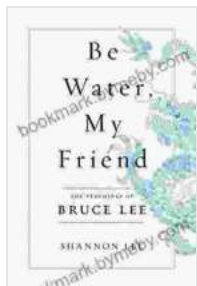


# The Teachings of Bruce Lee: A Martial Arts Master's Guide to Life



## Be Water, My Friend: The Teachings of Bruce Lee

by Shannon Lee

★★★★☆ 4.8 out of 5

Language : English

File size : 20419 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 233 pages

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By John Little



Bruce Lee was a martial artist, philosopher, filmmaker, and actor who is widely considered to be one of the most influential martial artists of all time. He was the founder of the martial art Jeet Kune Do, which is a hybrid martial art that incorporates elements from a variety of other martial arts, including Wing Chun, boxing, and fencing. Lee was also a prolific writer

and philosopher, and his writings on martial arts and philosophy have been translated into over 20 languages.

In *The Teachings of Bruce Lee*, John Little provides a comprehensive overview of Lee's life and teachings. The book covers Lee's early life in Hong Kong, his training in Wing Chun, and his development of Jeet Kune Do. Little also explores Lee's philosophy of martial arts, which emphasizes the importance of self-defense, personal growth, and spiritual development.

*The Teachings of Bruce Lee* is a must-read for anyone interested in martial arts, philosophy, or the life of Bruce Lee. The book is packed with insights and practical advice, and it is sure to inspire readers to reach their full potential.

### **What You'll Learn from *The Teachings of Bruce Lee***

- The history of martial arts and the development of Jeet Kune Do
- Bruce Lee's philosophy of martial arts and its applications to daily life
- The importance of self-defense, personal growth, and spiritual development
- How to apply Bruce Lee's teachings to your own life

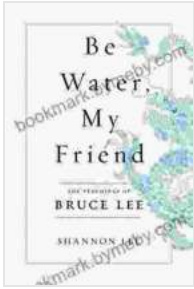
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### **About the Author**

John Little is a martial artist, author, and teacher. He is the author of several books on martial arts, including *The Tao of Jeet Kune Do* and *Bruce Lee: A Life in Motion*. Little has also taught martial arts for over 30 years, and he is a certified instructor in Jeet Kune Do.



## Be Water, My Friend: The Teachings of Bruce Lee

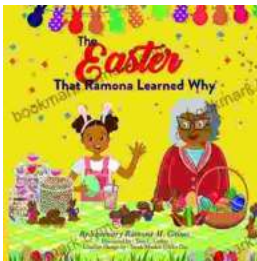
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