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In the spring of 1959,

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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

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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

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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

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Library  
wake. The year of 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

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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

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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.

This is a book on Spectral

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Consciousness, Reality

Creation, Levels of Energy

and Emotion and your

Relationship to Infinity. It

is dedicated to the

Spiritual Development of

mankind. The premise of this

book is that there are



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clearly definable,  
perceivable and achievable  
qualities or "levels" of  
energy and that each level  
corresponds with specific  
physical, mental and  
emotional realities.

A revelatory look inside the

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world's most dangerous  
terrorist group. Initially  
dismissed by US President  
Barack Obama, along with  
other fledgling terrorist  
groups, as a “jayvee squad”  
compared to al-Qaeda, the  
Islamic State of Iraq and

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Syria (ISIS) has shocked the world by conquering massive territories in both countries and promising to create a vast new Muslim caliphate that observes the strict dictates of Sharia law. In *ISIS: Inside the*

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Army of Terror, American  
journalist Michael Weiss and  
Syrian analyst Hassan Hassan  
explain how these violent  
extremists evolved from a  
nearly defeated Iraqi  
insurgent group into a  
jihadi army of international

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Library  
volunteers who behead

Western hostages in slickly  
produced videos and have  
conquered territory equal to  
the size of Great Britain.

Beginning with the early  
days of Abu Musab al-  
Zarqawi, the founder of

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Library  
ISIS's first incarnation as  
"al-Qaeda in Iraq," Weiss  
and Hassan explain who the  
key players are—from their  
elusive leader Abu Bakr al-  
Baghdadi to the former  
Saddam Baathists in their  
ranks—where they come from,

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how the movement has attracted both local and global support, and where their financing comes from. Political and military maneuvering by the United States, Iraq, Iran, and Syria have all fueled ISIS's

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astonishing and explosive  
expansion. Drawing on  
original interviews with  
former US military officials  
and current ISIS fighters,  
the authors also reveal the  
internecine struggles within  
the movement itself, as well



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as ISIS's bloody hatred of  
Shiite Muslims, which is  
generating another sectarian  
war in the region. Just like  
the one the US thought it  
had stopped in 2011 in Iraq.  
Past is prologue and  
America's legacy in the

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Middle East is sowing a new  
generation of terror.

Do you want to know how  
Bruce Lee built his  
incredible muscles? Discover  
what types of arm, abs,  
shoulder, leg, back and core  
exercises he did and find

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Library  
sample workout routines here  
in this one-of-a-kind book.

Almost all of Lee's body parts were perfect but his abs were the best. He had an extremely great looking midsection that was hard as stone. His abs were defined

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and looked like a washboard.  
Library He was especially good at  
core training. He was always  
searching for new types of  
exercises in order to  
maximise the strength of his  
abdominal muscles. There are  
many advanced exercises

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linking to his name - and all are included here in this book for the first time ever. Maybe, the most famous one is the Dragon flag. You will also see that he mainly did bodyweight core exercises such as various

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Library.  
leg raises, sit-ups, and twists. On the other hand, he sometimes used equipment for example barbells and dumbbells. Most of the Bruce Lee resistance exercises can be done at home. In summary, I have collected the best

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strength exercise and  
fitness routines from the  
1960s-70s that Lee would  
have - and did - use; and in  
which you can learn what  
kind of muscular exercises  
he employed. Why wait any  
longer - it's time to get

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Bruce Lee Muscles! Bonus  
supplement: Bruce Lee Abs  
Workout For A Six-Pack  
Stomach (included). This  
classic title has been  
published by RADLEY BOOKS.  
Each RADLEY CLASSIC is a  
meticulously restored,



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book; produced with elegant  
text layout, clarity of  
presentation, and stylistic  
features that make reading a  
true pleasure. Special  
attention is given to

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separation); plus we do not  
allow any  
mistakes/changes/additions

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words. Visit RADLEY BOOKS at  
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A Study in the Way of  
Chinese Martial Art

