

# BRUCE LEE'S FIGHTING METHOD

**THE COMPLETE EDITION**



Bruce Lee and M. Uyehara

*M. Uyehara Bruce Lee*

## Bruce Lee's Fighting Method: The Complete Edition



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Vividly illustrating the techniques of a legendary innovator, this definitive examination explains how to survive attacks in the road, increase training awareness, and develop body movements. This renowned compendium once more reclaims its place as an integral part of the Lee canon and a necessary addition for collectors and fighting techniques enthusiasts as well. Originally compiled as a four-volume series, this revised edition breathes new life into a classic work with digitally-enhanced pictures of jeet kune do founder Bruce Lee in his prime, a fresh chapter by previous Lee student Ted Wong, and an intro by Shannon Lee.



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AWESOME MARTIAL ARTS BOOK!!!?? Awesome book for all fans of Bruce Lee! This phenomenal book covers in detail on how best to improve your current fighting skills. Rating: 5 Stars. I personally have a screwed up back again (I have scoliosis and Lordosis) and as soon as I got this reserve I started doing a number of the stretching exercises in this reserve and started to feel a big difference in how well my back again began to feel. The back of this book also has an extremely practical section on feasible street confrontations that are extremely amazing and the more u know in this publication, the more of the book can make u into full on untouchable. A fantastic reference source for individuals who are interested in Bruce Lee's Jeet Kune Do techniques. This is the fourth volume in the Bruce Lee's Fighting Technique series. The purchase price is good in comparison to other resources. They include length, footwork, ducking and part stepping. I couldn't keep teaching but I didn't want to neglect what I learned. This excellent book targets improving your basic Jeet Kune Do skills covered in previous volumes. Despite the fact that I never formally learned Jeet Kune Do, I did train for some time with someone who had been trained by way of a certified JKD instructor.. This is the third book in a four book series by Bruce Lee and M. Great as a discussion piece. In conclusion, this book combined with the other 3 volumes will provide you with a solid fundamental background which when combined with training under a qualified Jeet Kune Do instructor, can make you a better fighter. Excellent fighting techinques and conditioning techniques book. Joseph J. Truncale (Co-Author: Monadnock Defensive Tactics (MDTS) System) bruce lees fighting method-the complete edition its all here! bruce lee acquired 4 volumes to his fighting technique books, and today there all here in this total edition. in this 483 page book, you are trained by bruce himself and his assistant proper exercises to assist a fighter, all the essentials of jeet kune do-stance, strikes, blocks, kicks, parrying, feinting, drawing, attacks and even strategies against various episodes on the street, all with pictures of bruce and his assistant illustrating step-by-step. Added to my Bruce Lee library. in the movies, bruce lee was flashy, high kicks with lightening rate and really demonstrated what he was made of. but he understood that many martial art techniques weren't practcal for actual road combat, where one should be prepared for whatever will come. chapter 19 's into says "in this chapter a few of the methods by the attacker may seem irrational. But, as Lee himself said, 'there are many irrational people on the streets today.' '' thats just as true today since it was in the 60's when these volumes were put together, so study this book close, learn from the greatest martial artist of the 20th century. As the Tao of Jeet Kune Perform continues to be the "Bible" I would actually recommend beginning students of JKD to learn this book first. both books: excellent, 5 stars Pleasantly Surprised This is a great book. After you get a better knowledge of the art (probably six months in? I educated JKD for two years, but then the

gym closed down. I've also been interested in Bruce Lee's Jeet Kune Perform, having trained with a person who was a student of a Jeet Kune Perform instructor many years ago. A couple of years later and I recall a lot of it, however now that I have it in book form it helps to refresh that memory and even improve my form. Many thanks so much for making this book and preserving JKD in a way that will ensure it will be offered long after Lee's own passing. In case you have some trained in JKD this publication will help you a whole lot! Essential own book for anyone who is a follower of Bruce Lee and Jeet Kune Do. Defense and counter strategies are also taught showing how to counter-attack using several methods such as stop-strike with punch or kicks. A very important factor, though. I have been involved in many fighting techniques (Judo, Jujitsu, Karate, Kobudo, Kenjutsu, Tanto-jutsu, Combatives, Krav Maga, Jkd etc) for approximately 60 years. The 1st two chapters explain simple and compound attacks, feinting with the leading hand, timing, right left to your body, proper usage of the backfist, hook punch and uppercut. This group of four books in combination with his instruction provided me a clearer understanding and appreciation of Jeet Kune Perform principles, techniques and tactics. It includes a very good section by Shannon Lee and Tom Wong who was Bruce Lee's last student. The six chapters concentrate on developing the important skills required in movement. For some of my life I've seriously trained in numerous martial arts and (Judo, Karate, Jujitsu, Kobudo, Kenjutsu, Krav Maga, Combatives and Law enforcement Defensive Tactics) many weapon systems. The next chapter explains the differences between JKD and classical punching techniques, in addition to breaking bad habits and how exactly to trap and grab. Skills in kicking, parrying techniques, focus on selection and sparring are covered in the remaining chapters. In conclusion, if you are seeking to improve your Jeet Kune Carry out fighting skills, this book is for you. This book is filled with really great b/w pix that show BL doing the moves with a partner, frame by frame and these pix are also very well shot so that's clear to see the techniques and exercises. Joseph J. Truncale (Writer: Advanced PR-24 Police Baton Techniques) Must-read for just about any and every JKD practitioner. A must-read for every JKD practitioner. and in addition dont your investment Tao of Jeet Kune Do, which is the essence of the art, and an ideal compliment to the book. It's a bit more text book-y and simpler to read compared to the Tao, since you're probably more utilized to a text book-y writing style than how the Tao is written (more of a collection of notes). It's larger than I expected and contains a lot of helpful information.) after that I'd go back and browse the Tao. I think you'll get more out of it in that order. But that's just one single person's opinion. Great book of the expert Bruce Lee Great book of the master Bruce Lee. Five Stars This is among the best most effection fighting techniques instructive book ever. I strongly suggest you read the earlier three volumes (Self-Defense Techniques, basic Schooling and Skill in Methods) to better understand

this book. This is a hefty reserve. Great as a gift. The final chapter teaches how exactly to use velocity, attitude, and how to approach mechanical and smart fighters. this is jeet kune perform, the fighting style bruce lee created for practical self deffense. Rating: 5 Stars. Great photos and detailed instruction. Section of his puzzle , section of how he thought at that time period Collectors items not necessarily for beginners great book to learn but haven't had an opportunity to start practicing Five Stars Five stars. good book and has great information in it. INDEED A VISIONARY I LOVE BRUCE Functions - THE EINSTEIN OF FIGHTING TECHINQUES I really like anything with bruce lee his genius in the field . Another two chapters cover attacks with kicks, showing how to lead with the shin and knee kicks, powerful side kick, how to feint with a kick, the hook, spin and sweep kicks.. I really like anything with bruce lee his genius in neuro-scientific martial arts was where in fact the ufc is today. good book This is the last book I needed to complete the series. Uyehara. You kind of have to be into martial arts.



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