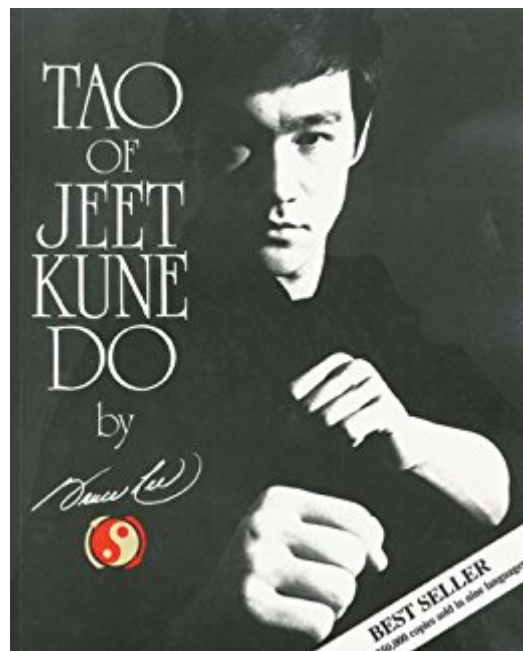


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# Tao Of Jeet Kune Do



## Synopsis

Compiled from Bruce Lee's notes and essays and originally published in 1975, Tao of Jeet Kune Do is the best-selling martial arts book in the world. This iconic work explains the science and philosophy behind Jeet Kune Do; the art Lee invented; and includes hundreds of Lee's illustrations. Topics include Zen and enlightenment, kicking, striking, grappling, and footwork. With introductions by Linda Lee and editor Gilbert Johnson, Tao of Jeet Kune Do is essential reading for any practitioner and offers a brief glimpse into the mind of one of the world's greatest martial artists.

## Book Information

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## Customer Reviews

Once I picked up this book, I couldn't put it down. Bruce Lee's philosophy and method of training is one of the best. The book helps you understand the art of Jeet Kune Do and the martial artist philosophy as well. Bruce explains how important it is to control your opponent and explains the techniques on how to do it, by proper timing, speed and technique. It is a must have in any martial artist's personal library.

I picked this book up from the local bookstore after sustaining a severe injury to my knee. I previously had not taken any real formal martial arts training or done any reading on the subject, however I always liked all of the funky stuff that these guys like Jackie Chan have done on the big screen. Anyways, while recovering I studied this book intensely and within the week I was so inspired to start training with what I had learned that I tossed the crutches aside and began walking. Well, pretty soon I was working to perfection all of the techniques and skills that I had learned plus accumulated several other martial arts books on other styles and I even started training like Bruce Lee! To this day I wake up at 5:00 am every morning and work on flexibility and abdominals before I go to school and I feel great! I recently purchased a punching bag to work on applying power to all my techniques as well! In closing I would say that by reading this book it started a whole revolution in my life, and changed the way that I look at any situation in life. So I can only hope that it does for everyone else what it did for me.

I had the opportunity to see Bruce Lee in action at an East Coast karate tournament in 1969. He wasn't competing but was there as a celebrity guest. I stood with others at the back of the tournament hall and listened in awe as he talked about having just finished filming Marlow and his plans to leave soon for Hong Kong to begin filming a movie. Later, I watched him warm-up a great tournament fighter named Luis Delgado. Lee's speed was absolutely incredible. His backfist was nearly imperceptible and his footwork for closing the gap was a blur. What a loss to the martial arts world that he left us so soon. But we still have this book of his notes. It a wonderful bible, if you will, that will make any martial artist look at his own training to see how some of Lee's ideas can fit. There will always be the Jackie Chans and Jet Lis who will come along and dazzle us with their screen antics. But Bruce Lee was a seeker of knowledge, a true master of the fighting arts and philosophy. Some of it is in this wonderful book. As an author of 13 books on the martial arts, I highly recommend this book for every MA library.

I have had my copy of this book for many years. I often refer to sections of it for advice and inspiration. While Lee's views on the arts may be controversial, I think that anyone who has studied the arts seriously [ this excludes the black belt factories ) can appreciate the philosophical tone of the work. Too many of us get too into dictated technique and form as well as tradition to appreciate Lee's theories. Jeet Kune Do is the style that is not a style. One that is infinitely flexible and adaptable to the individual and the situation. I have been a Bruce Lee fan for 30 years and while I have never had the honor of meeting him or personally seeing him in form, I have been inspired and

awed by him. The Tao of Jeet Kune Do is an inspired and original work and to me embodies the essence of the true martial artist. They are called the "arts" for a reason. How poor would other arts be if all of the artists merely copied others - I don't mean inspired by others but COPIED others. By and large that is what the so-called kwoons teach these days. One way and one way only, for \$\$\$\$ we guarantee a black belt in 14 months. Arts by definition are intensely personal and open for interpretation. How rich would the world of culture be today if Michealangelo merely copied Davinci or Monet was discouraged to explore impressionism saying it was not "true art"? Lee breaks new ground and we who study him are the richer for it. I recommend this book to any one with a serious interest in the martial arts. Those of you unfortunates stuck in black belt factories please study this book; it will open a new world for you.

I've owned several copies of Tao of JKD over the years. Loan it out, lose it, replace it, repeat. So the last time I went to a brick and mortar store to grab a copy I find this "New Expanded Edition". In a word: ugh. All the new formatting is awful. It's like the editors decided to make it more "now" and fashionable but really only succeeded in obscuring the content. Tao of JKD was always somewhat disjointed, but the over-large fonts and formats make it feel stilted now, as if there's less content on each page. I did not like it at all, did not find it readable, and refused to pay the cover price for what I felt was now a worse layout of the book (at least gives customers a great deal on that last point). I put the book back on the shelf and ordered a used reprint of the original for a third of the New Expanded Edition's current list price from an online seller. The content of the original is still there, but it's lessened by the new format.

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