

Bruce Lee The Tao of Gung Fu: A Study in the Way of Chinese Martial Art (Bruce Lee Library)

By Bruce Lee

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Bruce Lee The Tao of Gung Fu: A Study in the Way of Chinese Martial Art (Bruce Lee Library) By Bruce Lee

This is a book that Bruce Lee began writing in 1964, but never completed. Lee's writing reveals his thoughtful analysis of the tapestry of Chinese martial arts, offering glimpses into the varied styles and his commentary on these arts. Lee's intense curiosity led him to accumulate this knowledge and expose the limitations of strict adherence to tradition, which inspired him to develop his cosmopolitan "way of no way."

The Tao of Gung Fu includes insights into various Chinese martial arts and training methodologies, sketches of martial arts techniques, Lee's personal scrapbook of his famous thesis, "The Tao of Gung Fu." Witness Lee's personal cultivation of excellence in martial arts. His application of philosophy to physical movements epitomizes the unification of mind and body—a genuine way of living for the martial artist.

Chapters include:

- **What is Gung Fu?**—An Introduction to Chinese Gung Fu, On Yin and Yang, and Bridging the Gap of Yin and Yang
- **Some Techniques of Gung Fu**—The Fundamentals of Gung Fu, The Basic Striking Points of Gung Fu, Introducing the Wing Chun Straight Punch, and The Practice of Forms
- **Taoism in the Chinese Art of Gung Fu**—On Wu-Hsin (No-Mindedness), On Wu Wei (Nondoing), and Centered Thoughts
- **Ideas and Opinions**—Traditions and Histories of Chinese Gung Fu, The Question of Psychic Center, and Bruce's view on Gung Fu
- **Appendices**—Bruce Lee's gung fu background at the time he wrote this book, Gung Fu terminology, and Letters and gung fu scrapbook

This Bruce Lee Book is part of Tuttle Publishing's Bruce Lee Library which also features:

- Bruce Lee's Striking Thoughts

- Bruce Lee: The Celebrated Life of the Golden Dragon
- Bruce Lee Artist of Life
- Bruce Lee: Letters of the Dragon
- Bruce Lee: The Art of Expressing the Human Body
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Editorial Review

Review

"A wonderful book, at times even fascinating, that not only reveals the depth of Bruce Lee's thoughts on the higher purpose of the martial arts, but also serves as a wonderful introduction to the way of gung fu."

—***Martial Arts Legends blog***

"The Bruce Lee Library stands as the definitive presentation of Bruce Lee's magnificent legacy. Each volume belongs on the bookshelf of every serious martial artist." —***Jun Fan Jeet Kune Do Nucleus***

"Technical yet poetic, *The Tao of Gung Fu: A Study in the Way of Chinese Martial Art* includes over 100 photos and line drawings as Lee explains his holistic approach. It was left unfinished at his death."

—***Publishers Weekly***

"...Bruce Lee books are now also available in ebook format...That's great, it's nice if you're traveling to take everything with you in one little small container so-to-speak." —***Martial Thoughts Podcast***

"A book like this is a perfect place for fans of Lee to start to reach an understanding of the man and his philosophies on the martial arts and life itself. It all began here in some ways, so consider this book the perfect launching pad for someone that wants to discover more about Bruce's contributions to the martial arts world besides his movies." —***Fight Nerd blog***

From the Inside Flap

From the Back Cover

This is a book that Bruce Lee began writing in 1964, but never published. While written over 30 years ago, its publication now is truly a landmark event, as it not only offers glimpses into the many martial arts of China but also offers Lee's own interpretations and comments on these arts. Available for the first time, *The Tao of Gung Fu* includes not only insights into and descriptions of various Chinese martial arts, but Eastern and Western fitness methodologies, the difference between external and internal martial methods, sketches of martial arts and self-defense techniques, a contrast of various gung fu schools in China, Lee's personal scrapbook, and his famous thesis "The Tao of Gung Fu" which he wrote while attending the University of Washington.

Users Review

From reader reviews:

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