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The Bruce Lee TRAINING SECRET by Grandmaster William Cheung (Australasian Blitz Magazine) Every martial artist would like to know how and what made Bruce Lee such a devastating fighter.

The Bruce Lee TRAINING SECRET - Paula Daunt

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After her husband, Bruce Lee, passed away, she was left as the steward of a wealth of writings and information primarily on her husband's ideas about his martial art, jeet kune do. During his life, Lee had been working on writing a book about jeet kune do but struggled always with whether to publish it.

Bruce Lee's Biography - blackbeltmag.com

The Art of Expressing the Human Body, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity.

Bruce Lee The Art of Expressing the Human Body - Tuttle

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