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Biography of Bruce Lee

Jeet Kune Do Training and

Fighting Strategies

The Life of a Legend

A Life

Code of the Samurai

**God's Debris is the first non-  
Dilbert, non-humor book by**

*Page 28/230*

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Library  
**best-selling author Scott  
Adams. Adams describes God's  
Debris as a thought  
experiment wrapped in a story.  
It's designed to make your  
brain spin around inside your  
skull. Imagine that you meet a**

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**very old man who—you  
eventually realize—knows  
literally everything. Imagine  
that he explains for you the  
great mysteries of life:  
quantum physics, evolution,  
God, gravity, light psychic**

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**phenomenon, and  
probability—in a way so simple,  
so novel, and so compelling  
that it all fits together and  
makes perfect sense. What  
does it feel like to suddenly  
understand everything? You**

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**may not find the final answer  
to the big question, but God's  
Debris might provide the most  
compelling vision of reality you  
will ever read. The thought  
experiment is this: Try to  
figure out what's wrong with**



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**the old man's explanation of reality. Share the book with your smart friends, then discuss it later while enjoying a beverage. It has no violence or sex, but the ideas are powerful and not appropriate**

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**for readers under fourteen.**

**Bruce Lee's last movie, Game of Death, was released shortly after the megastar's tragic death. From its first screening, controversy surrounded the film, with millions of fans**

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**worldwide believing it  
misrepresented Lee's vision  
and undermined his legitimacy  
as a martial artist and  
philosopher. Bruce Lee: A  
Warrior's Journey offers  
readers a unique insider's**

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**account of the remaking of this incomparable film--a film in which Lee intended to showcase not only his mastery as a martial artist and actor but also his personal philosophy. After searching**

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**Library**  
**nearly thirty years, Bruce Lee**  
**expert and award-winning**  
**filmmaker John Little found**  
**Lee's original scripting notes,**  
**directorial instructions, and**  
**more than ninety-five minutes**  
**of unreleased footage from this**

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**film. In the late 1990s, working closely with Lee's widow and referring to Lee's own copious notes, Little painstakingly reconstructed the movie according to Lee's vision. Here, readers get the**

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**inside story, firsthand from the man who made the discovery, remade the movie, and, in doing so, honored the best-loved and most highly respected martial artist in living history. The perfect**

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**complement to Warner Home Video's movie of the same name, Bruce Lee: A Warrior's Journey offers fans a rare behind-the-scenes account of remaking the film as well as the most comprehensive**



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**presentation of Lee's  
philosophy available to date.**

**A rare, never-before-seen  
collection of Bruce Lee's  
private letters and writing!  
Bruce Lee was an intense man  
with such sheer concentration**

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**of energy that no one who  
encountered him, on screen or  
in person, could help but be  
drawn to him and his  
enthusiasm for life and  
knowledge. A voracious and  
engaged reader, Lee wrote**

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**extensively, synthesizing the thought of East and West into a unique personal philosophy of self-discovery. Bruce Lee: Artist of Life explores the development and fruition of Bruce Lee's thoughts about**

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**gung fu (kung fu), philosophy,  
psychology, poetry, jeet kune  
do, acting, and self-knowledge.  
This volume from Bruce Lee's  
private notebooks is capped by  
a selection of Lee's letters that  
eloquently demonstrate how he**

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**incorporated his thought into actions and advice to others. Also included are multiple drafts of select compositions, showing how Lee's ideas evolved and was refined over the years and how the ideas he**

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**was reading and writing about  
were reflected in his work and  
everyday life. Sections include:  
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arts instructor, and Bruce's**

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'Parting' Jeet Kune Do-The  
Liberation—toward personal**



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Letters—'The True Meaning of  
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**Imagination,' and 'It's All in the State of Mind' 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**

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**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  
'This belting read pulls off the  
nifty trick of making the kung**

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**fu legend's spiritual and  
combat ideas accessible'  
Maxim 'Truly gets under the  
skin of this iconic figure' Film  
Review In the 1970s Bruce Lee  
emerged as the world's  
greatest fighting star - an**

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**accolade he has kept ever  
since. He battled to succeed in  
America in spite of the racial  
prejudice that denied him a  
starring role, eventually  
making films in Hong Kong  
that turned him into a star -**

