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BASIC KUNG-FU TRAINING MANUAL



by Claude St. Dennis and Jacques Arbois

Bruce Lees Basic Kung Fu Training Manual

**Claude St. Denise, Jacques Anton, Bruce
Lee**



Bruce Lees Basic Kung Fu Training Manual:

Bruce Lee's Basic Kung-fu Training Manual Claude St. Denise, Jacques Anton, Bruce Lee, 1976 [Bruce Lee's Jeet Kune Do](#) Sam Fury, 2015-07-25 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 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 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 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 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 *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 training manual covers all aspects of Bruce Lee's Jeet Kune Do Get it now **Chinese Gung Fu** Bruce Lee, 1987 This new edition of Bruce Lee's classic work rejuvenates the authority insight and charm of the master's original 1963 publication for modern audiences It seamlessly brings together Lee's original language descriptions and demonstrations with new material for readers martial

arts enthusiasts and collectors that want Lee in his purest form This timeless work preserves the integrity of Lee s hand drawn diagrams and captioned photo sequences in which he demonstrates a variety of training exercises and fighting techniques ranging from gung fu stances and leg training to single and multiple opponent scenarios Thought provoking essays on the history of gung fu the theory of yin and yang and personal first edition testimonials by James Y Lee the legendary Ed Parker and jujutsu icon Wally Jay round out this one and only book by Lee on the Chinese martial arts from back cover

Black Belt ,1996-01 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 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

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Bruce Lee Jeet Kune Do Bruce Lee,2020-10-20 Compiled from Bruce Lee s own notes and writings Bruce Lee Jeet Kune Do is the seminal book presenting the martial art created by Bruce Lee himself Jeet Kune Do was a revolutionary new approach to the martial arts in its time and is the principal reason why Bruce Lee is revered as a pioneer by martial artists today many decades after his death The development of his unique martial art form its principles core techniques and lesson plans are all presented in this book in Bruce Lee s own words and notes This is the complete and official version of Jeet Kune Do which was originally published by Tuttle Publishing in cooperation with the Lee family in 1997 It is still the most comprehensive presentation of Jeet Kune Do available This Jeet Kune Do book features Lee s illustrative sketches and his remarkable notes and commentaries on the nature of combat and achieving success in life through the martial arts as well as the importance of a positive mental attitude during training In addition there are a series of Questions Every Martial Artist Must Ask Himself that Lee posed to himself and intended to explore as part of his own development but never lived to complete Bruce Lee Jeet Kune Do is the book every Bruce Lee fan must have in his collection This Bruce Lee Book is part of the Bruce Lee Library which also features Bruce Lee Striking Thoughts Bruce Lee The Celebrated Life of the Golden Dragon 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

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