



## El Tao del Jeet Kune Do

By Lee, Bruce ; Fraguas Pintado, José María, (tr.)

Eyras, S.A., 2011. soft. Book Condition: New. Encuadernación: Rústica Bruce Lee sufrió una grave lesión en la espalda. Los doctores le ordenaron que abandonara totalmente la práctica de las Artes Marciales. Duante el largo período de tiempo que la lesión le mantuvo inactivo tuvo la oportunidad de transcribir al papel los conceptos y principios sobre los que había fundamentado su Arte. El resultado es la obra que usted tiene en su manos, «EL TAO DEL JEET KUNE DO». Una obra maestra de la filosofía y técnica del Arte Marcial. Una gran motivación interna le mantuvo siempre en un proceso de mejora y evolución técnica. Siempre opinó que «crear» un «nuevo» estilo de Arte Marcial era el camino incorrecto. Nunca aceptó un estilo como «el Estilo», sino que estudió diversos sistemas de combate. Todos aquellos que le pudieran ser útiles para su fin. Bruce Lee nunca dejó «una Escuela» o «un método» de Jeet Kune Do al que sus seguidores deberían adherirse. Contrariamente, instó a que fuera el estudiante quien «desarrollara» su propio camino. El «Tao del Jeet Kune Do» refleja esta actitud. No impone estilo o método, y los Conceptos y Principios que en él se encuentran pueden extrapolarse a...

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In 1975 the Tao of Jeet Kune Do was first made available only in paperback. The book was initially NOT available in Hardback; A Hardback edition was first made available in 1976. The forgoing statement is attributed to Black Belt Magazine and the source data is at <http://blackbeltmag.com/daily/traditional-martial-arts-training/jeet-kune-do/the-saga-of-bruce-lee-tao-of-jeet-kune-do/>[4] Subsequent editions have been available in paperback form only except for the following; In 2006, Black Belt Magazine offered this book in hardback form, on a. In Jeet Kune Do, one finds firmness in movement, which is real, easy and alive. Therefore, springiness and alertness of footwork is the theme. [image: Separator.ai]. Footwork in Jeet Kune Do tends to aim toward simplification with a minimum of movement. Do not get carried away and stand on your toes and dance all over the place like a fancy boxer. Economical footwork not only adds speed but, by moving just enough to evade the opponent's attack, it commits him fully. The simple idea is to get where you are safe and he isn't. 46 quotes from Tao of Jeet Kune Do: "Use only that which works, and take it from any place you can find it." It is being wholly and quietly alive, aware and alert, ready for whatever may come. Bruce Lee, Tao of Jeet Kune Do. tags: zen. 335 likes. Like. "Using no way as a way, having no limitation as limitation." Bruce Lee, Tao of Jeet Kune Do. 162 likes. Like. "All knowledge leads to self-knowledge." Bruce Lee, Tao of Jeet Kune Do. 104 likes. Like. Quite the contrary, Jeet Kune Do is an orthodox expression of Taoist, Buddhist, and Western metaphysical principles. From the poem on the book's opening page, to the passionate expressions of its final chapter, ideas in Tao of JKD can be traced directly to earlier written works. Here is a sampling of these sources. Into a soul absolutely free From thoughts and emotion, Even the tiger finds no room To insert its fierce claws. Inspired by the Tao Te Ching, chapter 50: "It is said that he who knows how to live meets no tigers or buffaloes on the road; for in him, a tiger finds nothing to lay his c His book the Tao Of Jeet Kune Do is still the best selling martial arts book of all time. While more of a philosophy than a how to do JKD book, it still gives us insight into what Lee intended for his idea of what self defense could be. It is our goal that you find our teaching and information a valuable part of your journey in the Martial Arts, and that knowing us has made a difference in your life, and at last you have found a place where you belong. Most of Jeet Kune Do techniques offered by other associations today offer nothing but philosophies and do not have a lot to do with the established intensions and principles of Bruce Lee. With us, you can access the right training material in their original form as taught by him at his famous three original schools.