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**the highest-paid movie star of his day. His controversial death, at the age of thirty-two when he was at the height of his powers, has given him a James-Dean style enduring appeal. In Bruce Lee - Fighting**

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**Spirit, Bruce Thomas has written a complete account not only of Lee's life and death, but of the fighting philosophy he developed (jeet kune do) which made him the greatest exponent of martial arts in**



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**modern times. In this updated edition he reassesses Lee's skills and examines the enduring impact of his legacy - on action films and martial arts today. As an icon Bruce Lee's popularity continues to**

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**grow and this book is a fitting  
tribute to an extraordinary  
man whose achievements have  
never been surpassed. 'An  
endlessly stimulating account  
of Lee's life and times' Loaded  
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**for Muscles of Steel**

**Fighting Spirit**

**A Comprehensive Guide to**

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**Inside the Army of Terror**

**Bruce Lee**

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This oral biography of the legendary martial artist and action film star offers “an impressive collection of insights into the life of a cultural icon” (The Guardian, UK). Bruce Lee only made a handful of films, yet generations after his

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untimely death at the age of thirty-two, the Little Dragon's influence on culture is as strong as ever. Lee wasn't just an actor and martial artist, but a director, inventor, husband, father and philosopher. His films kick-started a global kung

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fu boom and retain the power to awe today, while his thoughts – collected in a series of books from Lee's own notes—still inspire. Through exclusive interviews with Lee's original students, close friends, co-stars, and many others,

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Library  
Fiaz Rafiq compiles a compelling,  
revealing, and multifaceted portrait  
of this complex man. Bruce Lee:  
The Life of a Legend “punches and  
kicks into new territory” (Hollywood  
Reporter). A Sunday Times Book of  
the Year

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

Bruce Lee's daughter illuminates her father's most powerful life philosophies—demonstrating how martial arts are a perfect metaphor



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for personal growth, and how we can practice those teachings every day. "Empty your mind; be formless, shapeless like water." Bruce Lee is a cultural icon, renowned the world over for his martial arts and film legacy. But Lee

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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*,

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Lee's daughter Shannon shares the concepts at the core of his philosophies, showing how they can serve as tools of personal growth and self-actualization. Each chapter brings a lesson from Bruce Lee's teachings, expanding on the

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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

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powerful, self-expressed, and free.

Through previously untold stories from her father's life and from her own journey in embodying these lessons, Shannon presents these philosophies in tangible, accessible ways. With Bruce Lee's words as a

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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

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an inspirational invitation to us all, a gentle call to action to 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

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inspire many around the world to transform their lives.

Wing Chun is the most popular form of Chinese Kung Fu in the world today, with over four million practitioners. The art as it is presently understood has been



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handed down from teacher to student for more than three hundred years. Until now, no one has ever stepped back and taken a critical look at why this art's techniques are presented and performed the way they are. This

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book, by Wing Chun master Danny Xuan and martial-arts authority John Little, is the first to decipher these techniques that until now have been encrypted within this art. Xuan and Little reveal how Wing Chun was designed holistically,

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based on the laws of physics,  
human nature, and biomechanics. It  
was also designed with economy,  
efficiency, and productivity in mind.  
Unlike other martial arts, Wing  
Chun doesn't focus on making a  
person larger, more rugged,

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acrobatic or animal-like; rather, it focuses on making optimal use of one's own bodily structure and power potential by applying the sciences of biomechanics and physics. Thus, it is possible for males and females of all ages and

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sizes to excel in this art. The Tao of Wing Chun provides a readable, authoritative means of cultivating personal protection skills, enhanced flexibility, improved coordination, greater stamina, and physical and mental fitness while simultaneously

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cultivating humility, focus, determination, self-confidence, character, camaraderie, and deep inner strength. Foremost, this book offers the reader the means by which to apply Wing Chun principles in daily life. Enhanced by

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forty-eight full-color illustrations,  
The Tao of Wing Chun will  
fascinate, educate, and entertain a  
wide range of readers—from  
beginner to master.

