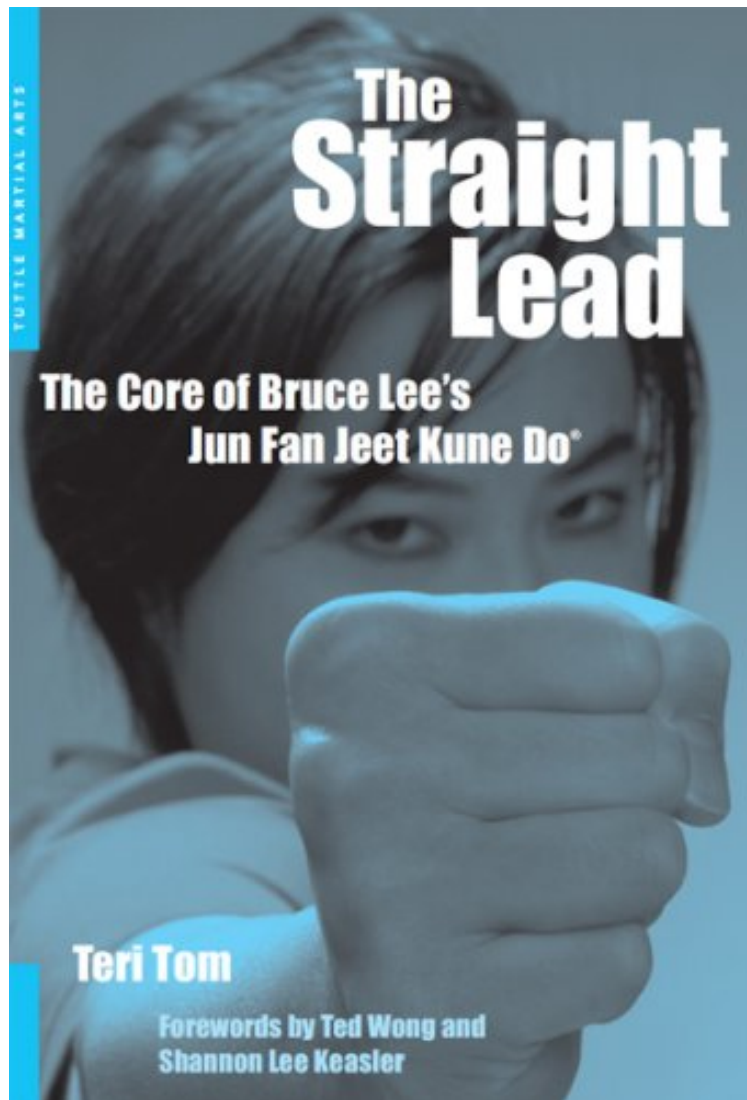


[PDF] Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do

Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do

Von Teri Tom

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Von Teri Tom : Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do before purchasing it in order to gage whether or not it would be worth my time, and all praised Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Eine Technik, ein BuchVon E. MeteDie "rechte Fhrhand" aus Bruce Lees Jeet Kune Do, komplett analysiert und dargestellt von Teri Tom, einer Privatschlerin von Ted Wong (Bruce Lees original Schler). Dieses Buch ist gut, denn es zeigt wirklich alles was man ber die rechte Fhrhand wissen sollte. Aber das interessanteste daran ist die Benutzung der Passagen von den Bchern aus Bruce Lees eigener Bibliothek. Man sieht wie Bruce Lee zu seinen Konzepten kam und

erfhr viel ber seine Quellen. Dazu gehren u.a. die Schriften von Jack Dempsey, Jim Driscoll, Aldo Nadi usw... Ein empfehlenswertes Buch an alle JKD interessierten auch wenn ein paar Passagen Schler von der Inosanto Linie etwas verwirren knnten (die Haltung der Fhrhand, Fu Positionen..) Ich selber bin von der Inosanto Linie, habe das Buch trotzden durchgearbeitet und fand es sehr hilfreich.0 von 0 Kunden fanden die folgende Rezension hilfreich. KlasseVon KundeTed Wong Schule bleibt aber Original JKD und wird von der Bruce Lee Foundation akzeptiert.Sehr Gut das Buch zum Thema.Teile nicht die Meinung von einigen,dass Sie nichts kann,die hat's richtig drauf.Kaufempfehlung und locker fnf Sterne von mirMit Respekt0 von 0 Kunden fanden die folgende Rezension hilfreich. A must have for every jkd practitionerVon FrankyThis book will teach you whats behind the straight lead, why bruce lee chose it for the backbone of jkd, who inspired bruce on selecting this technique. But be warned, your view will be changed permanently concerning the front hand lead.

Kurzbeschreibung"The straight punch is the core of Jeet Kune Do."Bruce LeeThe straight lead was a key element in Bruce Lee's development of his own personal style. It was designed to be uncomplicated, economical, and brutally effective but is not as simple as it might seem. Bruce Lee once described it the most difficult move in the Jeet Kune Do arsenal.Lee developed JKD as a response to the shortcomings he found in traditional martial arts, but it also includes elements of Western combat systems that he found effective. It incorporates contributions ranging from Jack Dempsey's approach to boxing to the fencing style of Aldo Nadi.In The Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do, author Teri Tom describes the development of the straight punch in Western martial arts, and describes Bruce Lee's refinement of the technique. It also offers a thorough instruction in the complexity and power of the moveshowing martial artists of any discipline how to incorporate this devastating attack into their repertoire.With forewords by Shannon Lee Keasler and Ted Wong, chapters include:A Brief History of Straight PunchingEvolution of Jeet Kune Do's Straight LeadThe StanceMechanics of the Straight LeadFootworkWhy the Straight Lead? ApplicationSpeedVariations of the Straight PunchWhat Jun Fan Jeet Kune Do is NotGo to the SourceAn Interview with Ted WongPressestimmen"She certainly packs a punch."--"Black Belt""She certainly packs a punch." "Black Belt Magazine""She certainly packs a punch." Black Belt Magazine""She certainly packs a punch." --Black Belt Magazine-She certainly packs a punch.- --Black Belt MagazineKurzbeschreibung"The straight punch is the core of Jeet Kune Do."Bruce LeeThe straight lead was a key element in Bruce Lee's development of his own personal style. It was designed to be uncomplicated, economical, and brutally effective but is not as simple as it might seem. Bruce Lee once described it the most difficult move in the Jeet Kune Do arsenal.Lee developed JKD as a response to the shortcomings he found in traditional martial arts, but it also includes elements of Western combat systems that he found effective. It incorporates contributions ranging from Jack Dempsey's approach to boxing to the fencing style of Aldo Nadi.In The Straight Lead: The Core of Bruce Lee's Jun Fan Jeet Kune Do, author Teri Tom describes the development of the straight punch in Western martial arts, and describes Bruce Lee's refinement of the technique. It also offers a thorough instruction in the complexity and power of the moveshowing martial artists of any discipline how to incorporate this devastating attack into their repertoire.With forewords by Shannon Lee Keasler and Ted Wong, chapters include:A Brief History of Straight PunchingEvolution of Jeet Kune Do's Straight LeadThe StanceMechanics of the Straight LeadFootworkWhy the Straight Lead? ApplicationSpeedVariations of the Straight PunchWhat Jun Fan Jeet Kune Do is NotGo to the SourceAn Interview with Ted Wong