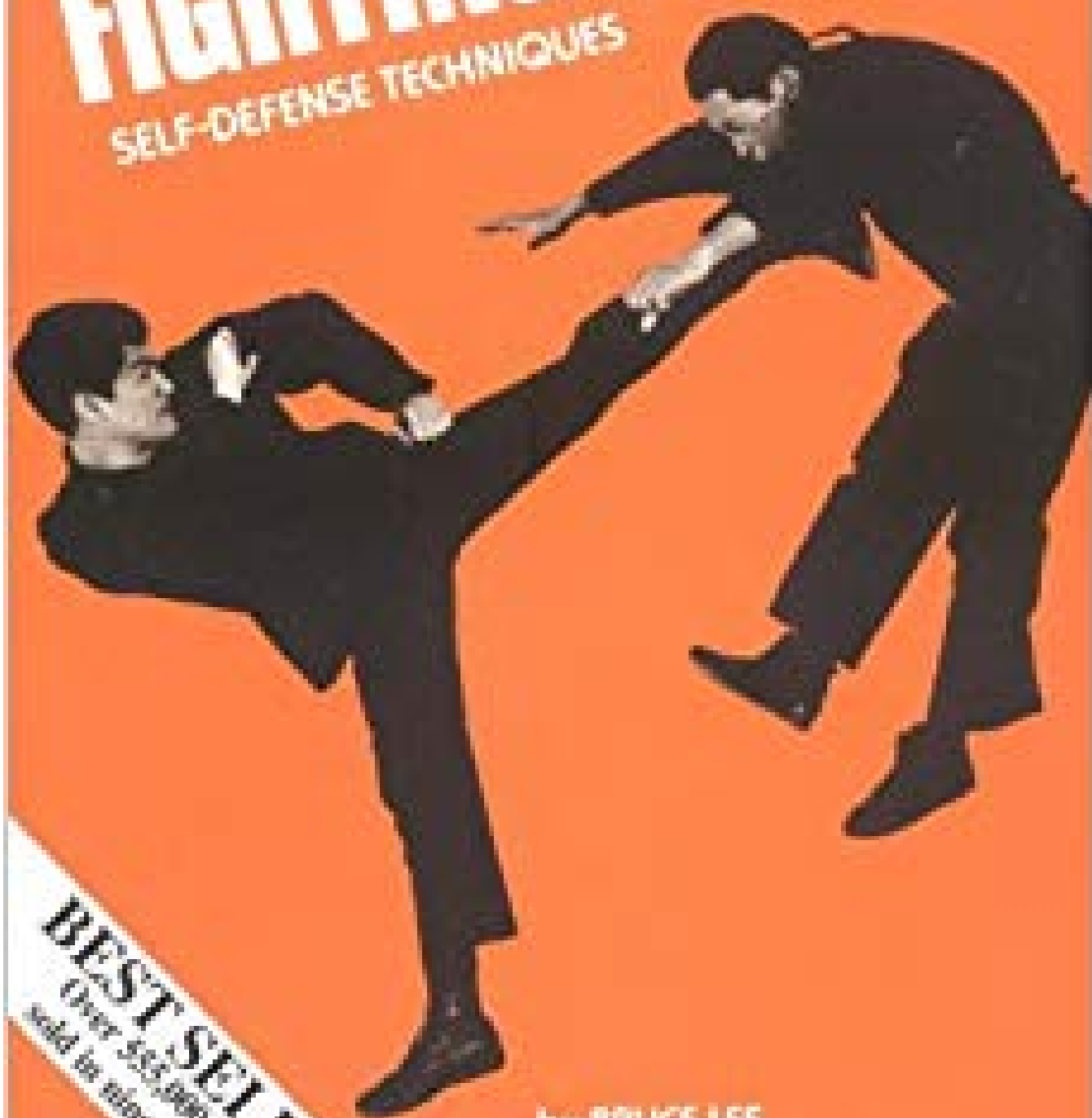


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# BRUCE LEE'S FIGHTING METHOD

SELF-DEFENSE TECHNIQUES



by BRUCE LEE  
and M. UYEHARA

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Bruce Lee

## Bruce Lee's Fighting Method, Vol. 1



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Long before mixed fighting techniques became a worldwide phenomenon and Ultimate Fighting became children name, Bruce Lee created jeet kune do, an authentic fight hybrid that incorporated the most readily useful elements of kung fu, boxing, and fencing. Here the legendary fighter demonstrates the very best options for retaliating against surprise episodes, grabs, chokes, multiple attackers, and armed assailants. Tao of Jeet Kune Do "This first volume in " contains complete illustrations and vintage photos capturing Lee in his primary. Bruce Lee's Fighting Method" series can be an integral part of the Bruce Lee canon and a required addition for collectors and fighting techniques enthusiasts as well. Because Lee believed that the best defence is normally the most simple and effective, his no-nonsense counters include attention gouges, groin kicks, head stomps, and other techniques that aren't taught in most studios.. "The Bruce Lee's Fighting Technique" The essential series, compiled and organized by his good friend, Mito Uyehara, is the ideal companion to Bruce Lee's classic text, "