ISIS

The Authorized Visual History

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Bruce Lee The Tao of Gung Fu

A Thought Experiment

Bruce Lee's Commentaries on the  
Martial Way

The Original 1958-1973

Correspondence

Bruce Lee was instrumental in the global



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popularity of martial arts, and not even death has diminished his fame. This official book shows the whole of his life in pictures, all sourced from the extensive Lee family archives—including many photos Bruce himself took on set, at home, and during martial arts demonstrations. These fan-pleasing images range from

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classic theatrical poses to the never-before-published.

“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

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photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling

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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

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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 of high school and eventually sent to

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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

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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

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the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This 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 urge to forge one's character by



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fighting, in daily life as well as on the mat, appeals to something deep within us. More than a collection of fighting techniques, martial arts constitute a path to developing body, spirit, and awareness. On the Warrior's Path connects the martial arts with this larger perspective, merging subtle philosophies with no-holds-barred

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competition, Nietzsche with Bruce Lee,  
radical Taoism and Buddhism with the  
Star Wars Trilogy, traditional martial arts  
with basketball and American Indian  
culture. At the center of all these  
phenomena is the warrior. Though this  
archetype seems to manifest contradictory  
values, author Daniele Bolelli describes

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the heart of this tension: how the training of martial technique leads to a renunciation of violence, and how overcoming fear leads to a unique freedom. Aimed at students at any level or tradition of martial arts but also accessible to the armchair warrior, *On the Warrior's Path* brings fresh insights to why martial

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arts remains an enduring and widespread art and discipline. Two new chapters in this second edition focus on spirituality in the martial arts and the author's personal journey in the field.

Letters of the Dragon: Correspondence, 1958-1973 is a fascinating glimpse of the private Bruce Lee behind the public

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image. So much has been written about  
Bruce Lee—the martial arts superstar  
whose combination of strength, agility and  
charisma are legendary—but seldom are we  
able to see beneath the veneer of Lee's  
public image to view his inner self. Bruce  
Lee Letters of the Dragon does just  
that—offering a highly personal view of the

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man through the letters he wrote to his close friends and family from his teenage years right up until his untimely death in 1973 at the tender age of 32. This unparalleled collection of Bruce Lee's personal correspondence begins with his high school days in Hong Kong and continues throughout the period when he

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was working as a successful actor in  
America and Hong Kong, right up until  
the time he died. During this period he  
was also developing radically new  
concepts about Asian martial  
arts—including his own Jeet Kune Do  
martial arts system. In these letters, we can  
see all the optimism, tenacity, integrity

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and intense loyalty for which Bruce Lee is known and adored by millions of fans today. More than a fascinating chronicle of his rise to superstardom, these letters offer intimate glimpses of the artist, husband, father and friend behind the legend. This Bruce Lee Book is part of the Bruce Lee Library which also features:



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Straight Lead  
Bruce Lee's Fighting Method

The Last Meditations of Anthony de Mello  
Advanced Techniques

**"Bruce Lee was known as an  
amazing martial artist, but he  
was also a profound thinker. He  
left behind seven volumes of**

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**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**

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**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 and  
martial arts training methods  
sparked a worldwide interest in**

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**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**

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**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**

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**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. Martial arts**

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**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:**



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Expressing the Human Body  
Bruce Lee: Jeet Kune Do  
"A teacher is never a giver of**

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**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 incredible success— as an actor, martial**

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**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**

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**helped energize his life and career and made it possible for him to live a happy and assured life, overcoming challenging obstacles with seeming ease. They also inspired his family, friends, students, and colleagues to achieve success in their own**

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**lives and this personal collection  
will help you in your journey too.  
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existence, time, and death On  
Being Human—including the  
mind, happiness, fear, and  
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marriage, raising children, ethics,  
racism, and adversity On  
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success, money, and fame On Art  
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acting On Personal  
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**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  
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**Learn the ways of the Japanese  
Bushido Code with this very  
readable, modern translation of  
the Bushido Shoshinshu. Code of  
the Samurai is a four-hundred-  
year-old explication of the rules  
and expectations embodied in  
Bushido, the Japanese Way of the**

