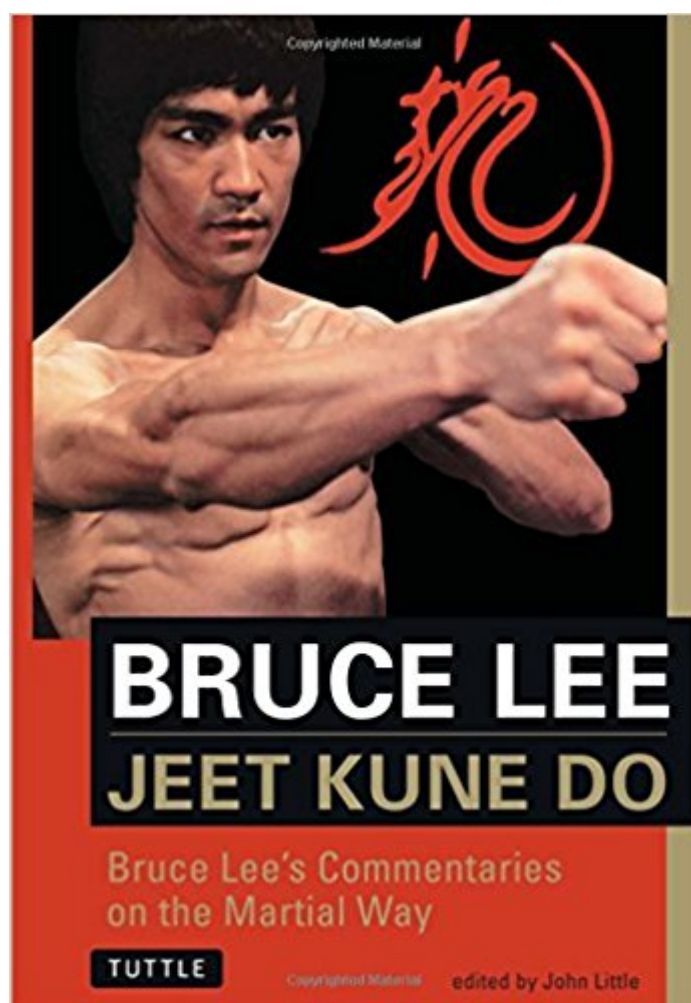


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Jeet Kune Do: Bruce Lee's Commentaries On The Martial Way (Bruce Lee Library)



Synopsis

Compiled from Bruce Lee's own notes and writings, Bruce Lee Jeet Kune Do is the seminal book presenting the martial art created by Bruce Lee himself. Jeet Kune Do was a revolutionary new approach to the martial arts in its time and is the principal reason why Bruce Lee is revered as a pioneer by martial artists today, many decades after his death. The development of his unique martial art form—its principles, core techniques, and lesson plans—are all presented in this book in Bruce Lee's own words and notes. This is the complete and official version of Jeet Kune Do which was originally published by Tuttle Publishing in cooperation with the Lee family in 1997. It is still the most comprehensive presentation of Jeet Kune Do available. This Jeet Kune Do book features Lee's illustrative sketches and his remarkable notes and commentaries on the nature of combat and achieving success in life through the martial arts, as well as the importance of a positive mental attitude during training. In addition, there are a series of "Questions Every Martial Artist Must Ask Himself" that Lee posed to himself and intended to explore as part of his own development, but never lived to complete. Bruce Lee Jeet Kune Do is the book every Bruce Lee fan must have in his collection. This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: Striking Thoughts, Bruce Lee: The Celebrated Life of the Golden Dragon, Bruce Lee: The Tao of Gung Fu, Bruce Lee: Artist of Life, Bruce Lee: Letters of the Dragon, Bruce Lee: The Art of Expressing the Human Body.

