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Description:

Compiled from Bruce Lee's notes and essays and originally published in 1975, this iconic volume is one of the seminal martial arts guides of its time. The science and philosophy behind the fighting system Lee pioneered himself [jeet kune do] is explained in detail, depicted through hundreds of Lee's own illustrations. With the collaboration of Lee's daughter, Shannon, and Bruce Lee Enterprises, this new edition is expanded, updated, and remastered, covering topics such as Zen and

enlightenment, kicking, striking, grappling, and footwork. Featuring an introduction by Linda Lee, this is essential reading for any practitioner, offering a brief glimpse into the mind of one of the world's greatest martial artists.

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