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**Warrior. Bushido has played a major role in shaping the behavior of modern Japanese government, corporations, society, and individuals, as well as in shaping modern Japanese martial arts within Japan and internationally. The Japanese**

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**original of this book, Bushido Shoshinshu, (Bushido for Beginners), has been one of the primary sources on the tenets of Bushido, a way of thought that remains fascinating and relevant to the modern world, East and West. This handbook, written**

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**after five hundred years of  
military rule in Japan, was  
composed to provide practical  
and moral instruction for  
warriors, correcting wayward  
tendencies and outlining the  
personal, social, and professional  
standards of conduct**

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**characteristic of Bushido, the Japanese chivalric tradition. With a clear, conversational narrative by Thomas Cleary, one of the foremost translators of the wisdom of Asia, and powerfully evocative line drawings by master illustrator Oscar Ratti,**

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**this book is indispensable to the corporate executive, student of the Asian Culture, martial artist, those interested in Eastern philosophy or military strategy, as well as for those simply interested in Japan and its people.**

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**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**

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**Library**  
**totally revolutionized 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**



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**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**

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**only a single master—and Lee  
was the first 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,**

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**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**

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**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 martial arts expert John Little in cooperation with**

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**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**

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Bruce Lee: The Art of Expressing  
the Human Body Bruce Lee: Jeet  
Kune Do  
Motivation, Wisdom and Life-**

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**Lessons from the Legend**

**The Tao of Wing Chun**

**An Anthology of Bruce Lee's  
Correspondence with Family,  
Friends, and Fans 1958-1973**

**Striking Distance**

**The Way to Love**

**Bruce Lee's Wisdom for Daily**

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**Living**

A behind-the-scenes look at the life of the most extraordinary martial artist of all time—Bruce Lee. Bruce Lee: The Celebrated Life of the Golden Dragon is a photographic catalog of all facets of this



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fascinating man, from the start of his career to his untimely and tragic death in 1973. This book reveals a quiet family man behind the charismatic public persona. It shows the real Bruce Lee—the man who was so much more than an

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Library

international film and martial arts  
celebrity. This brilliant photo  
essay—compiled and edited by Bruce  
Lee expert John Little with the  
assistance of Lee's widow, Linda  
Lee Cadwell—reveals never-before-  
published family photos, including

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Library  
rare photos of Bruce's childhood in  
Hong Kong. Tender moments with  
his children are caught on camera  
and action shots from his martial  
arts films are shown. With a preface  
by his daughter Shannon Lee and a  
foreword by wife Linda, the text is

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drawn directly from Bruce Lee's  
own diaries and journals. Based on  
the award-winning Warner Bros.  
documentary, Bruce Lee: In His  
Own Words, sections include:  
Chronology of the Life of Bruce Lee  
Early Years—why he began studying

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gung fu (kung fu) and took up wing chun, his first starring role, and his return to the US Hollywood—why he got the part in *The Green Hornet*, teaching Steve McQueen, James Coburn and Stirling Silliphant, filming *Enter the Dragon*, *The Way*

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of the Dragon, Fist of Fury and  
more, training and acting with  
Chuck Norris, Kareem Abdul-  
Jabbar, Dean Martin and Sharon  
Tate, and the creation of Jeet Kune  
Do (JKD) Family—meeting Linda,  
having children, daily life This

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Expressing the Human Body Bruce  
Lee Jeet Kune Do

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



Read Free Bruce Lee Striking Thoughts Bruce Lees Wisdom For Daily Living The Bruce Lee Library gives an account of his life, career in Martial Arts, Filmography and Death. A must read for any Bruce Lee Fan.

The present book is a biography of Hong Kong and American martial artist; actor; philosopher and film

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maker Bruce Lee. Bruce Lee is  
credited for the foundation of an  
entire form of martial arts – Jeet  
Kune Do. To know more about this  
iconic and most influential figure of  
the 20th century who inspired the  
pop culture of the time; read

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Abhishek Kumar's book 'The Life  
And Times of Bruce Lee'.

