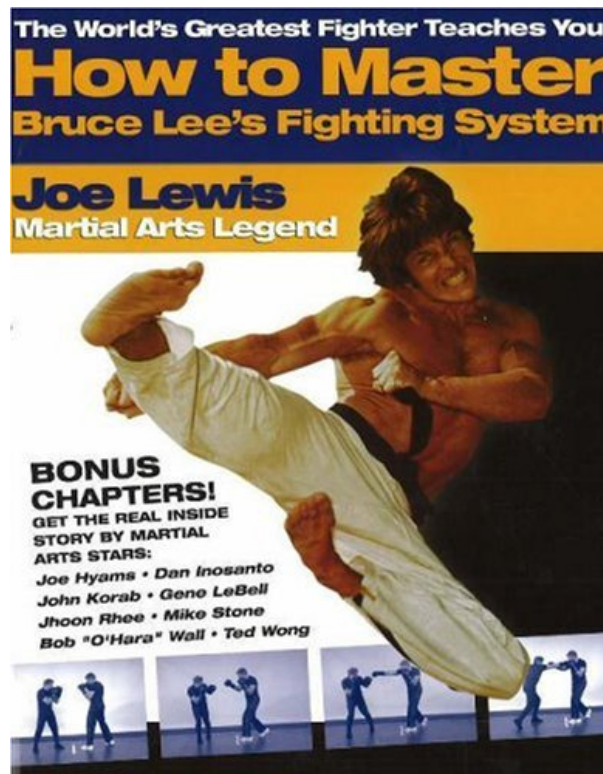
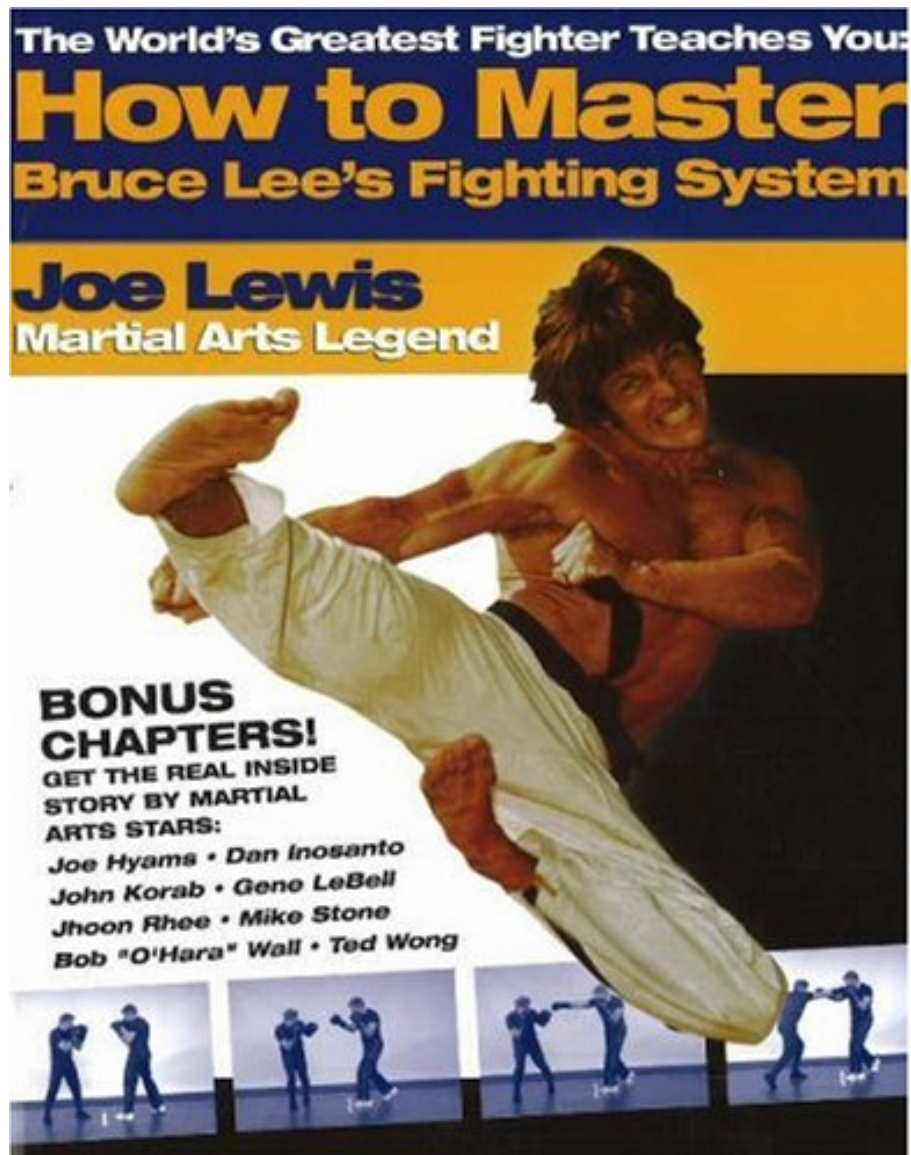


