



The Tao of Gung Fu: A Study in the Way of Chinese Martial Art

By Bruce Lee

Tuttle Publishing, United States, 1997. Paperback. Book Condition: New. Original ed.. 224 x 150 mm. Language: English . Brand New Book. This is a book that Bruce Lee began writing in 1964, but never completed. Lee's writing reveals his thoughtful analysis of the tapestry of Chinese martial arts, offering glimpses into the varied styles and his commentary on these arts. Lee's intense curiosity led him to accumulate this knowledge and expose the limitations of strict adherence to tradition, which inspired him to develop his cosmopolitan way of no way. The Tao of Gung Fu includes insights into various Chinese martial arts and training methodologies, sketches of martial arts techniques, Lee's personal scrapbook of his famous thesis, The Tao of Gung Fu. Witness Lee's personal cultivation of excellence in martial arts. His application of philosophy to physical movements epitomizes the unification of mind and body a genuine way of living for the martial artist. Chapters include: What is Gung Fu? An Introduction to Chinese Gung Fu, On Yin and Yang, and Bridging the Gap of Yin and Yang Some Techniques of Gung Fu The Fundamentals of Gung Fu, The Basic Striking Points of Gung Fu, Introducing the Wing...



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