This fascinating collection  
showcases how Bruce Lee lived and  
how we can all live better, fuller  
lives by following his example.

Bruce Lee was more than a movie

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star or a martial artist. For many  
people, he was a living example of  
the incredible things a person can  
accomplish through dedication,  
perseverance and sheer force of will.  
In just 33 years before his untimely  
death, Bruce Lee created new styles

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of fighting, and became an international film star, television personality, philosopher and cultural icon in the process. This inspirational new book presents a carefully curated selection of photos, stories, anecdotes and

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ephymera, plus favorite film notes, lines and commentary from friends, family, peers and rivals. It distills the iconic fighter's approach to making the most out of life into a beautifully bound book that would be treasured by any Bruce Lee fan,

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as well as those readers looking for  
an inspired approach to living a  
richer, more fulfilling existence.

Chinese Gung Fu

Bruce Lee Artist of Life

The Philosophies of Bruce Lee

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China's Most Explosive Martial Art  
A Biography

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fascinating glimpse of the  
private Bruce Lee behind the



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public image—a man with the  
patience and concern to dedicate  
as much effort to crafting a  
thoughtful personal answer to  
the letter of a young fan as to  
those from his old friends and  
associates; an extremely active

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man never too busy to make  
time for an old family friend in  
need of simple companionship; a  
man who never wrote without  
careful thought, and never  
thought from the heard alone,  
but always from the head and

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heart together. The letters in this  
inspiring book track Bruce Lee's  
career and development from  
his decision, made while he was  
still in secondary school, to  
move to the US to further his  
education, through the many

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setbacks, redirected efforts, and triumphs of life that shaped his martial art and humanity, all the way to the last letter he ever composed, just hours before his sudden death. After absorbing the letters in this volume, the

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reader will inevitably find that the private Bruce Lee was every bit as great as the public Bruce Lee, and deeper and broader by far. Letters of the Dragon: Correspondence, 1958-1973 is conclusive evidence that a life

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lived well is never too short a  
life. This Bruce Lee Book is part  
of Tuttle Publishing's Bruce Lee  
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Lee: The Celebrated Life of the  
Golden Dragon Bruce Lee: The  
Art of Expressing the Human  
Body Bruce Lee Jeet Kune Do  
In thirty-one meditations, the  
author implores his readers to  
break through illusion, the great

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obstacle to love.

During his lifetime, legendary  
martial artist Bruce Lee  
formulated a complex personal  
philosophy--a synthesis of  
Eastern and Western ideals--that  
extolled the virtues of



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knowledge and total mastery of one's self. However, most of his philosophical writings could be found only within the personal library of the Bruce Lee estate--until now. The Warrior Within is the most

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comprehensive volume of these teachings, meant to help you apply Lee's philosophies to your own life. This unique guide reveals such life-affirming secrets as: Seeing the totality of life and putting things into

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perspective Understanding the  
concept of Yin and Yang  
Defeating adversity by adapting  
to circumstances Tapping into  
inner spiritual forces to help  
shape the future With a  
foreword by Linda Lee Cadwell

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and photographs and other  
memorabilia from Bruce Lee's  
short but celebrated life, *The  
Warrior Within* is an engrossing  
and easy-to-understand guide to  
the little-explored world of Bruce  
Lee. John Little has been

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identified as "one of the  
foremost authorities on Bruce  
Lee in the world" by Black Belt  
magazine. He edited a three-  
volume series for the Bruce Lee  
estate and has written articles  
for several publications,

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lifetime, legendary martial artist Bruce Lee formulated a complex personal philosophy--a synthesis of Eastern and Western ideals--that extolled the virtues of knowledge and total mastery of one's self. However, most of

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own life. This unique guide  
reveals such life-affirming  
secrets as: Seeing the totality of  
life and putting things into  
perspective Understanding the  
concept of Yin and Yang

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Defeating adversity by adapting  
to circumstances Tapping into  
inner spiritual forces to help  
shape the future With a  
foreword by his wife, Linda Lee  
Cadwell and photographs and  
other memorabilia from Bruce

