



Jeet Kune Do Experience: Understanding Bruce Lee's Ultimate Martial Art

Jerry Beasley

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Finally, under one cover, the definitive study of Bruce Lee's jeet kune do, the explosive martial art drawn from the best of Eastern and Western fighting styles. This exclusive collection features interviews with top masters who worked closely with Bruce Lee - such as Dan Inosanto, Larry Hartsell and Joe Lewis - along with a dynamic presentation of jeet kune do principles and techniques. In this book, Jerry Beasley, who has trained extensively with Lewis and dedicated years to the practice and study of jeet kune do, solves the puzzle of what jeet kune do actually is, as envisioned by Bruce Lee and practiced by succeeding generations of adherents. According to Lewis, "What Bruce Lee was able to do in a physical context, Dr. Beasley has successfully done in print." (Incorporates material from In Search of the Ultimate Martial Art and The Way of No Way.)

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