



Bruce Lee's Fighting Method, Vol. 1

Bruce Lee

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Long before mixed martial arts became a worldwide phenomenon and Ultimate Fighting became a household name, Bruce Lee created jeet kune do, a realistic combat hybrid that incorporated the most useful elements of kung fu, boxing, and fencing. Here the legendary fighter demonstrates the most effective methods for retaliating against surprise attacks, grabs, chokes, multiple attackers, and armed assailants. Because Lee believed that the best defence is the most simple and effective, his no-nonsense counters include eye gouges, groin kicks, head stomps, and other techniques that aren't taught in most studios. This first volume in "Bruce Lee's Fighting Method" contains detailed illustrations and vintage photos capturing Lee in his prime. The essential series, compiled and organized by his close friend, Mito Uyehara, is the perfect companion to Bruce Lee's classic text, "Tao of Jeet Kune Do". "The Bruce Lee's Fighting Method" series is an integral part of the Bruce Lee canon and a necessary addition for collectors and martial arts enthusiasts alike.

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