



Gathers the thoughts of the famous martial arts expert and actor about zen and the practical aspects of self-defense.

Part of the Bruce Lee's Fighting Method series, this book teaches how to perform jeet kune do's devastating strikes and exploit an opponent's weaknesses with crafty counterattacks like finger jabs and spin kicks.

This is a fully illustrated How to Book in the Latter stage of Jeet Kune Do. Train the way Bruce Lee trained in the Final Stage of Jeet Kune Do's development and evolution. The Jeet Kune Do Handbook that shows you the training drills , Techniques and Basic Movements ,that are only discussed in JKD seminars . This book shows you the basic techniques and drills needed to practice the latter stage Jeet kune do .The hand before foot technique. The basic weapons , movements and footwork. The Fundamentals of the Jeet Kune Do kicking techniques. The 5 ways of attacks was discussed and shown in a step by step manner that is easy to follow. With 1000 instructional Photos and illustrations to guide you to do the techniques correctly and help you to develop your own combinations . This Book covers all the aspect of the Latter Stage of Jeet Kune Do. Simplicity . Using No Way as Way , Using No Limitation as Limitation. This book is a road map for your own self expression.

"While much has been written about Bruce Lee as a martial arts instructor and as an actor, very little has ever appeared about the years he spent training with James Yimm Lee, a talented kung fu stylist. This training period left a lasting impression on the "Dragon's" ideology and shaped his outlook on the martial arts for years to come. This title offers an in-depth account of the emergence of Bruce Lee's Jeet Kune Do."--Publisher description.

(original title: Bruce Lee vs Classical Martial Arts) Concerning an accurate analysis of Jeet Kune Do Martial Arts... Bruce Lee hit like a rocket, and passed just as quickly. Yet the effects of this extraordinary martial artist are being felt to this day. Is his Martial Art, Jeet Kune Do, The Way of the Intercepting Fist, really a great martial art? Is it the best martial art in the world, as some claim? The answers are in this book, 'Matrixing Jeet Kune Do, ' by Al Case. Matrixing is the first and only science of the martial arts. Using Matrixing graphs and principles, Mr. Case holds Jeet Kune Do up to a scientific light. Some of the conclusions are quite surprising. Did Bruce really destroy the 'Gunfighter Concept' prevalent in the martial arts of the time? Or replace it with his own version? What are the systematic observations he made to estimate the worth (or strategy) of a fighter? How good is the 'method' (and, yes, there is a method to Bruce's art), that Bruce designed? Question after question is answered as the author goes through Jeet Kune Do in a systematic manner. The principles of JKD are dissected, the truth and worth of such things as 'The Five Ways of Attack, ' and the Five Points of Attack, and Bruce's unique way of looking at timing, are laid out, compared and contrasted, and made understandable in a way that is totally scientific, and therefore unique. Matrixing Jeet Kune Do is definitely one of the most essential books any Martial Artist can add to his library. About the Author: Al Case began martial arts in 1967. He studied Kenpo, Karate, Wing Chun, Northern Shaolin, Southern Shaolin, Pa Kua Chang, Tai Chi Chuan, and more. In 1981 he began writing articles for the martial arts magazines, and was asked to write his own column for Inside Karate. He is the originator of Matrixing technology. His website is MonsterMartialArts.com.

"While much has been written about Bruce Lee as a martial arts instructor and as an actor, very little has ever appeared about the years he spent training with James Yimm Lee, a talented kung fu stylist. This training period left a lasting impression on the "Dragon's" ideology and shaped his outlook on the martial arts for years to come. This title offers an in-depth account of the emergence of Bruce Lee's Jeet Kune Do."--Publisher description.

Copyright code : b8c2560b6dbed8de98aecf5aa093a92f