Flash Choy Lee Fut

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In the spring of 1959, eighteen-year-old Bruce Lee returned to San Francisco, the city of his birth. Although the martial arts were widely unknown in America, Bruce encountered a robust fight culture in the Bay Area, populated with talented and trailblazing practitioners such as Lau Bun, Chinatown's aging kung fu patriarch; Wally Jay, the innovative Hawaiian jujitsu master; and James Lee, the Oakland street fighter. Regarded by some as a brash loudmouth and by others as a dynamic visionary, Bruce spent his first few years back in America advocating for a modern approach to the martial arts, and showing little regard for the damaged egos left in his wake. The year of 1964 would be an eventful one for Bruce, in which he would broadcast his dissenting worldview before the first great international martial arts gathering, and then defend it by facing down Wong Jack Man--Chinatown's young kung fu ace--in a legendary behind-closed-doors showdown. These events were a catalyst to the dawn of martial arts in America and a prelude to an icon. Based on over one hundred original interviews, Striking Distance chronicles Bruce Lee's formative days amid the heated martial arts proving ground that thrived on San Francisco Bay in the early 1960s.

Ben shu yi xin wu shi qi tian shi suo zang qian long wu nian kan ke de qin ding da qing lü li dian xiao zheng li, Gong si shi qi juan, Qi zhong lü mu, Zhu tu, Fu zhi ge yi juan, Lü li zheng wen san shi liu juan, Zong lei qi juan, Bi yin lü tiao yi juan.

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The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.
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Inside Kungfu: Chinese Martial Arts Encyclopedia is intended to serve as a general reference tool for anyone interested in the martial arts, its history, or even China's history. The book takes a look "Inside" Chinese Martial Arts only, with a chart devoted to Chinese, Japanese and Korean pronunciation; A section about China's Martial History; A section about the Shaolin Temple History; Information about the Beijing Opera; Information on several martial arts from A to Z totaling around 363 styles; Information on over 110 weapons used throughout China's history, and much, much more. Including dynamic pictures and illustrations by myself and even a little information about yours truly. It is my love, respect and admiration for the martial arts that has inspired me to write this book in hopes that, you, the reader, enjoys learning the facts and history as much as I did; and maybe, inspire you to take a wonderful journey in the martial arts training of your choice if you have not already done so.
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