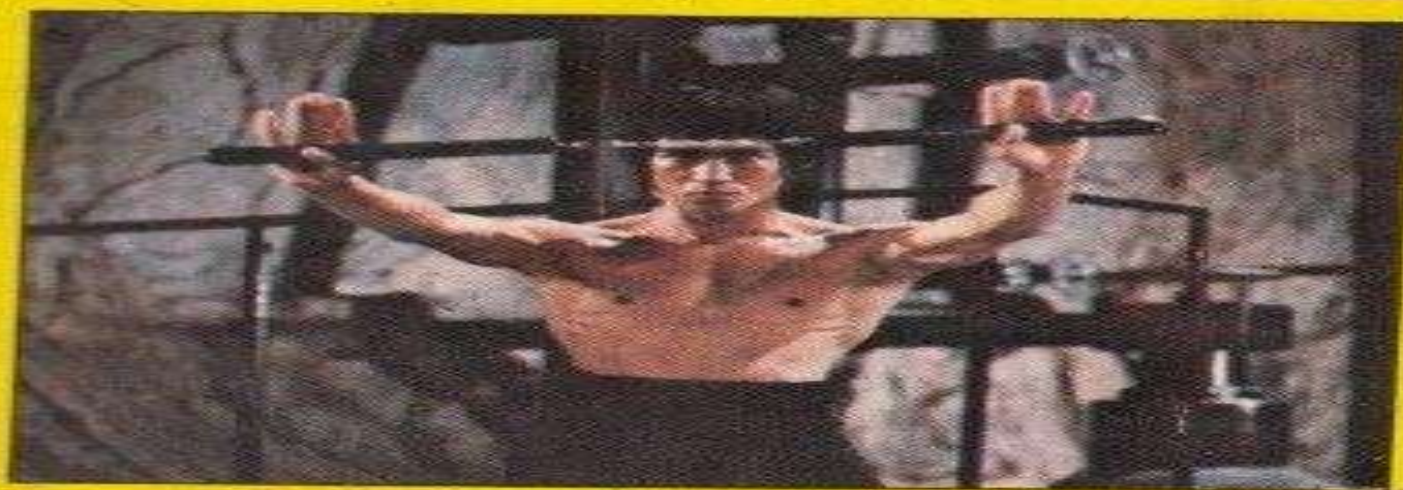


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# BRUCE LEE'S

BASIC KUNG-FU  
TRAINING MANUAL

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by Claude St. Denise and Jacques Anton

# Bruce Lees Basic Kung Fu Training Manual

**Sam Fury**



## **Bruce Lees Basic Kung Fu Training Manual:**

**Bruce Lee's Basic Kung-fu Training Manual** Claude St. Denise, Jacques Anton, Bruce Lee, 1976      *Bruce Lee's Jeet Kune Do* Sam Fury, 2015-07-25 Teach Yourself Jeet Kune Do Bruce Lee's Jeet Kune Do is more than a bunch of martial arts techniques It is a usable Jeet Kune Do training manual covering all aspects of Bruce Lee's fighting method Unlike other martial arts Bruce Lee developed Jeet Kune Do to be a practical form of self defense Use these techniques and strategies to beat your opponent as quickly as possible Discover one of the most street effective martial arts ever invented because this is Bruce Lee's Jeet Kune Do Get it now Bruce Lee's Jeet Kune Do Includes Offensive and defensive Jeet Kune Do techniques Learn a martial art made for street fighting Train in the way of the intercepting fist Learn Jeet Kune Do foundations and fighting strategy Increase personal fitness Become lightning fast Increase power in all your strikes Easy to follow descriptions with clear pictures Progressive lessons so you can learn at your own pace Develop the ability to instinctively escape react to any situation and much more Train in the Way of the Intercepting Fist The fundamental lead straight punch and all the important lessons that go with it How to deliver punches your opponent will never see coming Simple explanations of the principles of economy of motion Details the 5 ways of attack and how to apply them in your fighting strategy Learn about the centerline and how to use it to your advantage The On Guard Position Development of power and speed The fastest strike you can do and how to make it and all other strikes as fast as possible The most powerful strike you can do and how to make it and all other strikes as powerful as possible Jeet Kune Do footwork including the shuffle quick movements circling bursting etc A modified Jeet Kune Do version of Chi Sao Offensive and Defensive Jeet Kune Do Techniques Evasive movements Parries Counterattacks Trapping Jeet Kune Do kickboxing skills including punches kicks and combinations Interception Sliding leverage Knees and elbows Learn Jeet Kune Do Fighting Strategy Discover the use distance in fighting Includes simple explanations of fighting measure closing in the four ranges etc Understand the use of broken rhythm cadence and other timing concepts These will give an otherwise slower person the upper hand Learn how to create openings in your opponent's guard using feints false attacks and more Breaks down the 5 ways of attack for complete understanding and use in fighting strategy A Perfect Accompaniment to The Tao of Jeet Kune Do The Tao of Jeet Kune Do is Bruce Lee's own book on his fighting art It has techniques strategy and philosophy but it is not a Jeet Kune Do training manual Unlike other Jeet Kune Do books this one fills that gap Limited Time Only Get your copy of Bruce Lee's Jeet Kune Do today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more Teach yourself how to fight like the legend himself because this training manual covers all aspects of Bruce Lee's Jeet Kune Do Get it now      [Black Belt](#) ,1992-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and

