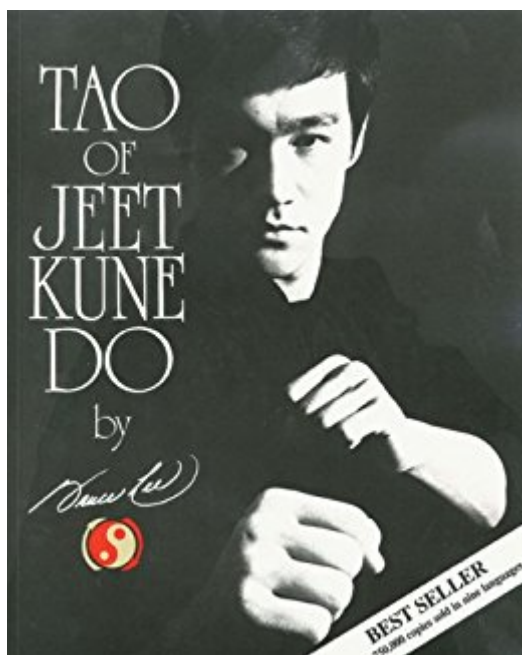


The book was found

Tao Of Jeet Kune Do



Synopsis

Compiled from Bruce Lee's notes and essays and originally published in 1975, Tao of Jeet Kune Do is the best-selling martial arts book in the world. This iconic work explains the science and philosophy behind jeet kune do; the art Lee invented; and includes hundreds of Lee's illustrations. Topics include Zen and enlightenment, kicking, striking, grappling, and footwork. With introductions by Linda Lee and editor Gilbert Johnson, Tao of Jeet Kune Do is essential reading for any practitioner and offers a brief glimpse into the mind of one of the world's greatest martial artists.

Book Information

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Customer Reviews

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 COMPLETE 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 whose 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. Whether you are new to martial arts or a seasoned fighter looking to broaden his/her martial horizons, or you just love everything 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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