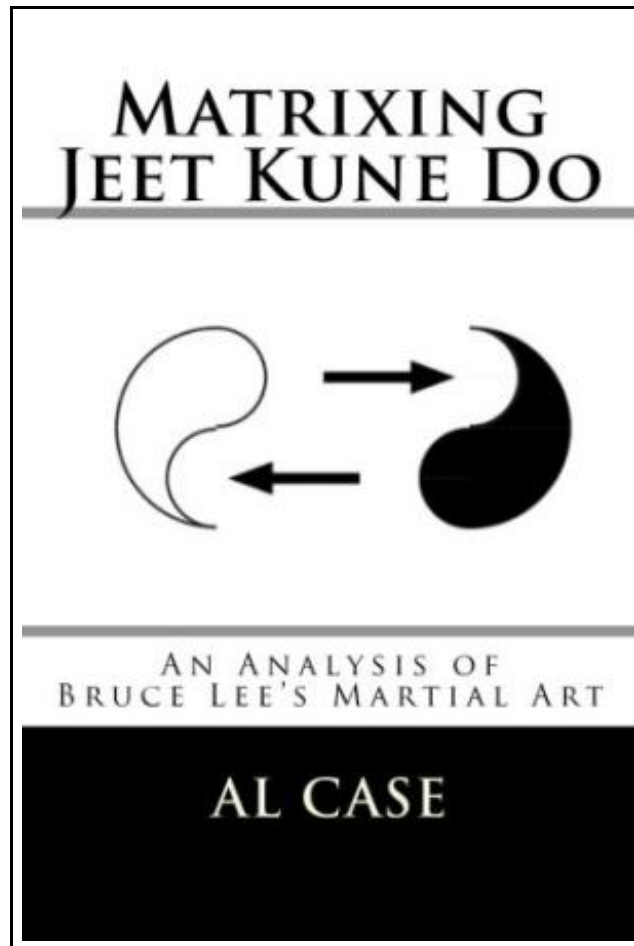


## Matrixing Jeet Kune Do



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***(Kevin Bergstrom Sr.)***

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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.(original title: Bruce Lee vs Classical Martial Arts) Concerning an accurate analysis of Jeet Kune Do Martial Arts. Bruce Lee hit like a rocket, and passed just as quickly. Yet the effects of this extraordinary martial artist are being felt to this day. Is his Martial Art, Jeet Kune Do, The Way of the Intercepting Fist, really a great martial art? Is it the best martial art in the world, as some claim? The answers are in this book, Matrixing Jeet Kune Do, by Al Case. Matrixing is the first and only science of the martial arts. Using Matrixing graphs and principles, Mr. Case holds Jeet Kune Do up to a scientific light. Some of the conclusions are quite surprising. Did Bruce really destroy the Gunfighter Concept prevalent in the martial arts of the time? Or replace it with his own version? What are the systematic observations he made to estimate the worth (or strategy) of a fighter? How good is the method (and, yes, there is a method to Bruce s art), that Bruce designed? Question after question is answered as the author goes through Jeet Kune Do in a systematic manner. The principles of JKD are dissected, the truth and worth of such things as The Five Ways of Attack, and the Five Points of Attack, and Bruce s unique way of looking at timing, are laid out, compared and contrasted, and made understandable in a way that is totally scientific, and therefore unique. Matrixing Jeet Kune Do is definitely one of the most essential books any Martial Artist can add to his library. About the Author: Al Case began martial arts in 1967. He studied...



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