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## Review

Easily, the most important Bruce Lee book in 30-years. -- Ed Houston, Martial Arts Teachers Association

Easy-to-follow instructions coupled with revealing insights, it's like having Joe Lewis as your private instructor. This is a must-read. -- Walter Anderson, CEO and Chairman, Parade Magazine

This book is a classic. Lewis combines timeless fighting principles with vivid, detailed memories of Bruce Lee. -- Arnold Howard, Editor, Martial Arts Professional magazine

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This is the first book by martial arts legend Joe Lewis about his secret training sessions with martial arts superstar Bruce Lee. This book is almost like getting three books in one. You will have expert instruction and analysis of Bruce Lee's Fighting System by the Greatest Fighter in the History of Karate, Joe Lewis. You will also have over 150- step-by-step photos demonstrating the techniques. Finally, you will read never before told stories of the real Bruce Lee by his most famous student and nine martial arts champions and stars.

Why this is the most anticipated Bruce Lee book in martial arts history:

1. This is the first book by Bruce Lee's most famous student, martial arts legend, Joe Lewis. Lee trained Lewis in secret sessions at his house in Los Angeles in the late 1960s.
2. Joe Lewis teaches and demonstrates, with over 150-clear photos, what he and Bruce Lee worked on in their secret lessons. It's like getting a private lesson by Joe Lewis and Bruce Lee.
3. Nine of Joe's friends have contributed chapters full of fascinating, never revealed stories about Joe Lewis and Bruce Lee.
4. Joe Lewis was voted as the Greatest Fighter in the History of Karate by a poll of his peers. He has a huge worldwide fan-base and organization.
5. This is the only time a martial artist of the stature of Joe Lewis has shared such detailed and candid opinions and observations of the most famous martial artist in history, Bruce Lee.

- Sales Rank: #468417 in Books
- Published on: 2004-03-01
- Original language: English
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- Dimensions: 11.00" h x .52" w x 8.50" l, 1.30 pounds
- Binding: Paperback
- 208 pages

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0 of 0 people found the following review helpful.

JKD Applied

By Lifter

Joe had it all! The body, the skills and rugged good-looks. Using what Bruce taught him he won numerous martial arts competitions thanks to his application of Jeet Kune Do. One of Bruce's few clients who applied JKD in battle and repeatedly came out a victor.

10 of 12 people found the following review helpful.

A Great Book on Sparring, With a Few Extras

By K.H.

Joe Lewis, considered by many to be the greatest karate fighter of all time, has written, with the help of some friends, a nice martial arts text about fighting with an emphasis on Bruce Lee's fighting system known as Jeet Kune Do. This book succeeds where his early work, also reviewed by me, failed. His other book was a sequential photo book with very little written information. Relying primarily on the visual approach, it did not get into the serious thoughts on fighting application.

Further, the biographical section of the latter book also was a little disappointing. This book helps redeem Joe Lewis' efforts. First, the book's primary objective is established in the title and the text gives the reader the information necessary to understand many of the most important fighting concepts. Although the information presented has been presented elsewhere, Joe succeeds in communicating the ideas to where the novice to intermediate fighter can easily understand the material and should be able, with the help of a partner, learn and develop the advice into their own martial repertoire. While there are some photographs displaying some of the concepts the material strength is in the writing and it surpasses other books that have tried to deal with some of Bruce Lee's concepts. The strongest chapters are "The Science of Movement", "The Art of Distancing", "The Explosive Initial Move," and "Angular Attack."

The extras in this book are a nice surprise in that they give one a break from the study of fighting material and allow the reader to get an understanding of Bruce Lee and Joe Lewis from the perspective of others, most of whom are great martial artists in their own right. Chapters I particularly enjoyed were by Dan Inosanto, John Korab, Gene Lebell, and Bob Wall. Even some of the contributions I did not necessarily like (Mike Stone's piece) I did think it was honest and fair to put the essay in the book.

This is a good book and achieves what it sets out to do; which is to simply explain some of the innovations and ideas pioneered by Bruce Lee and Joe Lewis.

4 of 6 people found the following review helpful.

Great Work !

By A Customer

A wonderful book. Joe Lewis gives insights into his training with Bruce Lee in a unique perspective ... Joe was already a world champ before meeting Lee and was the perfect vehicle to use to try out Lee's advanced theories of Jeet Kune Do .

I feel that Joe was already a very tough fighter before training with Bruce Lee but Lee gave Joe the tools to become a master of strategy and finesse as well, Thus adding attributes to Joe not possessed by other Karate fighters of that time period , Joe subsequently dominated the field.

In addition to getting Joe's insights into training with Bruce Lee you also see how those seeds Lee planted years ago have helped Joe evolve into a world class teacher as well. In easy to follow photos you learn the essentials of Joe Lewis Fighting System as well as get the warrior philosophy of Joe Lewis . Finally you will get strategic insights and concepts which are of great use to martial artists of any style. Whether you are a Bruce Lee / Joe Lewis fan , a serious martial artist Or casual enthusiast this book is rich and offers something for everyone.

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