Book Information

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Customer Reviews

"Bruce Lee's long awaited magnum opus in his art of jeet kune do has finally arrived! An instant classic!" â "Inside Kung-Fu magazine" The Bruce Lee Library stands as the definitive presentation of Bruce Lee's magnificent legacy. Each volume belongs on the bookshelf of every serious martial artist." â "Jun Fan Jeet Kune Do Nucleus" I sincerely hope you enjoy reading the ideas about unarmed combat that were important to Bruce Lee. For the discriminating thinker, welcome to a world of insights that will change your life." â "Linda Lee Cadwell" This book is your road map to an exciting journey of self-knowledge. It has value in being a guidepost to help you in the process of your own personal development." â "Ted Wong, from his Foreword" Lee goes further into the mechanics of the brand of Gung Fu he practiced in Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way, which also includes more than 100 illustrations." â "Publishers Weekly

--This text refers to an alternate Paperback edition.

Adapt what is useful, reject what is useless, and add what is specifically your own. The book is is a way of mind, spirit, the flow of all combat because no situation is the same as in the schools. You must not think but flow with whatever comes your way. If you stop and think you are lost & will trip on the natural flow. Truth is the Daughter of inspiration; Intellectual analysis & partialized debate keeps people away from the truth. Your head & body are not separate but we are oneness with the all, that flows without thought. Either you know or you don't. Feel the situation; Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way round or through it. This is the spirituality Master Bruce has given. Arts are a way of life, spirituality. This was a young man that left us and gave so much during a time that today's mind could not understand. As a child I cried when he passed on. I was 8 years old that shows that the old conservatives destroy what is beautiful. I got into the arts at that time and learned from fighting in the streets of the inner city of New York. You must have fought for real at least spar.

If you are a Bruce Lee fan then this is definitely a must buy.

Great availability and price for completing my Bruce Lee Collection

When Bruce Lee was in bed for six months recovering from a broken back induced by incorrect weight training (and not from an attack as shown in the film "Dragon"), he filled seven large notebooks with, among other things, his analysis of martial arts. The original "Tao of Jeet Kune Do"

was derived from those notebooks, but much was left out. Now Bruce's wife and daughter and his estate have released all the material, which has been edited from notes (most shown in photocopies) to easily read form. I've only read about 1/3 of this book so far, and it's the most detailed treatise on combat that I've yet encountered. As such it might be more useful for those with extensive martial arts experience, to spot those few things that they hadn't considered or known or had forgotten, than as introductory material for someone new to martial arts, where the totality of the detailed enumerations would probably be overwhelming.

This book is really quite interesting. It is very good. But it is almost entirely short quotes from Bruce Lee's notes. The editors have taken these quotes and organized them by topic and then organized those topics into chapters. And they did a very good job with this. But really, the book reads like a Twitter Feed. You could probably take this book in its entirety, and write it out, quote by quote, to twitter. What this means is there is no depth. You get Lee's thoughts on a topic, but no concrete examples or additional expository text. Like reading *The Book of Five Rings* and trying to think about how it applies to your life. I like that, and enjoy it. But I wanted to write this review so other people would know what to expect. There are other books that explain JKD much better by using Lee's quotes, and then adding additional exposition to further explain what the quote means. This book is more a philosophy book than a martial arts book.

Now understand what I mean by not what expected. I mean I ordered this book under the impression I could learn Jeet Kune Do from it. However it lists all of the moves diagrams a couple and there are detailed drawings of most grabs/throws (from judo). But for anybody who wants to learn self defense for serious purposes should invest in *Bruce Lee's Fighting Method The Complete Edition*. But for someone who just wants to learn I highly recommend this book to be read first it is an excellent starting point, and will give you a great overview of JKD.

An exceptional annotated window into the soul and mind of the master Bruce Lee. As an artist I appreciate the power of Lee's graphic work to describe his ideas and approaches, his thoughts and his world view. When I gave it to my son as a present (he's a reluctant reader normally), he pored over it and won't lend it back. A very nice color shot on the cover brings out the dragon in the man.

Great Book. Very detail on the moves and training that Bruce taught. His hand sketches make it great and personal for the reader.

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