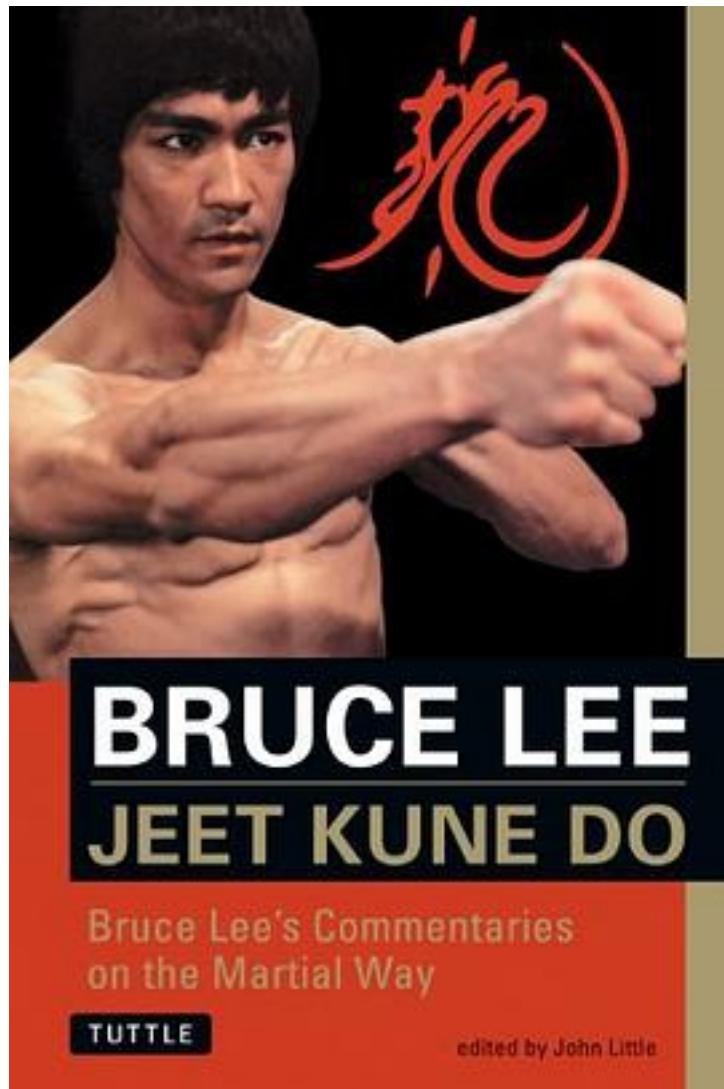


Jeet Kune Do



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著者:Hartsell, Larry

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This book belongs on the bookshelves of every serious martial artist, guaranteed to elevate the reader to the highest level. In this fantastic training manual, you will discover intermediate and advance techniques and strategies of Bruce Lee's incredible art of Jeet Kune Do. Included are Bruce Lee's energy drills, JKD trapping, Sparring drills, wooden dummy training, and strategies against all types of fighters. Packed with Bruce Lee's Jeet Kune Do drills and cutting edge, up-to-date advance strategies against any type of opponent. For the first time, this book contains hardcore training and fighting techniques and tactics (never before published) of Bruce Lee's personal art. Bestseller: Amazon #2 Tao of Jeet Kune Do Previous edition: 978-0953176663

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