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Chinese Gung Fu Bruce Lee,1987 This new edition of Bruce Lee s classic work rejuvenates the authority insight and charm of the master s original 1963 publication for modern audiences It seamlessly brings together Lee s original language descriptions and demonstrations with new material for readers martial arts enthusiasts and collectors that want Lee in his purest form This timeless work preserves the integrity of Lee s hand drawn diagrams and captioned photo sequences in which he demonstrates a variety of training exercises and fighting techniques ranging from gung fu stances and leg training to single and multiple opponent scenarios Thought provoking essays on the history of gung fu the theory of yin and yang and personal first edition testimonials by James Y Lee the legendary Ed Parker and jujutsu icon Wally Jay round out this one and only book by Lee on the Chinese martial arts from back cover      *Black Belt* ,1986-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world      *Bruce Lee Jeet Kune Do* Bruce Lee,2020-10-20 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      *Bruce Lee Artist of Life* Bruce Lee,2018-10-02 Bruce Lee was known as

an amazing martial artist but he was also a profound thinker He left behind seven volumes of writing on everything from quantum physics to philosophy John Blake CNN Named one of TIME magazine s 100 Greatest Men of the Century Bruce Lee s impact and influence has only grown since his untimely death in 1973 Part of the seven volume Bruce Lee Library this installment of the famed martial artist s private notebooks allows his legions of fans to learn more about the man whose groundbreaking action films and martial arts training methods sparked a worldwide interest in the Asian martial arts Bruce Lee Artist of Life explores the development of Lee s thoughts about Gung Fu Kung Fu philosophy psychology poetry Jeet Kune Do acting and self knowledge Edited by John Little a leading authority on Lee s life and work the book includes a selection of letters that eloquently demonstrate how Lee incorporated his thought into actions and provided advice to others Although Lee rose to stardom through his physical prowess and practice of jeet kune do the system of fighting he founded Lee was also a voracious and engaged reader who wrote extensively synthesizing Eastern and Western thought into a unique personal philosophy of self discovery Martial arts practitioners and fans alike eagerly anticipate each new volume of the Library and its trove of rare letters essays and poems for the light it sheds on this legendary figure This 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 Letters of the Dragon Bruce Lee The Art of Expressing the Human Body Bruce Lee Jeet Kune Do *Black Belt* ,1992-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

