



Bruce Lee's Fighting Method: The Complete Edition

By Bruce Lee, M. Uyehara

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

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Editorial Review

About the Author

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.

Users Review

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Errol Sawyer:

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