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Tao of Jeet Kune Do Wikipedia

Tao of Jeet Kune Do is a book expressing Bruce Lee's martial arts philosophy and viewpoints, published posthumously (after Bruce Lee's death in 1973). The project for this book began in 1970 when Bruce Lee suffered a back injury during one of his practice sessions. During this time he could not train in martial arts. http://ebookslibrary.club/download/Tao-of-Jeet-Kune-Do-Wikipedia.pdf

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Tao of Jeet Kune Do. From the Introduction: "In 1970, Bruce sustained a rather sever injury to his back. His doctors ordered him to discontinue the practice of martial arts and to remain in bed to allow his back heal. This was probably the most trying and dispiriting time in Bruce's life. He stayed in bed, virtually flat on his back for six months,

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Jeet Kune Do Bruce Lee Foundation

JEET KUNE DO. Bruce Lee developed an expression of martial arts that was personal to him called Jeet Kune Do (translated: Way of the Intercepting Fist). The term Jeet Kune Do was coined and put into use in 1967 by Bruce Lee in an attempt to put a name to his martial expression.

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Bruce Lee The Tao of Jeet Kune Do

With over 24 years of martial arts experience, Octavio Quintero is a certified Jeet Kune Do Instructor and a Warrior Athlete Coach located in Portland Oregon.

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