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**Chinese Gung Fu:
The Philosophical
Art of Self-Defense**

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Chinese Gung Fu: The Philosophical Art of Self-Defense is a book written by Bruce Lee expressing his martial arts philosophy and viewpoints. It describes his early style of gung fu which was based heavily on Wing Chun. This was before the development of his unique style of martial

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arts called Jeet Kune
Do in the late 1960s.

Chinese Gung Fu: The Philosophical Art of Self-Defense

...

The basic structure of Gung Fu is based on the theory of Yin/Yang ([TEXT NOT REPRODUCIBLE IN ASCII]), a pair of mutually complementary forces that act continuously, without cessation, in

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this universe. This Chinese way of life can be applied to anything, but here we are interested in its relationship to the art of Gung Fu.

Chinese Gung Fu: The Philosophical Art of Self-Defense by ...

Chinese Gung Fu : the philosophical art of self defense. by. Lee, Bruce, 1940-1973.
Publication date. 2008.

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Topics. gung, left,
chinese, yang, foot,
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17 reviews. Originally
published in 1963, this
book includes personal
testimonies regarding
the author and his art
from James Y. Lee, the
legendary Ed Parker,
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...

Overview. Lee founded
the system on July 9,
1967, referring to it as
"non-classical",
suggesting that it is a
formless form of
Chinese Kung Fu. Unlike
more traditional

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martial arts, Jeet Kune Do is not fixed or patterned and is a philosophy with guiding ideas. Named for the Wing Chun concept of interception or attacking when one's opponent is about to attack, Jeet Kune Do's practitioners believe ...

Jeet Kune Do - Wikipedia

Everything you need to know about Bruce

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Lee's classic 1963 book
"Chinese Gung Fu: The
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CHINESE GUNG FU The Philosophical Art of Self-Defense by ...

The new edition of
Bruce Lee's classic

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Chinese Gung Fu: The Philosophical Art of Self-Defense rejuvenates the authority, insight and charm of the master's original 1963 publication for modern audiences. It seamlessly brings together Lee's original language, descriptions and demonstrations with new material for readers, martial arts enthusiasts and collectors that want Lee in his purest form.

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Chinese Gung-Fu: The Philosophical Art of Self Defense

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It shows a lot of the Seattle Era of Jun Fan Gung-Fu. It has a great explanation of Bruce Lee's interpretation of Yin-Yang. There are a lot of Wu-Shu type Warming Up exercises. There is a section on Kung-FU/Gung-Fu Stances like the Horse Half Horse, Hanging

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Horse, Stealing Step,
Kneeling Stance,
Twisted Stance and
more.

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The ...

On this episode of
Bruce Lee Collecting,
through my "Show and
Tell" format, I share
with you Bruce Lee's
first book that he wrote
and put out in 1963!

It's c.
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The book would
become "Chinese Gung

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Fu: The Philosophical Art of Self-Defense" (1963--just four years after arriving in the U.S.). Pictured with Bruce is his friend and student Taky Kimura, and the following images show how Bruce labeled hand-drawn arrows using a marker to indicate motion.

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