



Bruce Lee: The Evolution of a Martial Artist

By Tommy Gong

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In the new book Bruce Lee: The Evolution of a Martial Artist, author Tommy Gong traces Lee's path as he developed his martial art of jeet kune do and his philosophy of self-actualization. That path led Lee from Hong Kong to Seattle and then to Oakland and Los Angeles and back to Hong Kong as he evolved from a student of wing chun to the founder of jeet kune do. Through his quest for the ultimate martial art, Lee ultimately discovered himself.

In his effort to chronicle Lee's progression in martial arts techniques and training methods, Gong had unprecedented access to Lee's childhood classmates, former students and family friends. In addition, he had the cooperation of Lee's wife, Linda Lee Cadwell, and daughter, Shannon Lee, who provided rare and unique photos, letters and personal writings from the collection of the Bruce Lee Enterprises archives.

Bruce Lee: The Evolution of a Martial Artist is a must-have for fans of the iconic legend of martial arts movies as well as students of the martial arts, and jeet kune do in particular. It's a close, personal look into the world of Bruce Lee that cannot be matched!

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Bruce Lee: The Evolution of a Martial Artist By Tommy Gong Bibliography

- Sales Rank: #477496 in eBooks
- Published on: 2015-05-18
- Released on: 2015-05-18
- Format: Kindle eBook

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