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~~kune do~~ Bruce Lee:

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beat us all, We had no
chance /" Bruce Lee
King of Kung Fu Book
| True Story of His
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(Pierre Berton Show,
1971) Bruce Lee The
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"The Art of
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Human Body, the
fourth volume in

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Bruce Lee The

Tuttle's Bruce Lee Library, is attributed to martial arts titan Bruce Lee, but he is referred to throughout in the third person. Editor John Little has, however, produced a fitness book based closely on Lee's own exercises and beliefs, illustrated with pictures of the master

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in action" --

Publishers Weekly

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Bruce Lee The Art of
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(Bruce ...

The Art of Expressing
the Human Body, a
title coined by Bruce
Lee himself to
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documents the

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techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities

Bruce Lee: The Art of Expressing the Human Body by Bruce Lee

bruce Lee: Artist of life explores the

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development and
fruition of bruce Lee's
thoughts about gung
fu (kung fu),
philosophy,
psychology, poetry,
jeet kune do, acting,
and self-knowledge.
This volume from
bruce Lee's private
notebooks is capped
by a selection of Lee's
letters that eloquently
demonstrate how he

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incorporated his
thought into actions
and advice to others.

[Bruce Lee: Artist of
Life \(Bruce Lee
Library\): Amazon.co ...](#)

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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 Dragon. Page 1 of 1 Start over Page 1 of

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Expressing
Chinese Gung Fu: The
Philosophical Art of
Self-Defense ...

Martial Artist + Artist
of 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

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generation seeking meaning and consciousness. He continues to teach us how to cultivate our truest selves and be in harmony with the world.

Bruce Lee

Bruce Lee ' s philosophies have inspired millions of people the world

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over. He was a diligent journaler and made copious notes on his thoughts and ideas on how to live life to its fullest as well as on his martial expression. Bruce Lee also lived his philosophies believing that philosophies are meant to be applied not just pondered.

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The Philosophies —
Bruce Lee

Lee died a month before the release of iconic martial arts movie Enter the Dragon, which secured his place as an international icon. He had finished movie's filming in Hong Kong, and was working on...

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How did Bruce Lee
die? Cause of death
revealed

LONGSTREET - Way
Of The Intercepting
Fist NO

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Bruce Lee - Way Of
The Intercepting Fist
and The Art Of ...

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Bruce Lee developed an expression of martial arts that was personal to him called Jeet Kune Do (translated: Way of the Intercepting Fist). The art has as its symbolic representation what we call Bruce Lee 's Core Symbol [see below] and uses as its main tenet: Using no

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Jeet Kune Do —

Bruce 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

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Art Of 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 form of Chinese Kung Fu. Unlike more traditional martial arts, Jeet Kune Do is not fixed or patterned

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and is a philosophy
with guiding ideas.
Named for the Wing
Chun concept of i

Jeet Kune Do -

Wikipedia

Jul 16, 2019 - Bruce
believed real combat
was spontaneous, and
that a good martial
artist cannot predict
it, only react to it. See
more ideas about

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Bruce Lee, Martial
artist, Art of fighting.

472 Best Bruce Lee
teaching the art of
fighting images ...

Bruce Lee: The Art of
Expressing the
Human Body. Charles
E. Tuttle Co., Inc. p. 1.
ISBN 0-8048-3129-7.
^ Little, John (1997).

Bruce Lee Library -
Page 26/84

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Wikipedia

One of the Bruce Lee's philosophies the 'Art of Dying'. "Don't make a plan of biting because that is a very good way to lose your teeth..." "To learn to die ...

Bruce Lee - The Art of Dying - YouTube

Bruce Lee started his martial arts research

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studies with Wing Chun, under the tutelage of the late Yip Man, to relieve the individual instability instilled by Hong Kong city life. Probably due to the fact that his training covered him to the point of fanaticism, he was eventually able to refine, boil down as well as grow

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Art Of
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into a thinker,
specialist and
trendsetter of the
martial arts.

Bruce Lee: Weight &
Abs Training From
The Martial Art ...

