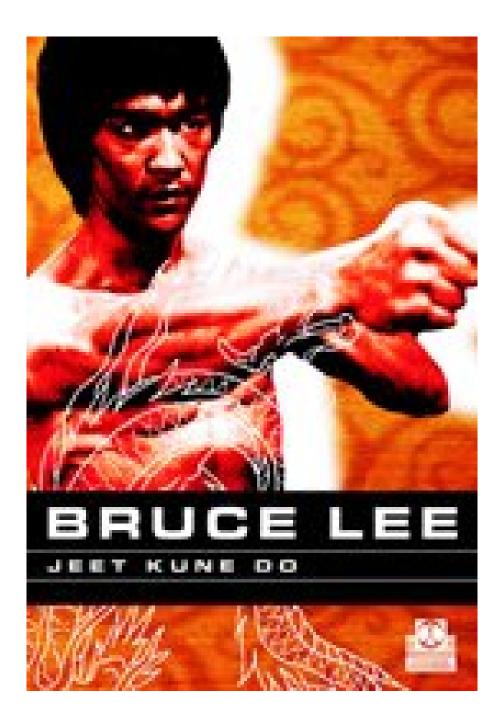


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John Little está considerado una de las mayores autoridades del mundo sobre Bruce Lee, sus métodos de entrenamiento y su filosofía. Asimismo, es la única persona que ha sido autorizada para revisar todas las notas personales de Lee, sus dibujos y las anotaciones de sus lecturas. Actualmente es editor asociado de la revista Bruce Lee y el director de Knowing is not enough, el informativo oficial del Jun Fan Jeet Kune Do Nucleus.

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Este libro es una presentación completa del arte de Bruce Lee, el jeet kune do. El desarrollo de esta original forma de arte marcial, sus principios, técnicas centrales y planes de lección son presentados aquí con las propias palabras de Lee. También se muestran esquemas ilustrativos de Lee y su extraordinario tratamiento sobre la naturaleza del combate, el éxito mediante las artes marciales y la importancia de una actitud mental positiva en el entrenamiento. El lector también encontrará una serie de preguntas que todo artista marcial debe formularse a sí mismo y que Lee se planteó con el propósito de explorar como parte de su propio desarrollo aunque no llegó a vivir para completarlas.

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