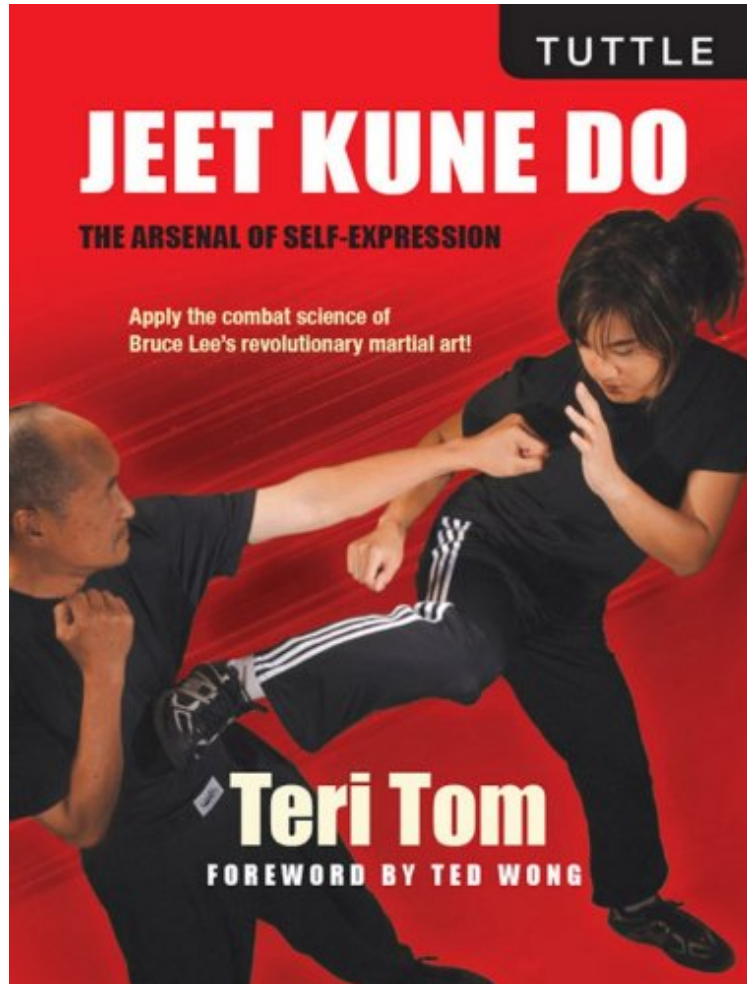


(Read ebook) Jeet Kune Do: The Arsenal of Self-Expression

Jeet Kune Do: The Arsenal of Self-Expression

Von Teri Tom

ePub / *DOC / audiobook / ebooks / Download PDF



[Download](#)

[Read Online](#)

Produktinformation -Verkaufsrank: #274959 in eBooksVerffentlicht am: 2012-03-13Erscheinungsdatum: 2012-03-13File Name: B007WT3G6C | File size: 16.Mb

Von Teri Tom : Jeet Kune Do: The Arsenal of Self-Expression before purchasing it in order to gage whether or not it would be worth my time, and all praised Jeet Kune Do: The Arsenal of Self-Expression:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. True Jeet Kune DoVon FrankyThis book is the real art of Bruce Lee and a real insight on this art from Tori Tom who was taught by Ted Wong.

KurzbeschreibungApply the combat science of Bruce Lee's revolutionary martial art!This martial arts manual describes his research into the how and why of Jeet Kune Do techniques. Bruce Lee wrote of "three stages of

cultivation" that lie along the path to JKD mastery: The Stage of Innocence this is the level of the absolute beginner. The Stage of Art the student is immersed in the process of technical and physical training. The Stage of Artlessness the stage of "highest art" in which the body is no longer hindered by the mind. As Bruce Lee would say, "It hits all by itself." To reach the final stage, the student must progress methodically through the Stage of Art there are no shortcuts! Author Teri Tom guides you on this journey by revealing the science behind the moves in Jeet Kune Do repertoire. You'll learn how to protect yourself from injury, and maximize the effectiveness of the following core techniques and their variations: Straight Lead; Rear Cross; Hook; Uppercut; Straight Kick; Hook Kick; Side Kick; and Spinning Back Kick. You'll also learn about Bruce Lee's revolutionary approach to combat that takes advantage of human biomechanics; How to evade attacks, and use those evasive movements to launch counter-attacks; Natural ways to chain your moves into seamless combinations; The importance of developing mental and physical speed, footwork, cadence, good timing and judgment of distance; All techniques are traced to the original sources that inspired Bruce Lee.

Pressestimmen "I regard [Teri Tom] as perhaps the most articulate and scientific JKD instructor out there." -- Robert Young, Executive Editor, Black Belt Magazine - I regard [Teri Tom] as perhaps the most articulate and scientific JKD instructor out there. -- Robert Young, Executive Editor, Black Belt Magazine

Kurzbeschreibung Apply the combat science of Bruce Lee's revolutionary martial art! This martial arts manual describes his research into the how and why of Jeet Kune Do techniques. Bruce Lee wrote of "three stages of cultivation" that lie along the path to JKD mastery: The Stage of Innocence this is the level of the absolute beginner. The Stage of Art the student is immersed in the process of technical and physical training. The Stage of Artlessness the stage of "highest art" in which the body is no longer hindered by the mind. As Bruce Lee would say, "It hits all by itself." To reach the final stage, the student must progress methodically through the Stage of Art there are no shortcuts! Author Teri Tom guides you on this journey by revealing the science behind the moves in Jeet Kune Do repertoire. You'll learn how to protect yourself from injury, and maximize the effectiveness of the following core techniques and their variations: Straight Lead; Rear Cross; Hook; Uppercut; Straight Kick; Hook Kick; Side Kick; and Spinning Back Kick. You'll also learn about Bruce Lee's revolutionary approach to combat that takes advantage of human biomechanics; How to evade attacks, and use those evasive movements to launch counter-attacks; Natural ways to chain your moves into seamless combinations; The importance of developing mental and physical speed, footwork, cadence, good timing and judgment of distance; All techniques are traced to the original sources that inspired Bruce Lee.