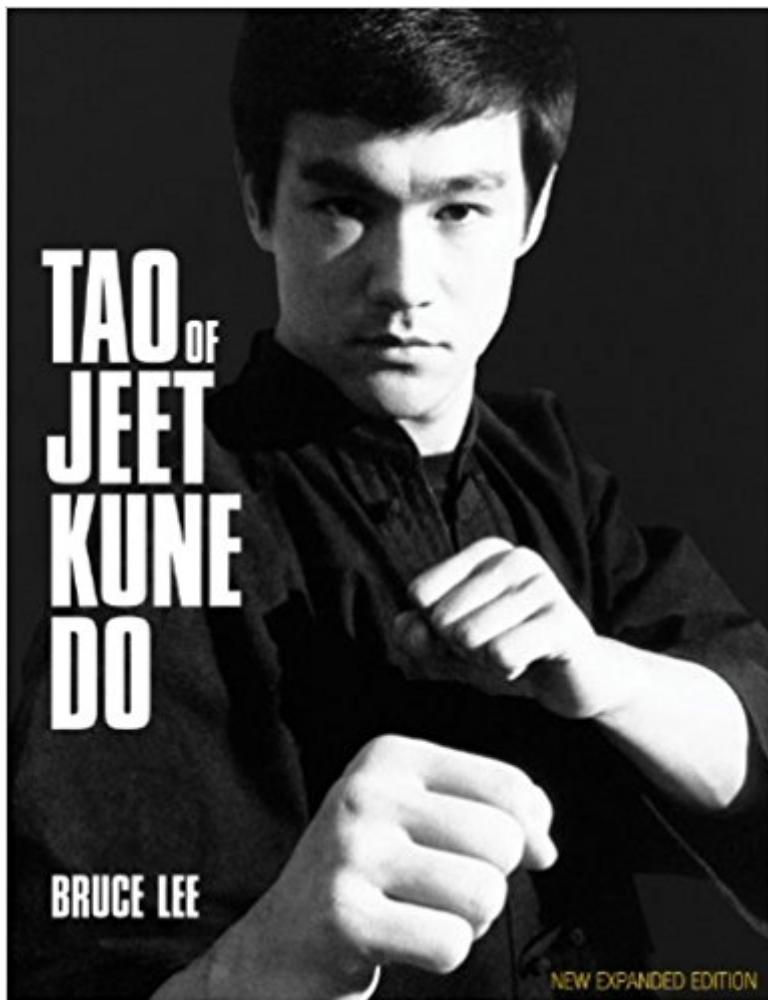


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Tao Of Jeet Kune Do: New Expanded Edition



Synopsis

Compiled from Bruce Lee's 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 himself—jeet kune do—is explained in detail, depicted through hundreds of Lee's own illustrations. With the collaboration of Lee's 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 world's greatest martial artists.

Book Information

Paperback: 250 pages

Publisher: Black Belt Communications; Expanded edition edition (November 1, 2011)

Language: English

ISBN-10: 0897502027

ISBN-13: 978-0897502023

Product Dimensions: 0.8 x 8.5 x 11 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 567 customer reviews

Best Sellers Rank: #23,619 in Books (See Top 100 in Books) #13 in Books > Sports & Outdoors > Individual Sports > Martial Arts #296 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

To watch Bruce Lee on film is an amazing experience. Those who have read Tao of Jeet Kune Do, however, know that Lee's prose can also be exhilarating. This praiseworthy and enduring bestseller (mainly written over six months when Lee was bedridden with back problems) compiles philosophical aphorisms, explanations on technique, and sketches by the master himself. --This text refers to an alternate Paperback edition.

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 Bruce Lee: Wisdom for the Way,

Chinese Gung Fu: The Philosophical Art of Self-Defense, and the Fighting Method series.

Was a gift for a friend, he loves it. I briefly read parts of it and was definitely good material to read.

Bruce Lee was so much more than an amazing fighter. He was a very deep philosopher. This work is not only a guide to understanding the combat views he developed, but an overall treatise about life, self image, mindfulness, and health from an extraordinary mind.

This is very thorough and less to read than BRUCE LEE FIGHTING METHOD, THE COMPLETEEE EDITION. I like it very much and it is 50 pages longer than the original edition. Beginners in jkd start here, highly recommended. And watch as many YOU TUBE videos that you can with BRUCE LEE, DAN INOSANTO, BOTH INTERVIEWS AND TECHNIQUES.

Great book on philosophy and martial arts. Bruce was way ahead of his time and a very deep individual. Gone to soon.

Tao of Jeet Kune Do is essential for everyone upon whos life Bruce Lee made an impact, as well as for the serious martial artist beginner and advanced. Bruce Lee wrote the body of this book when he was bed ridden for 6 months from back injury. it is his martial art, Jeet kune do, as a whole-the art, the physical, the mindset, the soul. Bruce Lee recorded his views on attitude, conduct, mindset, balance, coordination, endurance, exercises, stance, and some effective body tools-strikes, etc. it is not a how to guide, but a collective of what makes up Jeet Kune Do as the ultimate martial art. simplistic, direct, fast. if you want to know Bruce Lee the martial artist, get this and Bruce Lee's Fighting method:the ultimate edition. weather you are new to martial arts or a seasoned fighter looking to broaden his/her martial horizons, or you just love everyting Bruce Lee, Tao of Jeet Kune Do is MANDATORY: call it the Bruce lee study bible, if you will. 5 stars.

Anything Bruce !!!!

ok

good read.

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