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The Art of Expressing the Human Body, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior

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health and muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding.

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Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities

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**Bruce Lee - The Art  
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Bruce Lee flashed like a meteor through the world of martial arts and motion pictures. On July 20, 1973, the iconic figure died in Hong Kong at the age of 32. He starred in several classic martial arts movies, including The Big Boss, Fists of Fury, Enter the Dragon, and Way of the

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The Philosophical  
Art of Self-Defense**

...

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Body: 4. This is another  
great one of Bruce Lee  
books, Bruce is known  
for his physique which  
was absolutely  
amazing, he spent a  
great deal of time  
perfecting his body and  
pushing it to the limits

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and beyond. Achieving things like one finger push-ups and one inch punching power enough to send a grown man ...

## **Bruce Lee Books | Martial Arts Books**

"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

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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

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Life Bruce Lee is a  
cultural icon. As a  
famous martial artist,  
movie star and artist of  
life, Bruce Lee's  
philosophy has caught  
fire around the world  
with a new generation  
seeking meaning and  
consciousness. He  
continues to teach us  
how to cultivate our

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truest selves and be in harmony with the world.

## **Bruce Lee**

" The Art of Expressing the Human Body, the fourth volume in Tuttle's Bruce Lee Library, is attributed to martial arts titan Bruce Lee, but he is referred to throughout in the third person.

## **Bruce Lee: The Art of Expressing the**

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Lee ...**

Jeet Kune Do, or "The way of the intercepting fist" in Cantonese, abbreviated JKD, is a hybrid philosophy of martial arts heavily influenced by the personal philosophy and experiences of martial artist Bruce Lee. Lee founded the system on July 9, 1967, referring to it as "non-classical", suggesting that it is a formless

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form of Chinese Kung Fu. Unlike more traditional martial arts, Jeet Kune Do is not fixed or patterned and is a philosophy with guiding ideas. Named for the Wing Chun concept of i

## **Jeet Kune Do - Wikipedia**

The Art of Expressing the Human Body, a title coined by Bruce Lee himself to describe his approach to martial



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arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding.

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Dying This is a philosophy I haven't heard Bruce Lee speak of before - the 'Art of Dying'. Even biting is fair game, but as Bruce says "...don't make a plan of biting because...

## **Bruce Lee - The Art of Dying**

Bruce Lee Art When it comes to legendary martial artists, there aren't many with more recognizable names

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than Bruce Lee. The man was a legend, and his fists were considered some of the most powerful weapons in the world for hand-to-hand combat.

## **Bruce Lee Art | Fine Art America**

“Using no way as way; having no limitation as limitation.” Bruce Lee developed an expression of martial arts that was personal

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to him called Jeet Kune Do (translated: Way of the Intercepting Fist).

## **Jeet Kune Do — Bruce Lee**

“And Bruce responds, “The art of fighting without fighting.” The bully repeats the response like it some ancient Chinese secret, “fighting without fighting” Bruce starts to walk away and then the bully attempts to stop him when Bruce

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**Bruce Lees Jeet  
Kune Do - The Art of  
Fighting Without ...**

Bruce Lee provides a description of many of the forms of gung fu, some techniques, some history, and the common sense approach to learning martial arts. The philosophical intertwining of Taoism and gung fu is

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expressed simply and straightforward. I would recommend this book to anyone interested in martial arts.

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