"The Art of
Expressing the
Human Body, the
fourth volume in
Tuttle's Bruce Lee
Library, is attributed

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to martial arts titan
Bruce Lee, but he is
referred to
throughout in the
third person. Editor
John Little has,
however, produced a
fitness book based
closely on Lee's own
exercises and beliefs,
illustrated with
pictures of the master
in action" --

Publishers Weekly

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Bruce Lee: The Art of
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Human Body (Bruce
Lee ...

Learn the secrets to obtaining Bruce Lee's astounding physique with this insightful martial arts training book. The Art of Expressing the Human Body, a title coined by Bruce Lee

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Art Of Expressing Human Body
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, Lee's physical appearance and strength were truly astounding.

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physical appearance
and strength were
truly astounding. He
achieved this through
an intensive and ever-

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evolving conditioning
regime that is being
revealed for the first
time in this book.

Drawing on Lee's
notes, letters, diaries
and training logs,
Bruce Lee historian
John Little presents
the full extent of Lee's
unique training
methods including
nutrition, aerobics,
isometrics, stretching

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Bruce Lee The

Art of Weight training. In addition to serving as a record of Bruce Lee's training, *The Art of Expressing the Human Body*, with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning,

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Art Of
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physical fitness, and appearance. 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

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Bruce Lee The Art Of Expressing Human Body

Bruce Lee: Jeet Kune Do

"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

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Art 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

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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,

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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

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Art Of 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.

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Bruce Lee The

Art Of

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:
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Learn the secrets to
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astounding physique

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with this insightful martial arts training book. 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 health and

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Art Of Expressing Human Body
muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding. He achieved this through an intensive and ever-evolving conditioning regime that is being revealed for the first time in this book.

Drawing on Lee's own notes, letters, diaries

Read Book Bruce Lee The

Art of Expressing the Human Body and training logs, Bruce Lee historian John Little presents the full extent of Lee's unique training methods including nutrition, aerobics, isometrics, stretching and weight training. In addition to serving as a record of Bruce Lee's own training, The Art of Expressing the Human Body,

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with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning, physical fitness, and appearance. This Bruce Lee Book is part of the Bruce Lee Library which also

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of Life Bruce Lee:
Letters of the Dragon
Bruce Lee: Jeet Kune
Do

A rare, never-before-
seen collection of

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Bruce Lee's private letters and writing! Bruce Lee was an intense man with such sheer concentration of energy that no one who encountered him, on screen or in person, could help but be drawn to him and his enthusiasm for life and knowledge. A

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voracious and engaged reader, Lee wrote extensively, synthesizing the thought of East and West into a unique personal philosophy of self-discovery. Bruce Lee: Artist of Life explores the development and fruition of Bruce Lee's thoughts about gung fu (kung fu),

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philosophy,
psychology, poetry,
jeet kune do, acting,
and self-knowledge.

This volume from
Bruce Lee's private
notebooks is capped
by a selection of Lee's
letters that eloquently
demonstrate how he
incorporated his
thought into actions
and advice to others.
Also included are

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multiple drafts of select compositions, showing how Lee's ideas evolved and was refined over the years and how the ideas he was reading and writing about were reflected in his work and everyday life.

Sections include:

Gung Fu—reflections on gung fu, psychology in defense

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and attack, how to
choose a martial arts
instructor, and
Bruce's view on the
martial art Philosoph
y—regarding human
understanding,
Taoism, Plato,
Socrates, and
Descartes
Psychology—three
types of philosophy,
the top dog and the
underdog, the four

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basic philosophical approaches, and learning Poetry—'The Dying Sun,' 'Love is a Friendship Caught on Fire,' 'Once More I Hold You in My Arms,' and 'Parting' Jeet Kune Do—The Liberation—toward personal liberation, notes on JKD, true mastery, and an objective evaluation

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Art Of the combative skill
of Bruce Lee, by those
who know what it is
Expressing
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Acting—what exactly
is an actor, the art of
acting Self-
knowledge—in search
of someone real, self-
actualization, and the
passionate state of
mind Letters—'The
True Meaning of
Life—Peace of Mind,'
'Use Your Own

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Art Of Experience and
Imagination,' and 'It's
All in the State of
Mind' This Bruce Lee
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Lee: Jeet Kune Do

"This is a
reproduction of the
original book."