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AWESOME MARTIAL ARTS BOOK!! Uyehara. It has an excellent section by Shannon Lee and Tom Wong who was simply Bruce Lee's last college student. This publication is filled with excellent b/w pix that present BL doing the movements with somebody, frame by frame and these pix are also perfectly shot so that's easy to understand the techniques and exercises. Personally, I possess a screwed up back again (I've scoliosis and Lordosis) and as soon as I got this book I started doing some of the stretching exercises in this reserve and began to feel a big difference in how well my back started to feel. Another two chapters cover attacks with kicks, displaying how exactly to lead with the shin and knee kicks, powerful side kick, how to feint with a kick, the hook, spin and sweep kicks. That is Jeet Kune Do, the fighting style Bruce Lee created for useful self defense. This is actually the fourth volume in the Bruce Lee's Fighting Technique series. I highly suggest you read the previous three volumes (Self-Defense Methods, basic Training and Skill in Methods) to raise understanding of this publication. For most of my life I have seriously been trained in numerous martial arts and (Judo, Karate, Jujitsu, Kobudo, Kenjutsu, Krav Maga, Combatives and Police Defensive Methods) many weapon systems. I have also been interested in Bruce Lee's Jeet Kune Do, having trained with someone who was a student of a Jeet Kune Do instructor a long time ago. I couldn't keep training but I didn't want to forget what I learned. This is the third book in a four book series by Bruce Lee and M. The trunk of this reserve also has an extremely practical section on possible street confrontations that are extremely brilliant and the even more you understand in this book, the more of the book will make you into complete untouchable. Bruce Lee experienced 4 volumes to his fighting method books, and today they are all here in this comprehensive edition. The final chapter teaches how to use speed, attitude, and how to deal with mechanical and smart fighters. They include distance, footwork, ducking and part stepping. Ranking: 5 Stars. Skills in kicking, parrying methods, focus on selection and sparring are protected in the remaining chapters. I really like anything with Bruce Lee; his genius in neuro-scientific martial arts was where the UFC is today. Protection and counter methods are also taught showing how to counter-attack using several methods such as stop-hit with punch or kicks. A must-read for each JKD practitioner. An excellent reference source for those who want in Bruce Lee's Jeet Kune Do methods. Truncate (Author: Advanced PR-24 Law enforcement Baton Techniques) Must-read for just about any and every JKD practitioner. But he understood that lots of martial art techniques weren't practical for actual road combat, where one should be ready for whatever will come. Chapter 19's intro says "in this chapter some of the approaches by the attacker might seem irrational. But, as Lee himself stated, 'there are many irrational people on the roads today. Great as a conversation piece. and in addition don't forget your investment Tao of Jeet Kune Do, which is the very essence of the artwork, and the perfect compliment to this publication. I think you'll receive more from it in that order. A must own book for anyone who is a follower of Bruce Lee and Jeet Kune Do. Carry out. I qualified JKD for two years, but after that the gym closed down. This excellent book targets improving your basic Jeet Kune Do skills covered in previous volumes. Added to my Bruce Lee library. The purchase price is good compared to other resources. If you have some training in JKD this reserve will help you a lot! It's larger than I expected and contains a lot of helpful info. The initial two chapters explain basic and compound episodes, feinting with the leading hands, timing, direct left to your body, proper use of the backfist, hook punch and uppercut.?? Awesome book for all fans of Bruce Lee! I have already been involved in many fighting techniques (Judo, Jujitsu, Karate, Kobudo, Kenjutsu, Tanto-jutsu, Combatives, Krav Maga, JKD etc) for approximately 60 years. Joseph J. good book This is the last book I needed to complete the series. Five Stars This is one of the best most effective fighting techniques instructive book ever. The six chapters focus on developing the essential skills required in motion. To conclude, this book together with the other three volumes will give you a solid simple background which when combined with training under a certified Jeet Kune Do instructor, will make you a better fighter. Component of his puzzle, part of how he thought at that time period Collectors items not necessarily for beginners

great book to read but possess not had an opportunity to start practicing Five Stars Five stars. Joseph J.To conclude, if you are wanting to improve your Jeet Kune Carry out fighting skills, this book is normally for you.Rating: 5 Stars. Despite the fact that I never formally learned Jeet Kune Perform, I did train for some time with someone who have been trained by a qualified JKD instructor. in the films, bruce lee was flashy, high kicks with lightening quickness and really showed what he was made of. in this 483 page book, you are taught by bruce himself and his assistant proper exercises to assist a fighter, all of the essentials of jeet kune do-stance, strikes, blocks, kicks,parrying, feinting, drawing,episodes and even strategies against various attacks on the road, all with photos of bruce and his assistant illustrating step-by-step. As the Tao of Jeet Kune Do is still the "Bible" I would actually recommend beginning college students of JKD to learn this book first. It's a little more text book-y and better to read than the Tao, since you're probably even more utilized to a text book-y writing design than the way the Tao is written (even more of a collection of notes). After you get a better understanding of the art (probably six months in?) then I'd go back and browse the Tao. both books: excellent, 5 stars Pleasantly Surprised This is an excellent book. But that's just one person's opinion. Great book of the get better at Bruce Lee Great book of the expert Bruce Lee. Great images and detailed instruction.Many thanks so much to make this book and preserving JKD in a way that will ensure it'll be offered long after Lee's have passing. It really is a hefty publication. Great as a gift.' " that's just as true today since it was in the 60's when these volumes had been put together, so study this publication close, learn from the best martial artist of the 20th century. A few years later and I recall a lot of it, but now that I've it in book type it can help to refresh that storage and actually improve my form. Excellent martial arts and conditioning techniques book.This excellent book covers at length on how best to improve your current fighting skills. This series of four books in combination with his instruction gave me a clearer understanding and appreciation of Jeet Kune Perform concepts, techniques and tactics. great book and has great information in it. INDEED A VISIONARY I LOVE BRUCE WORKS - THE EINSTEIN OF FIGHTING TECHINQUES I really like anything with bruce lee his genius in the field ... Truncate (Co-Author: Monadnock Defensive Techniques (MDTS) System) bruce lees fighting method-the complete edition its all here! The next chapter explains the variations between JKD and classical punching methods, in addition to breaking bad habits and how to trap and get. One thing, though. You kind of need to be into martial arts.



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