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BOYNTON BEACH MARTIAL ARTS . SELF-DEFENSE AND MARTIAL ARTS in BOYNTON BEACH, FLORIDA . MMA (Mixed Martial Arts) is what happens when you combine the lightning-fast, brutal strikes of Jeet Kune Do, the effective knees and elbows of Muay Thai, the unstoppable grappling /ground fighting techniques of Jiu-Jitsu, and more, into ONE martial art.

Bruce Lee's Fighting Method: The Complete Edition

Bruce Lee's Fighting Method Synopsis. Bruce Lee's Fighting Method is an invaluable martial arts reference work... Review. The book is impressive at first sight. It is a good size, being just under A4 page size,... Summary. This book is a fantastic consolidation of Bruce Lee's fighting system.

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Bruce Lee was an iconic figure in martial arts who pioneered the concept of jeet kune do from his physical training, personal research, and formal education in philosophy at the University of Washington, Seattle.He acted in several motion pictures, including **The Big Boss**, **Enter the Dragon**, **Fists of Fury**, and **Way of the Dragon**.He is the author of **Tao of Jeet Kune Do**.

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Bruce Lee's Fighting Method, Vol. 2:... book by Bruce Lee

Bruce Lee's Fighting Method : The Complete Edition, Hardcover by Lee, Bruce; Uyehara, M., ISBN 0897501705, ISBN-13 9780897501705, Brand New, Free shipping in the US A guide for self-defense or martial arts training demonstrates how to perform jeet kune do techniques using step-by-step instructions and photographs.

Bruce Lee's Fighting Method 1

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Bruce Lee's Fighting Method. Bruce Lee's Fighting Method is a book of volumes covering Bruce Lee 's martial arts abilities of the Jeet Kune Do movement. The book is available as a single hardcover volume or a series of four paperback volumes. The text describes Bruce Lee's Kung Fu fighting techniques, philosophy and training methods.

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