In the months leading
up to his death, Bruce
Lee was working on
this definitive study
of the Chinese martial

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Bruce Lee The

Art Of—collectively known as Kung Fu or Gung Fu. This book has now been edited and is published here for the first time in its entirety. Bruce Lee totally revolutionized the practice of martial arts and brought them into the modern world—by promoting the idea that students have the right to pick

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Art Of
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and choose those techniques and training regimens which suit their own personal needs and fighting styles. He developed a new style of his own called Jeet Kune Do—combining many elements from different masters and different traditions. This was considered heretical at the time

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Bruce Lee The

Art Of Expressing Human Body

within martial arts circles, where one was expected to study with only a single master—and Lee was the first martial artist to attempt this. Today he is revered as the "father" of martial arts practice around the world—including Mixed Martial Arts. In addition to presenting the fundamental

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Art Of Expressing Human Body
techniques, mindset and training methods of traditional Chinese martial arts, this martial art treatise explores such esoteric topics as Taoism and Zen as applied to Gung Fu, Eastern and Western fitness regimens and self-defense techniques. Also included is a Gung Fu "scrapbook"

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Art Of Bruce Lee's own personal anecdotes regarding the history and traditions of the martial arts of China. After Lee's death, his manuscript was completed and edited by martial arts expert John Little in cooperation with the Bruce Lee Estate. This book features an introduction by his

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wife, Linda Lee
Cadwell and a
foreword from his
close friend and
student, Taky Kimura.

This Bruce Lee Book
is part of the Bruce
Lee Library which
also features: Bruce
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The Celebrated Life of
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Bruce Lee: Artist of

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Life Bruce Lee:
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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,

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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

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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

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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

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Art Of 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

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Bruce Lee The

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.

This enduring bestseller, written over six months when Lee was bedridden with back problems,

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compiles
philosophical
aphorisms, technique
explanations, and
sketches by the
master himself.

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

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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

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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

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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

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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

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Bruce Lee: The Celebrated Life of the Golden Dragon
Bruce Lee: The Tao of Gung Fu
Bruce Lee: Artist of Life

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Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body

A behind-the-scenes look at the life of the most extraordinary martial artist of all time—Bruce Lee.

Bruce Lee: The Celebrated Life of the Golden Dragon is a photographic catalog

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of all facets of this fascinating man, from the start of his career to his untimely and tragic death in 1973. This book reveals a quiet family man behind the charismatic public persona. It shows the real Bruce Lee—the man who was so much more than an international film and

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Art Of martial arts celebrity.

This brilliant photo
essay—compiled and
edited by Bruce Lee

expert John Little
with the assistance of
Lee's widow, Linda
Lee Cadwell—reveals
never-before-

published family
photos, including rare
photos of Bruce's
childhood in Hong
Kong. Tender

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moments with his children are caught on camera and action shots from his martial arts films are shown. With a preface by his daughter Shannon Lee and a foreword by wife Linda, the text is drawn directly from Bruce Lee's own diaries and journals. Based on the award-winning Warner Bros.

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documentary, Bruce Lee: In His Own Words, sections include: Chronology of the Life of Bruce Lee Early Years—why he began studying gung fu (kung fu) and took up wing chun, his first starring role, and his return to the US Hollywood—why he got the part in The Green Hornet,

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teaching Steve

McQueen, James
Coburn and Stirling
Silliphant, filming

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Enter the Dragon, The
Way of the Dragon,
Fist of Fury and more,
training and acting
with Chuck Norris,
Kareem Abdul-Jabbar,
Dean Martin and
Sharon Tate, and the
creation of Jeet Kune
Do (JKD)

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Family—meeting

Linda, having
children, daily life

This Bruce Lee Book

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