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Lee's short but celebrated life,  
The Warrior Within is an  
engrossing and easy-to-  
understand guide to the little-  
explored world of Bruce Lee.  
On the Warrior's Path, Second  
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Bruce Lee Jeet Kune Do

Be Water, My Friend

Philosophy, Fighting, and

Martial Arts Mythology

*"A teacher is never a giver of*

*Page 164/230*

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*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 amazing success— as an actor, martial*

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*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*

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*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*

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*lives and this personal collection  
will help you in your journey too.*

*Sections include: On First  
Principles—including life,  
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Being Human—including the  
mind, happiness, fear, and  
dreams On Matters of*



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marriage, raising children,  
ethics, racism, and adversity On  
Achievement—work, goals, faith,  
success, money, and fame On Art  
and Artists—art, filmmaking, and  
acting On Personal  
Liberation—conditioning, Zen*

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Bruce Lee: Jeet Kune Do*

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*"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, economical, and brutally effective but is not as simple as it might*

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*Library*  
*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*

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*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*

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*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 devastating*

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*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*



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Variations of the Straight Punch  
What Jun Fan Jeet Kune Do is  
Not Go to the Source An  
Interview with Ted Wong  
Compiled from Bruce Lee's notes  
and writings, Bruce Lee Jeet  
Kune Do is the seminal book*

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*presenting the martial art  
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 pioneer by martial artists  
today, many decades after his*

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*death. The development of 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 book is the complete and official version of Jeet Kune Do which was*

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*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 during training. Also,  
there is a series of "Questions  
Every Martial Artist Must Ask*

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*Himself" that Lee posed to  
himself 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 collection. This Bruce Lee  
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*the martial arts. In his  
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of Zen principles not only  
developed his physical expertise  
but gave him the mental  
discipline to control his personal  
problems-self-image, work*

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*pressure, competition. Indeed,  
mastering the spiritual goals in  
martial arts can dramatically  
alter the quality of your life-  
enriching your relationships with  
people, as well as helping you  
make use of all your abilities.*

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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

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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

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on the totality of combat  
and life. It was during  
this time that Lee wrote 7  
volumes containing his  
thoughts, ideas, opinions,  
and research into the art  
of unarmed combat, and how

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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

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his art of Jeet Kune Do.  
The development of his  
unique martial art form,  
its principles, core  
techniques, and lesson  
plans are presented here



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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 the importance

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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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development, but never  
lived to complete. Jeet  
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own notes and writings,  
Bruce Lee Jeet Kune Do is  
the seminal book  
presenting the martial art  
created by Bruce Lee

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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  
pioneer by martial artists

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today, many decades after his death. The development of his unique martial art form—its principles, core techniques, and lesson plans—are all presented in this book in Bruce Lee's

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the martial arts, as well  
as the importance of a  
positive mental attitude

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obtaining Bruce Lee's  
astounding physique with

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this insightful martial  
arts training book. The  
Art of Expressing the  
Human Body, a title coined  
by Bruce Lee himself to  
describe his approach to  
martial arts, documents

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the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and

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strength were truly  
astounding. He achieved  
this through an intensive  
and ever-evolving  
conditioning regime that  
is being revealed for the  
first time in this book.



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Drawing on Lee's own  
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and training logs, Bruce  
Lee historian John Little  
presents the full extent  
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methods including

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isometrics, stretching and  
weight training. In  
addition to serving as a  
record of Bruce Lee's own  
training, The Art of  
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is a valuable source book  
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*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. \**

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Do Fighting Strategy \* Discover the  
use distance in fighting. Includes  
simple explanations of fighting

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*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*



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*down the 5 ways of attack for  
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Bruce Lee's own book on his fighting  
art. It has techniques, strategy, and  
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*six months when Lee was bedridden  
with back problems, compiles  
philosophical aphorisms, technique  
explanations, and sketches by the  
master himself.*

*Part of the Bruce Lee's Fighting  
Method series, this book teaches how  
to perform jeet kune do's devastating*

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*strikes and exploit an opponent's  
weaknesses with crafty  
counterattacks like finger jabs and  
spin kicks.*

*Tao of Jeet Kune Do*

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