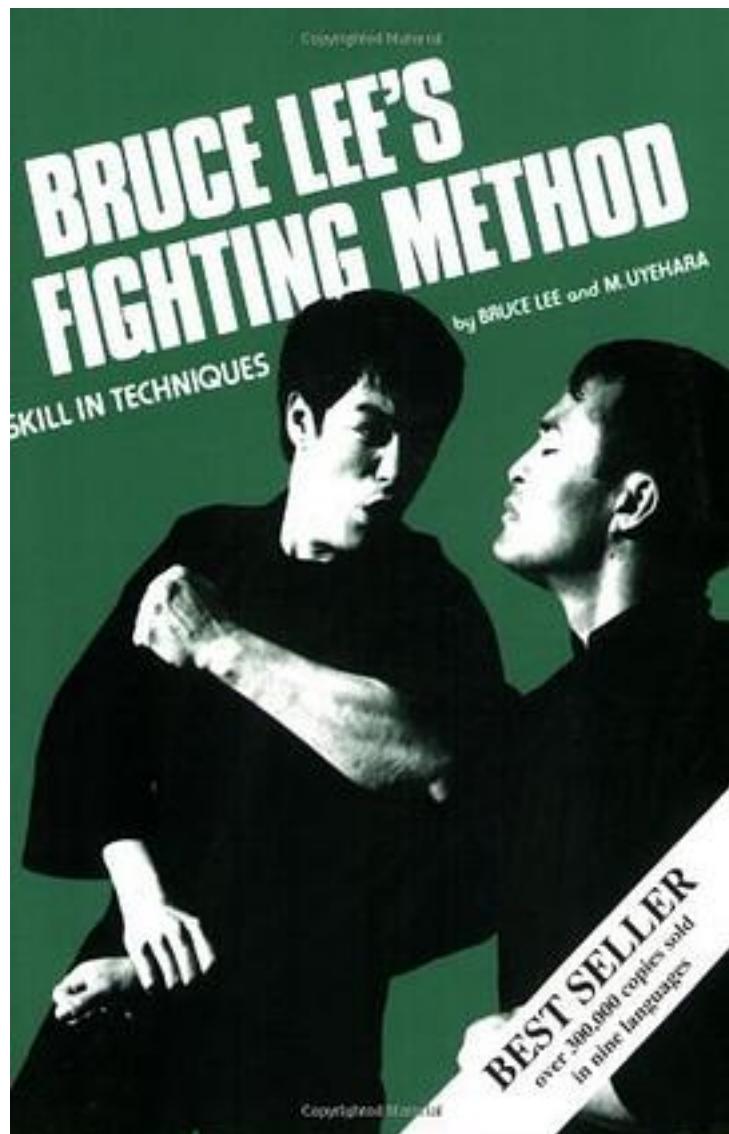


# Bruce Lee's Fighting Method



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著者:Lee, Bruce

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出版时间:

装帧:

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This best selling book spans 128 fully illustrated pages on how to survive attacks on the street, defenses against surprise attacks, armed and unarmed assailants, one attacker or many, are among the topics covered. The 55 minutes DVD covers the first two volumes, with topics including warm-ups, basic exercises, on-guard position, footwork, power/speed training and self-defense.

作者介绍:

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标签

英文原版

Lee

Bruce

评论

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书评

1. A goal is not always meant to be reached, it often serves simply as something to aim at. 目标, 不一定总是要达到, 目标往往只是用来帮助你瞄准方向。 2. Always be yourself, express yourself, have faith in yourself, do not go out and look for a

successfullperson...

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截拳道没有成套的路数，这本里面有各种各样的技巧，大开眼界~~个人比较喜欢最后一部分，关于各种情况下的防身术~~  
简而言之，抓住一切机会，击打面部（戳眼睛、砸太阳穴）、击打裆部（包括用手死命抓住）、踢膝盖。几乎都是狠招，这样就带来了一个问题：就目前办案实践角度...

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根本不够深入，因为真正的实用格斗武术，不是轻易的看看几百张图片就能够完全领悟的，真的武术源于古代的战场，如果今天的老百姓看看几百张图片就能够领悟武术的真谛的话，全世界人民全是武术家，拳王泰森那样的体育运动员早就横尸街头了。所以真正想学习武术的朋友们，建议你...

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