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 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 extensively, synthesizing Eastern and Western thought into a unique personal philosophy of self-discovery.

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Martial arts practitioners and fans alike eagerly anticipate each new 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 the Bruce Lee Library, which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee: Jeet Kune Do Edited by Bruce Lee and featuring jeet kune do legend Ted Wong, this book introduces the reader to the sil lim tao form, the immovable-elbow and centerline theories, chi sao (sticky hands), trapping, and much more. Wing Chun Kung-Fu continues to set the standard for martial



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arts instructional books, and it has become the perennial study guide for kung fu enthusiasts of all skill levels. Get to know the true Bruce Lee through the eyes of his friend, M. Uyehara. Pound for pound, he may have been the greatest fighter who ever lived. Read about his good and bad times, his dreams and destiny shattered by his early death.

“The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate” (The New York Times Book Review). The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed

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long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee's life. It's also one of the only accounts; incredibly, there has never been an authoritative biography of Lee. Following a decade of research that included conducting more than one hundred interviews with Lee's family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee's early years as a child star in Hong Kong cinema; his actor father's struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out

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of high school and eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This

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is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

The Complete Edition

Who Was Bruce Lee?

Bruce Lee's 5 Methods of Attack

Disrupting Disciplinary Boundaries

The Teachings of Bruce Lee

The Incomparable Fighter

*An illustrated collection of inspirational and thought-provoking quotations by martial artist and actor Bruce Lee.*

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*In the spring of 1959, eighteen-year-old Bruce Lee returned to San Francisco, the city of his birth. Although the martial arts were widely unknown in America, Bruce encountered a robust fight culture in the Bay Area, populated with talented and trailblazing practitioners such as Lau Bun, Chinatown's aging kung fu patriarch; Wally Jay, the innovative Hawaiian jujitsu master; and James Lee, the Oakland street fighter. Regarded by some as a brash loudmouth and by others as a dynamic visionary, Bruce spent his first few years back in America advocating for a modern approach to the martial arts, and showing little regard for the damaged egos left in his wake. The year of*

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*1964 would be an eventful one for Bruce, in which he would broadcast his dissenting worldview before the first great international martial arts gathering, and then defend it by facing down Wong Jack Man—Chinatown's young kung fu ace—in a legendary behind-closed-doors showdown. These events were a catalyst to the dawn of martial arts in America and a prelude to an icon. Based on over one hundred original interviews, Striking Distance chronicles Bruce Lee's formative days amid the heated martial arts proving ground that thrived on San Francisco Bay in the early 1960s.*

*A synthesis of Eastern and Western ways, Bruce Lee's*

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*personal philosophy is presented in The Warrior  
Within. Life affirming secrets are just ahead.*

*Part of the Bruce Lee's Fighting Method series, this  
book demonstrates simple, effective methods for  
dodging and deflecting incoming blows. It offers  
advice for improving the speed, power, and accuracy  
of your kicks and punches.*

*The Core of Bruce Lee's Jun Fan Jeet Kune Do  
Striking Thoughts*

*Black Belt*

*The Philosophies of Bruce Lee*

*Bruce Lee's Fighting Method*

*(Children's Biography Book, Kids Books, Age 5 10, Jeet*

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*Kune Do)*

*Teach Yourself Jeet Kune Do! Bruce Lee's Jeet Kune Do is more than a bunch of martial arts techniques. It is a usable Jeet Kune Do training manual covering all aspects of Bruce Lee's fighting method. Unlike other martial arts, Bruce Lee developed Jeet Kune Do to be a practical form of self-defense. Use these techniques and strategies to beat your opponent as quickly as possible. Discover one of the most street-effective martial arts ever invented, because this is Bruce Lee's Jeet*



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*Kune Do. Get it now. Bruce Lee's Jeet Kune Do Includes \* Offensive and defensive Jeet Kune Do techniques. \* Learn a martial art made for street fighting. \* Train in the way of the intercepting fist. \* Learn Jeet Kune Do foundations and fighting 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 instinctively escape/react to any situation. ...and much*

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*more Train in the Way of the Intercepting Fist  
\* The fundamental lead straight punch and all  
the important lessons that go with it. \* How to  
deliver punches your opponent will never see  
coming. \* Simple explanations of the  
principles of economy of motion. \* Details the  
5 ways of attack and how to apply them in  
your fighting strategy. \* Learn about the  
centerline and how to use it to your  
advantage. \* The On-Guard Position. \*  
Development of power and speed. \* The  
fastest strike you can do and how to make it*

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*(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  
the shuffle, quick movements, circling,  
bursting, etc. \* A modified Jeet Kune Do  
version of Chi Sao. Offensive and Defensive  
Jeet Kune Do Techniques \* Evasive  
movements. \* Parries. \* Counterattacks. \*  
Trapping. \* Jeet Kune Do kickboxing skills  
including punches, kicks, and combinations. \*  
Interception. \* Sliding leverage. \* Knees and*

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*elbows. Learn Jeet Kune Do Fighting Strategy*

*\* Discover the use distance in fighting.*

*Includes simple explanations of fighting  
measure, closing in, the four 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 down the 5 ways of attack  
for complete understanding and use in  
fighting strategy. A Perfect Accompaniment to*

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*The Tao of Jeet Kune Do The Tao of Jeet Kune Do is Bruce Lee's own book on his fighting art. It has techniques, strategy, and 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 \* Exclusive discount offers \* Downloadable sample chapters \* Bonus content ... and more! Teach yourself how to fight like the legend himself, because this*

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*training manual covers all aspects of Bruce Lee's Jeet Kune Do. Get it now.*

*Bruce Lee Jeet Kune Do is the iconic book presenting the martial art created by Bruce Lee as explained in the master's own words. In 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 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*