*Bruce Lee Jeet Kune Do* Bruce Lee,2020-09 Bruce Lee Jeet Kune Do is the iconic book presenting the martial art created by Bruce Lee as explained in the master s own words In 1970 Bruce Lee suffered a back injury that confined him to bed Rather than allowing this to slow his growth as a martial artist he read feverishly on Eastern philosophy and Western psychology and self help books constructing his own views on the totality of combat and life It was during this time that Lee wrote 7 volumes containing his thoughts ideas opinions and research into the art of unarmed combat and how it applies to the everyday life Some of this material was posthumously published in 1975 but much more existed This landmark book serves as a more complete presentation of Bruce Lee s notes on his art of Jeet Kune Do The development of his unique martial art form its principles core techniques and lesson plans are presented here in Lee s own words It also features Lee s illustrative sketches and his remarkable treatise on the nature of combat success through martial arts and the importance of a positive mental attitude in 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 Jeet Kune Do A Comprehensive Guide to Bruce Lee s Martial Way is a book every Bruce Lee fan must have **Basic Wing Chun Training**

Sam Fury, 2015-07-05 Teach Yourself Wing Chun Adapted for the Streets This is Wing Chun martial arts training as modern self defense It starts with Wing Chun techniques for beginners and advances up to sticky hands Wing Chun Chi Sao Anyone interested in martial arts will learn from these Wing Chun training techniques Those who will benefit most are People who are thinking about learning Wing Chun Kung Fu but first want an insight Those who want to know basic principles and techniques before joining a Wing Chun dojo Beginners who want to supplement their training Anyone that wants to learn how to adapt classic Wing Chun to the streets of today Teachers of Wing Chun Kung Fu who want some ideas on training beginner students Anyone that wants to self train in Wing Chun Kung Fu You ll love this Wing Chun training manual because it adapts a proven martial art to the streets of today Get it now Jam packed with Wing Chun Training Techniques The legendary Wing Chun punch Arm locks Wing Chun strikes including punches kicks elbows knees and the chop Trapping and grabbing Interception and counter attack Repeating punches Defending against common attacks and combinations and much more Contains 42 Wing Chun Lessons and 97 Training Exercises Basic Wing Chun theory is embedded into practical lessons Conditioning exercises to give your body the strength to do the techniques Basic footwork for speed and balance The Centerline Principle a core concept in Wing Chun Wing Chun training drills for developing lightning fast reflexes The direct line principle Use of training equipment Correct body alignment and weight distribution for greatest stability speed and power Learn Traditional Wing Chun Hand Techniques Tan Sau Dispersing Hand Pak Sau Slapping Hand Bong Sau Wing Arm Lap Sau Pulling Hand Kau Sau Detaining Hand Fut Sau Outward Palm Arm Gum Sau Pressing Hand Biu Sau Darting Hand Limited Time Only Get your copy of Basic Wing Chun Training today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more This Wing Chun book is perfect for self defense It does not rely on strength or physical size to be effective Discover how you can adapt classic Wing Chun to the streets because the traditional stuff doesn t work in a brawl Get it now

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**Wing Chun Kung-fu** James Yimm Lee,1972 Edited by Bruce Lee and featuring jeet kune do legend Ted Wong this book introduces the reader to the sil lim tao form the immovable elbow and centerline theories chi sao sticky hands trapping and much more Wing Chun Kung Fu continues to set the standard for martial arts instructional



books and it has become the perennial study guide for kung fu enthusiasts of all skill levels     *Bruce Lee's Fighting Method, Advanced Techniques* Bruce Lee, M. Uyehara, 1977     *Black Belt* , 1992-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world     *Black Belt* , 1981-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world     *The Elfquest Gatherum* Richard Pini, 1988     **Paperbound Books in Print** , 1975     **Kung Fu Study Book** J. R. Griffiths, 2013-06-28 Hard hand of the wind is a kung fu book that can help everyone learn and gain knowledge about this Chinese art Read about the training benefits and the history of the style and development This book can aid other martial artists in the knowledge and experience of the author who displays both his skill and knowledge From China to the west and all over the world Kung Fu has brought us Bruce Lee Jackie Chan and Chris Crudelli to name a few Now read the words of a new active dragon from Wales Readers can both read and enjoy simple self defence techniques set forms exercises and history Why we need the martial arts The benefits of going to a club The friendship and the health and healing from learning Kung fu

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