



Chinese Gung Fu: The Philosophical Art of Self-Defense Revised and Updated

By Bruce Lee



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Originally published in 1963, this book includes personal testimonies regarding the author and his art from James Y. Lee, the legendary Ed Parker, and jujutsu icon Wally Jay. Through hand-drawn diagrams and captioned photo sequences, Lee's text comes to life as he demonstrates a variety of training exercises and fighting techniques. Topics include basic gung fu stances, waist training, leg training, and the theory of yin and yang.

The re-edition of Bruce Lee's original thoughts on kung fu offers martial arts enthusiasts and collectors exactly what they want: more Lee. Featuring digitally-enhanced photography, new pictures of Lee from a lost session and an original essay in Lee's handwriting, Chinese Gung Fu still maintains its position as a timeless work by one of martial art's greatest masters.



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Chinese Gung Fu: The Philosophical Art of Self-Defense Revised and Updated By Bruce Lee Bibliography

- Sales Rank: #538947 in Books
- Color: Cream
- Brand: Brand: Black Belt Communications
- Published on: 1987-02-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .30" w x 6.00" l, .31 pounds
- Binding: Paperback
- 112 pages

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Editorial Review

About the Author

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 Dragon*.

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