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*volumes containing his thoughts, ideas, 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 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, and lesson plans are presented here in Lee's own words. It also features Lee's illustrative sketches and his remarkable*

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*treatise on the nature of combat, success through martial arts, and 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 explore as part of his own development, but never lived to complete. Jeet Kune Do: A Comprehensive Guide to Bruce Lee's Martial Way is a book every Bruce Lee fan must have. The story of Duncan Leung ? childhood friend of Bruce Lee, disciple of legendary master Yip*



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*Man, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost Hong Kong of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.*

*Learn how to build a personal kicking system for competition and self-defence from two members of the Black Belt Hall of Fame, George Chung, a taekwondo stylist, and*

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*Cynthia Rothrock, an expert in northern Shaolin kung fu, as they demonstrate the impeccable kicking skills that made them tournament kata champions.*

*Allen Joe's Life and Friendship With Bruce Lee*

*Bruce Lee: the Dragon Rises*

*The Last of the Four Musketeers*

*Straight Lead*

*Jeet Kune Do Training and Fighting Strategies*

*Wing Chun Kung-fu*

A guide for self-defense or martial arts training demonstrates how to perform jeet

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kune do techniques using step-by-step instructions and photographs.

Bruce Lee was a revered martial artist, actor and filmmaker known for movies like 'Fists of Fury' and 'Enter the Dragon,' and the technique Jeet Kune Do. This book gives an account of his life, career in Martial Arts, Filmography and Death. A must read for any Bruce Lee Fan.

Drawing from conversations with his childhood classmates, former students, and friends, chronicles the life and teachings of the martial artist and provides a

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breakdown of his technique.

Over eight-hundred entries offer insight  
into the beliefs and wisdom of Bruce Lee.

The Warrior Within

Inspiration and Insights from the World's  
Greatest Martial Artist

How to Master Bruce Lee's Fighting System

Wisdom for the Way

MMA Mastery: Strike Combinations

Bruce Lee: The Man Only I Knew

**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**

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**weaknesses with crafty counterattacks like finger jabs and spin kicks.**

**Teach Yourself Jeet Kune Do Bruce Lee's Jeet Kune Do is more than a bunch of martial arts techniques. It is a usable Jeet Kune Do training manual covering all aspects of Bruce Lee's fighting method. Unlike other martial arts, Bruce Lee developed Jeet Kune Do to be a practical form of self defense. Use these techniques and strategies to beat your opponent as quickly as possible. Teach yourself one of the most street-effective martial arts ever invented, because this is Bruce Lee's Jeet Kune Do Get it now. Includes 4 Free Bonuses Get your copy of Bruce Lee's Jeet Kune Do today and you will also receive: A never-**

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**ending Jeet Kune Do training schedule A complete  
PDF copy of Sam Fury's book "Ground Fighting  
Techniques to Destroy Your Enemy" How to do the  
Survival Fitness Plan Super Burpee. A warm-up,  
stretch, and conditioning workout all in one exercise.  
A 15-minute yoga stretch routine for increased  
flexibility, strength, and balance Bruce Lee's Jeet  
Kune Do Includes Offensive and defensive Jeet Kune  
Do techniques Learn a martial art made for street  
fighting Train in the way of the intercepting fist  
Learn Jeet Kune Do foundations and fighting 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 instinctively escape/react to any situation ...and much more Train in the Way of the Intercepting Fist The fundamental lead straight punch and all the important lessons that go with it How to deliver punches your opponent will never see coming Simple explanations of the principles of economy of motion Details the 5 ways of attack and how to apply them in your fighting strategy Learn about the centerline and how to use it to your advantage The On-Guard Position Development of 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 the shuffle, quick movements,  
circling, bursting, etc. A modified Wing Chun Kung Fu-  
Jeet Kune Do version of Chi Sao Offensive and  
Defensive Jeet Kune Do Techniques Evasive  
movements Parries Counterattacks Trapping Jeet  
Kune Do kickboxing skills including punches, kicks,  
and combinations Interception Sliding Leverage  
Knees and Elbows Learn Jeet Kune Do Fighting  
Strategy Discover the use distance in fighting.  
Includes simple explanations of fighting measure,  
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*In this book, Grandmaster Allen Joe tells an extraordinary personal story of his family, true love, triumph, heartbreaks, and his best friends. Here is the true story told with enormous honesty, keen insight, passion, and essence of the human life. Allen takes us inside his family in Oakland's Chinatown before World War II and shares his experience of war and meeting his best friend, Bruce Lee. When Bruce and Linda were married in 1964, they moved to Oakland and lived with James Lee, his wife, and two children. As you read the story of Allen's life, you will learn how Allen's long-time friendship with*

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*James led to a meeting with Bruce in Seattle. As a reader, you will enter Bruce Lee's world and get to know James, Bruce, Allen, and George, the Four Musketeers. Linda, Bruce Lee's widow, says, "I know Allen's story will help people better understand Bruce Lee's story—the story of achieving excellence against all odds. That is what this book is about." "There are certain friends of my father I have gotten to know throughout my life that hold their friendship with my father in such a place of pure love. Their radiance blesses me every time I see them. Uncle Allen is one such friend. Thank you,*

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*Allen, for being such a bright light in my life.” – Shannon Lee, Bruce Lee’s daughter and chairman of the Bruce Lee Foundation*

*“Allen Joe’s story reveals how, when faced with long odds of success, persistently cultivating physical strength and mental strength enables us to overcome enormous odds. The bonds of friendship between Allen Joe and Bruce Lee offer every reader a powerful philosophy of living, innovating, and thriving.” – Sarah Miller Caldicott, great-grandniece of Thomas Edison; author of Midnight Lunch and Innovate Like Edison*  
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*months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself.*

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