



## Chinatown Jeet Kune Do: Essential Elements of Bruce Lee's Martial Art

By *Tim Tackett, Bob Bremer*



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The basic structures and principles of Jeet Kune Do (JKD), the martial arts system developed by the iconic Bruce Lee, are revealed in this insightful handbook. Step-by-step lessons illustrate JKD's two basic stances and demonstrate how to perform fundamental footwork, kicking, countering, and defensive moves. The most effective aspects of JKD are highlighted, as are some of its lesser-known tools and approaches. This invaluable manual is a must-have for JKD novices and trained experts alike.

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### Editorial Review

About the Author

**Bob Bremer** was personally trained in Jeet Kune Do by Bruce Lee. He lives in Los Angeles, California. **Tim Tackett** is an experienced Jeet Kune Do practitioner and the author of *Hsing-I Kung-Fu*, *Jeet Kune Do*, and *Jeet Kune Do Kickboxing*. He lives in Burbank, California. **Linda Lee Cadwell** is the widow of Bruce Lee. She continues to promote Jeet Kune Do through the non-profit Bruce Lee Foundation. She lives in Seattle, Washington.

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