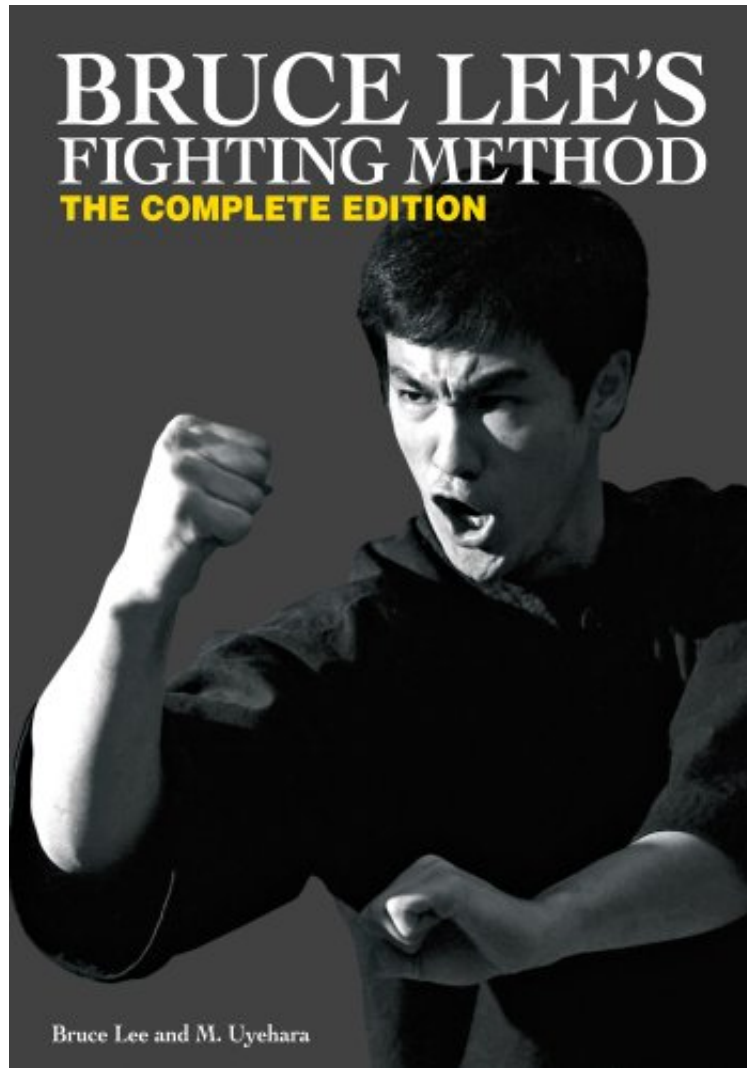


[Pdf free] Bruce Lee's Fighting Method: The Complete Edition (English Edition)

Bruce Lee's Fighting Method: The Complete Edition (English Edition)

Von Bruce Lee

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Von Bruce Lee : Bruce Lee's Fighting Method: The Complete Edition (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Bruce Lee's Fighting Method: The Complete Edition (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen5 von 6 Kunden fanden die folgende Rezension hilfreich. ein mu fr jeden JKD praktizierenden!Von FrankyDieses buch ist das einzige buch das bruce lee verffentlichen wollte und eigentlich die einzige wahre quelle von bruce lee's original jeet kune do. ted wong hat noch die 5-ways-of-attack dazu getan die noch gefehlt haben. vergesst die 4 bcher ber bruce lee's kampfmethode die in deutsch raus kamen, die sind

total falsch bersetzt. wenn ihr das richtige buch haben wollt holt euch dieses buch in english.1 von 1 Kunden fanden die folgende Rezension hilfreich. The legacy of Bruce Lee? Von Michael In the introduction of this book it is stated that Lee never wanted to publish it, in order to avoid people saying they were "trained by Bruce Lee" even though he had never met them. The photographs still existed, so after his death, it was decided that it should be published nonetheless. The book, I believe, was not written by Lee, but by Uyehara. The text parts vary in quality. Sometimes they are very detailed and understandable, and sometimes they are just too short to be useful. The photographs are perfect, though, so one can learn a lot just through that. In the book, a classic style of Kung Fu is compared to Bruce Lee's "Jeet Kune Do", which is shown to be more functional in many different ways. As an example, the fighting stance of JKD has its focus on protecting the groin area, something that is apparently not heeded enough in Kung Fu. The reason for this is that, over the years, attacks to the groin have been removed from the fighting system, so there was no need to defend against them anymore. With his JKD, Lee brings new functionality, efficiency and realism to martial arts. While what he does should be reproducible by every martial artist who has a basic idea of movement and attacks, it's also very original and sometimes surprisingly simple. Can you learn martial arts from this book? Probably not. I absolutely recommend having any previous martial arts experience, be it Ninjutsu, Aikido, Kung Fu, Wing Tsun, Karate, or anything else along these lines. In order to understand what Lee is talking about, you need to know the feeling of being attacked. You need to know which kind of movements are going to work in a fighting situation, and which are not, and why. Only then can you really profit from this piece. Summary: This book cannot teach you martial arts, but it can improve any martial arts you might have learned and actualize them to a point where they are applicable in everyday life. Most fighting systems have some kind of weakness: be it their stance or blocking technique, there is always something that limits the user for the sake of tradition. JKD invites you to think in more simplistic, efficient ways. That might not be what martial arts are about. But it certainly is what realistic self-defense is about. 1 von 5 Kunden fanden die folgende Rezension hilfreich. Bruce Lee Fighting Methods lohnt sich. Von Otomo Hallo, natürlich muss man Kampfkunst immer mit einem Lehrer praktizieren um es wirklich zu lernen, aber um einen Einblick in die Idee von Bruce Lee zu erhalten ist dieses Buch wirklich gut und wenn man schon etwas fortgeschrittener ist kann man noch ein paar Details hinzulernen. Also für jeden Kampfkunst begeisterten ein Muss. Viel Spaß

