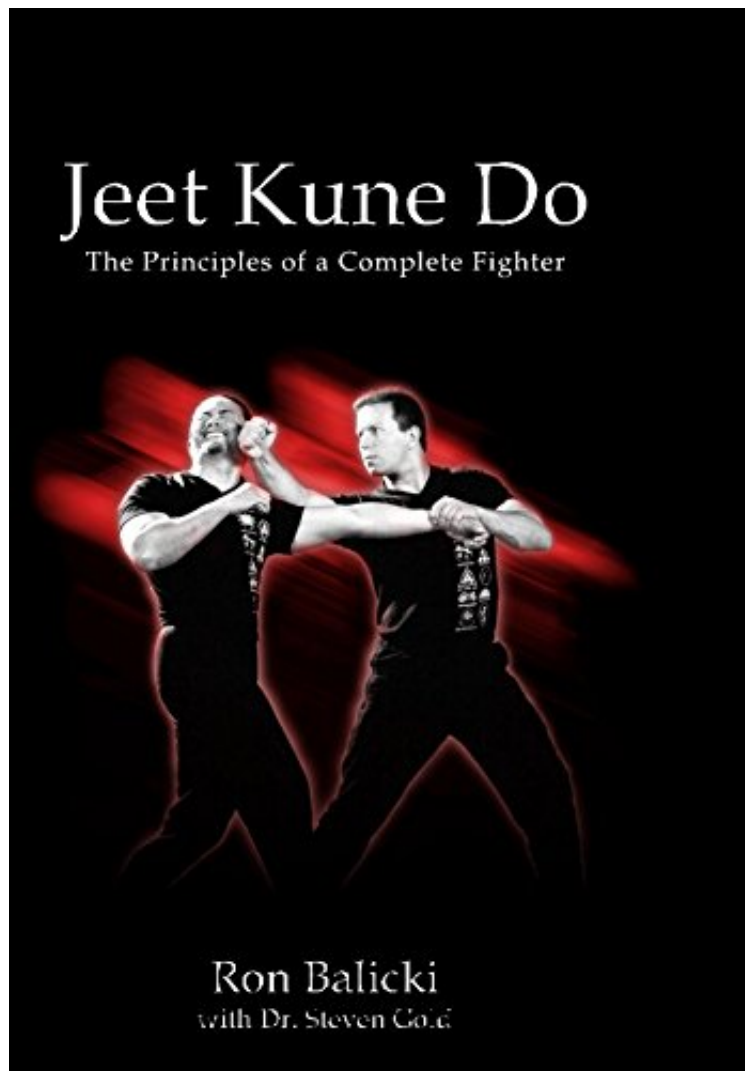


[Download] Jeet Kune Do: The Principles of a Complete Fighter (The Complete JKD Book 1) (English Edition)

## Jeet Kune Do: The Principles of a Complete Fighter (The Complete JKD Book 1) (English Edition)

Von Ron Balicki

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**Von Ron Balicki : Jeet Kune Do: The Principles of a Complete Fighter (The Complete JKD Book 1) (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Jeet Kune Do: The Principles of a Complete Fighter (The Complete JKD Book 1) (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 3 von 3 Kunden fanden die folgende Rezension hilfreich. Jeet-kune do Buch Von Ein Kunde Das Buch ist gut gegliedert, hat viele fotos bzw .Technikserien, Allerdings fand ich ,als

Jeet-Kune-Do Praktizierender,absolut nichts Neues,bzw.,nichts was ich nicht schon irgenwo gesehen,oder gelesen hte.Alles in Allem ,ein weiteres Jeet-Kune-do Buch.0 von 2 Kunden fanden die folgende Rezension hilfreich.  
Principles and drills Von Tom B.The author describes the principles of Jeet Kune Do. As an expert in various different martial arts he suggests workout drills to improve kicking, trapping, ground fighting, weapon (knife/sticks) self-defense, .. Additionally there are chapters about law and training for disabled people.

Kurzbeschreibung This book is intended to be a conceptual guide to the art and philosophy of Bruce Lee's Jun Fan Gung Fu Jeet Kune Do.  
Kurzbeschreibung This book is intended to be a conceptual guide to the art and philosophy of Bruce Lee's Jun Fan Gung Fu Jeet Kune Do.  
Synopsis Developed by Bruce Lee, this martial art is geared towards realistic combat, rather than forms or techniques. Covering the main areas of streetfighting, the book describes "centre line theory", "powerside forward", the "visual focus principle", and the "Thammer principle".