Kurzbeschreibung Bruce Lees Fighting Method: The Complete Edition brings the iconic four-volume Fighting Method series together into one definitive jeet kune do book. This comprehensive edition continues to embrace all the photographs, illustrations and text from earlier versions of the individual works: Bruce Lees Fighting Method Volume 1: Self-Defense Techniques; Volume 2: Basic Training; Volume 3: Skill in Techniques; and Volume 4: Advanced Techniques. It maintains the explanations that give martial artists the jeet kune do techniques instruction necessary to take their skills to the next level but with exclusive bonus material. As one of the pioneering resources available on Bruce Lees art of jeet kune do, Bruce Lees Fighting Method: The Complete Edition breathes new life into hallowed pages with digitally remastered photography of Bruce Lee in his prime, a chapter of new insight from former student Ted Wong and an introduction by his daughter, Shannon Lee. Intended as an instructional document to complement Bruce Lees foundational Tao of Jeet Kune Do, this restored, expanded and enhanced edition of Fighting Method features a refurbished interior design for improved instructional clarity. This elegant hardcover edition preserves the experience, wisdom, interpretation and organization of the series original compiler, and Bruce Lees close friend, Mito Uyehara. In fact, this official redesign sanctioned by the Bruce Lee Foundation features 900-plus photos culled from Bruce Lees personal jeet kune do techniques. Famed student of jeet kune do, Ted Wong, adds a glimpse of a lifetimes worth of knowledge to the edition with a new chapter on the Five Ways of Attack. Because he studied with Bruce Lee during the masters most innovative developments, Ted Wong is an undisputed and contemporary authority on the art of jeet kune do. In addition to this, Bruce Lees daughter Shannon Lee helps readers contextualize the work with an analytical introduction. Bruce Lees Fighting Method: The Complete Edition passes on the innovations of the 20th centurys most influential fighter, showing readers how to execute advanced jeet kune do techniques and become the ultimate warrior. It is an integral part of the Bruce Lee canon and a necessary addition for all collectors and martial arts enthusiasts alike! Kurzbeschreibung Bruce Lees Fighting Method: The Complete Edition brings the iconic four-volume Fighting Method series together into one definitive jeet kune do book. This comprehensive edition continues to embrace all the photographs, illustrations and text from earlier versions of the individual works: Bruce Lees Fighting Method Volume 1: Self-Defense Techniques; Volume 2: Basic Training; Volume 3: Skill in Techniques; and Volume 4: Advanced Techniques. It maintains the explanations that give martial artists the jeet kune do techniques instruction necessary to take their skills to the next level but with exclusive bonus material. As one of the pioneering resources available on Bruce Lees art of jeet kune do, Bruce Lees Fighting Method: The Complete Edition breathes new life into hallowed pages with digitally remastered photography of Bruce Lee in his prime, a chapter of new insight from former student Ted Wong and an introduction by his daughter, Shannon Lee. Intended as an instructional document to complement Bruce Lees foundational Tao of Jeet Kune Do, this restored, expanded and enhanced edition of Fighting

Method features a refurbished interior design for improved instructional clarity. This elegant hardcover edition preserves the experience, wisdom, interpretation and organization of the series original compiler, and Bruce Lees close friend, Mito Uyehara. In fact, this official redesign sanctioned by the Bruce Lee Foundation features 900-plus photos culled from Bruce Lees personal jeet kune do techniques. Famed student of jeet kune do, Ted Wong, adds a glimpse of a lifetimes worth of knowledge to the edition with a new chapter on the Five Ways of Attack. Because he studied with Bruce Lee during the masters most innovative developments, Ted Wong is an undisputed and contemporary authority on the art of jeet kune do. In addition to this, Bruce Lees daughter Shannon Lee helps readers contextualize the work with an analytical introduction. Bruce Lees Fighting Method: The Complete Edition passes on the innovations of the 20th centurys most influential fighter, showing readers how to execute advanced jeet kune do techniques and become the ultimate warrior. It is an integral part of the Bruce Lee canon and a necessary addition for all collectors and martial arts enthusiasts alike!

ber den Autor und weitere Mitwirkende Bruce Lee was an iconic figure in martial arts who pioneered the concept of jeet kune do from his physical training, personal research, and formal education in philosophy at the University of Washington, Seattle. He acted in several motion pictures, including "The Big Boss," "Enter the Dragon," "Fists of Fury," and "Way of the Dragon." He is the author of "Tao of Jeet Kune Do." M. Uyehara is an aikido practitioner and the founder of "Black Belt" magazine. He served as the owner for more than 30 years and studied jeet kune do under Bruce Lee. He lives near Honolulu, Hawaii."